







# FEBRUARY 2023 – ZACHARY SENIOR CENTER

Monday	Tuesday	Wednesday	Thursday	Friday	Events/Holidays
		<p>1</p> <p>8:30am- Coffee / Social 9:00am- Inspirational Word 10:00am-Bowling &amp; Pool 11:00am-Puzzles &amp; Games 12:00pm-LUNCH 1:00pm- Yoga w/ Carol 2:00pm-Social Gathering</p>	<p>2</p> <p>8:30am Coffee/ Social 9:00am-Inspirational Word 10:00am-Walking Exercise 11:00am-Bowling 12:00pm-LUNCH 1:00pm-Puzzles &amp; Games 2:00pm-Social Gathering</p>	<p>3</p> <p>8:30am-Coffee / Social 9:00am-Inspirational Word 10:00am-Bowling 11:00am-Fitness w/ Donald 12:00pm-LUNCH 1:00pm-Line Dancing 2:00pm-Social Gathering</p>	<p>February 3-National Wear Red Day February 14-Valentine's Day February 15-Senior Center Closed February 20-21-Mardi Gras Holiday (Center Closed)</p>
<p>6</p> <p>8:30am- Coffee/ Social 9:00am-Inspirational Word 10:00am-Mardi Gras arts 11:00am-Chair Exercise 12:00pm-LUNCH 1:00pm-Movie Social 2:00pm- Social Gathering</p>	<p>7</p> <p>8:30am-Coffee/ Social 9:00am- Inspirational Word 10:00am-BINGO &amp; Popcorn 11:00am- Chair Exercise 12:00pm- LUNCH 1:00pm- Music &amp; Games 2:00pm- Social Gathering</p>	<p>8</p> <p>8:30am-Coffee / Social 9:00am-Inspirational Word 10:00am-Bowling &amp; Pool 11:00 Black History Word Search 12:00pm- LUNCH 1:00pm-Yoga w/ Carol</p>	<p>9</p> <p>8:30am-Coffee / Social 9:00am-Inspirational Word 10:00-Black history crafts 11:am-Black History Facts 12:00pm-LUNCH 1:00pm-Movie Social 2:00pm- Social Gathering</p>	<p>10</p> <p>8:30am-Coffee / Social 9:00am-Inspirational Word 10:00am-GAME TIME 11:00am-TAILGATE PARTY 12:00pm-LUNCH 1:00pm-Music &amp; Games *Super Bowl Tailgate*</p>	<p><b>Birthdays</b></p> <p>J. Henry-2/1 C. Wiley-2/14 S. Demasiliere-2/6 T. Wiley-2/21 L. Scott-2/8 M. Carter-2/22 W. Wells-2/9 M. Singleton-2/20 V. Thomas-2/10 J. Grant-2/23 P. Johnson-2/10 O. Hall-2/28 D. Ard-2/12</p>
<p>13</p> <p>8:30am- Coffee/ Social 9:00am- Inspirational Word 10:00am-Arts/ Crafts 11:00am-Chair Exercise 12:00pm-LUNCH 1:00pm-Music &amp; Games 2:00pm- Social Gathering</p>	<p>14</p> <p>8:30am-Coffee/ 9:00am- Inspirational Word 10:00am-Valentine BINGO 11:00am-Arts/ VA Cards 12:00pm- LUNCH 1:00pm-Music &amp; More Games 2:00pm- Social Gathering</p>	<p>15</p> <p><b>SENIOR CENTER CLOSED</b></p>	<p>16</p> <p>8:30am-Coffee / Social 9:00am-Inspirational Word 10:00am- Morning Movie 11:00am-Walking Exercise 12:00pm-LUNCH 1:00pm-Puzzles &amp; Games 2:00pm-Social Gathering</p>	<p>17</p> <p>8:30am-Coffee / Social 9:00am-Inspirational Word 10:00- Mardi Gras History 11:00am-Parade Shoe Box 12:00pm-Lunch 1:00-Music &amp; Games Mardi Gras Parade Fitness &amp; Line Dancing</p>	<p><b>Center Information</b></p> <p>Site Coordinators: Yolanda Barlow &amp; Natalie Kerlegan 6363 Main St. Suite L Zachary, La 70791 Phone: 225-306-4102 Hours-8:00am-4:30pm</p>
<p>20</p> 	<p>21</p> 	<p>22</p> <p>8:30am-Coffee / Social 9:00am-Inspirational Word 10:00am-Bowling &amp; Pool 11:00am-Puzzles &amp; Games 12:00pm-LUNCH 1:00pm-Yoga w/ Carol 2:00pm-Social Gathering</p>	<p>23</p> <p>8:30am- Coffee / Social 9:00am-Inspirational Word 10:00am-Puzzles &amp; Games 11:00-Walking Exercise 12:00pm-LUNCH 1:00pm-Music 2:00pm-Social Gathering</p>	<p>24</p> <p>8:30am-Coffee / Social 9:00am-Inspirational Word 10:00am- 11:00am-Fitness 12:00pm-LUNCH 1:00pm-Line Dancing 2:00pm-Social Gathering</p>	<p><b>Lotus Rides</b></p> <p>Need transportation? Contact Lotus Rides at (225) 361-0299 for more information.</p>
<p>27</p> <p>8:30am-Coffee/ Social 9:00am-Inspirational Word 10:00am-Arts / Crafts 11:00am-Chair Exercise 12:00pm-LUNCH 1:00pm-Music &amp; Games 2:00pm-Social Gathering</p>	<p>28</p> <p>8:30am- Coffee / Social 9:00am- Inspirational Word 10:00am- BINGO &amp; Popcorn 11:00am-Chair Exercise 12:00pm-LUNCH 1:00pm-Music &amp; Games 2:00pm- Social Gathering</p>			<p>Activities, Meal Times and Senior Center Closures are subject to change</p>	<p><b>Senior Center Closures:</b></p> <p>The Senior Centers will be closed February 20 and 21st for the Mardi Gras Holiday.</p>

