







FEBRUARY 2023 – HIGHLAND SENIOR CENTER

Monday	Tuesday	Wednesday	Thursday	Friday	Events/Holidays
		<p>1</p> <p>8:30am- Coffee w/ Friends 9:00am-Inspirational Word 10:00am-Chair Exercise 11:00am-Lunch 1:00pm-Valentine Craft</p>	<p>2</p> <p>8:30am- Coffee w/ Friends 9:00am-Inspirational Word 10:00am-Painting 11:00am-Lunch 1:00pm-Arts & Crafts 2:00pm-Socializing</p>	<p>3</p> <p>8:30am-Coffee w/ Friends 9:00am-Inspirational Word 10:00am-Yoga w/ Sage 11:00am-BINGO 12:00pm-Lunch 1:00pm-Dominoes 2:00pm-Card Games</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 w/ Friends 9:00am-Inspirational Word 11:00am-Fitness w/ Donald 12:00pm-Lunch 1:00pm-Music Hour 2:00pm-Socializing/Games</p>	<p>7</p> <p>8:30am- Coffee w/ Friends 9:00am- Inspirational Word 10:00am-Jewelry making 11:00am-Lunch 1:00pm-Jewelry Making</p>	<p>8</p> <p>8:30am- Coffee w/ Friends 9:00am-Inspirational Word 10:00am-Socializing 11:00am-Lunch 1:00pm-Music Hour</p>	<p>9</p> <p>8:30am- Coffee w/ Friends 9:00am-Inspirational Word 10:00am-Valentine Craft 11:00am-Lunch 1:00pm-Speed Word Search</p>	<p>10</p> <p>8:30am-Coffee w/ Friends 10:00am-Yoga w/ Sage 11:00am-BINGO 12:00pm-Lunch *Super Bowl Tailgate*</p>	<p>Birthdays</p> <p>Dave Goldsmith-2/2 Jim Marion-2/13 Judith Ploune-2/20 Joseph Patin-2/24</p>
<p>13</p> <p>8:30am-Coffee w/ Friends 9:00am-Inspirational Word 11:00am-Fitness w/ Donald 12:00pm-Lunch 1:00pm-Music Hour 2:00pm-Socializing/Games</p>	<p>14</p> <p>8:30am- Coffee w/ Friends 9:00am- Inspirational Word 10:00am- Valentine Social 11:00am: Lunch 1:00pm-Music Hour 2:00pm-Socializing *Happy Valentine's Day</p>	<p>15</p> <p>SENIOR CENTER CLOSED</p>	<p>16</p> <p>8:30am- Coffee w/ Friends 9:00am-Inspirational Word 10:00am-Walking Exercise 11:00am-Lunch 1:00pm-Socializing & Games</p>	<p>17</p> <p>8:30am-Coffee w/ Friends 9:00am-Inspirational Word 10:00am-Yoga w/ Sage 11:00am-BINGO 12:00pm-Lunch 1:00pm-Socializing 2:00pm-Music Hour</p>	<p>Center Information</p> <p>Site Coordinator: Barbara Turner 14024 North Amiss Rd. Baton Rouge, La 70810 Phone: 454-4773 Hours-8:30am-2:30pm</p>
<p>20</p> 	<p>21</p> 	<p>22</p> <p>8:30am-Coffee w/ Friends 9:00am-Inspirational Word 10:00am-Walking w/ Joy 11:00am-Lunch 1:00pm: Games & Socializing</p>	<p>23</p> <p>8:30am- Coffee w/ Friends 9:00am-Inspirational Word 10:00am-Popcorn & a Movie 11:00am-Lunch 1:00pm-Dominoes 2:00pm-Socializing</p>	<p>24</p> <p>8:30am-Coffee w/ Friends 9:00am-Inspirational Word 10:00am-Yoga w/Sage 11:00am-BINGO 12:00pm-Lunch 1:00pm-Music Hour 2:00pm-Socializing</p>	<p>Lotus Rides</p> <p>Need transportation? Contact Lotus Rides at (225) 361-0299 for more information.</p>
<p>27</p> <p>8:30am-Coffee w/ Friends 9:00am-Inspirational Word 11:00am-Fitness w/ Donald 12:00pm-Lunch 1:00pm-Music Hour 2:00pm-Socializing/Games</p>	<p>28</p> <p>8:30am- Coffee w/ Friends 9:00am- Inspirational Word 10:00am-Arts & Crafts 11:00am-Lunch 1:00pm-Music & Games 2:00pm-Socializing</p>			<p>Activities, Meal Times and Senior Center Closures are subject to change</p>	<p>Senior Center Closures:</p> <p>The Senior Centers will be closed February 20 and 21st for the Mardi Gras Holiday.</p>

