
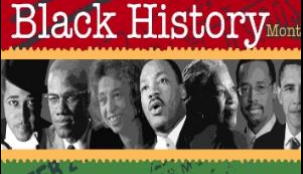






FEBRUARY 2023 – THE LOTUS ACTIVITY SENIOR CENTER

Monday	Tuesday	Wednesday	Thursday	Friday	Events/Holidays
		1 8:00am-Coffee w/ Friends 9:00am-Sewing Class 10:00am-Lotus Lab 11:00am: Yoga/Zumba 11:30am: Lunch 1:00pm-Valentine's Craft 2:00pm-Card Games/Socialize	2 8:00am-Coffee Chat 9:00am-Sewing Class 10:00am-Fitness w/ Renaldo 10:30am: BINGO 11:30am: Lunch 1:00pm: Card Games	3 8:00am: Coffee Chat 9:00am-Lotus Gym/Sewing Class 9:40am: Devotion 10:00am: Black History Trivia 11:30am: Lunch	February 3-National Wear Red Day February 14-Valentine's Day February 15-Senior Centers Closed February 20-21-Mardi Gras Holiday (Center Closed)
6 8:00am: Coffee w/ Friends 9:00am: Lotus Gym/Sewing Class 9:40am: Inspirational Word 10:00am: Black History Program 11:30am: Lunch	7 8:30am-Coffee w/ Friends 9:00am-Crochet Class 10:00am-BINGO 11:30am: Lunch 1:00pm-Puzzles/Book Club/Card Games/Socialization	8 8:00am: Coffee w/ Friends 9:00am-Sewing Class 10:00am: Lotus Lab/Pretty Nails 11:00am-Yoga/Zumba 11:30am: Lunch 1:00pm: Card Games/Socialize	9 8:00am: Coffee w/ Friends 9:00am-Sewing Class 10:00am-Fitness w/ Renaldo 10:30am: BINGO- 11:30am: Lunch 12:30pm: Board Games	10 8:00am: Coffee w/ Friends 9:00am-Lotus Gym/Sewing Class 10:00am-Mardi Gras Crafts 11:30am: Lunch 1:00pm-Happy Hour	Birthdays Letrinka Robinson-2/5 Barbara Bright-2/6 Linda Sanders-2/9 Lillian Gransberry-2/14 Linda Carter-2/16 Karen Crockett-2/24 Sarah Price-2/25
13 8:00am: Coffee w/ Friends 9:00am: Lotus Gym/Sewing Class 9:40am: Inspirational Word 10:00am: Walk it Out/Stretch 11:30am: Lunch 1:00pm: Dominoes/Card Games/Socialization	14 8:00am: Coffee w/ Friends 9:00am-Crochet 10:00am-BINGO 11:30am: Lunch 1:00pm-Puzzles/Card Games/Socialization *Happy Valentine's Day	15 LOTUS BLOCK PARTY	16 8:00am: Coffee w/ Friends 9:00am-Sewing Class 10:00am-Mardi Gras Fashion Show 11:30am:Lunch 12:30pm: Card Games 1:00pm-Dominoes 2:00pm-Socialization	17 8:00am: Coffee w/ Friends 9:00am-Lotus Gym/Sewing Class 10:00am-Arts & Crafts 11:30am: Lunch 1:00pm-Happy Hour	Center Information Site Coordinators: Kristie Scuggs, Linda Evans, Joycelyn Moore 1701 Main St. BR, La 70802 Phone: (225) 923-8000 Hours-8:00am-4:30pm
20 	21 	22 8:00am: Coffee w/ Friends 9:00am-Sewing Class 9:40am: Inspirational Word 10:00am: Lotus Lab 11:00am: Yoga/Zumba 11:30am: Lunch 1:30pm: Card Games/Socialize	23 8:00am; Coffee w/ Friends 9:00am- Sewing Class 10:00am-Fitness w/ Renaldo 10:30am: BINGO 11:30am: Lunch 1:00pm: Dominoes	24 8:00am: Coffee w/ Friends 9:00am-Lotus Gym/Sewing Class 9:40am: Inspirational Word 10:00am: Arts & Crafts 11:30am: Lunch 1:00pm-Happy Hour	Lotus Rides Need transportation? Contact Lotus Rides at (225) 361-0299 for more information.
27 8:00am: Coffee w/ Friends 9:00am-Sewing Class/Lotus Gym 10:00am: Walk It Out/Stretch 11:30am: Lunch 1:00pm: Dominoes/Card Games/Socialization	28 8:00am: Coffee w/ Friends 9:00am-Crochet Class/Lotus Gym 10:00am-BINGO 11:30am: Lunch 1:00pm-Card Games/Puzzles			Activities, Meal Times and Senior Center Closures are subject to change	Senior Center Closures: The Senior Centers will be closed February 20 and 21st for the Mardi Gras Holiday.

