

# FEB 2024

## Heart Health Month



*"Making aging engaging one activity at a time!"*

SUN	MON	TUE	WED	THU	FRI	SAT
				01	02	03
				<b>Beyond Bingo</b> Left, Right, Center Technology Class	9:30 Exercise <b>Wear RED Day!</b>	
04	05	06	07	08	09	10
	Financial Literacy Protecting Your Money	<b>SEA Bingo</b> Nutritional Ed. Healthy Eating	Wellness Wednesday <b>SEA MEETING</b>	<b>Beyond Bingo</b> Technology Class	SEA Fun Friday! 9:30 Exercise <b>B Day Celebration</b>	
11	12	13	14	15	16	Birthdays
<b>SUPER BOWL LVIII</b>	<b>Lundy Gras</b> Center Closed	<b>Mardi Gras</b> Center Closed	<b>Valentine's Day</b> Wellness Wednesday	<b>Beyond Bingo</b> Left, Right, Center Technology Class	9:30 Exercise	D. Cob 2/24 Z. Cockerham 2/25
18	19	20	21	22	23	
	Financial Literacy Protecting Your Money	<b>SEA Bingo</b> Nutritional Ed. Healthy Eating	Wellness Wednesday	<b>Beyond Bingo</b> Technology Class	SEA Fun Friday! 9:30 Exercise	
25	26	27	28	29		
	Financial Literacy Protecting Your Money	<b>SEA Bingo</b> Nutritional Ed. Healthy Eating	Wellness Wednesday	<b>Beyond Bingo</b> Technology Class <b>SEA MEETING</b>		

### NOTES:

#### Monday ~ Friday Daily Schedule:

8:00AM – 9:30 AM – Coffee & Conversation  
 9:30AM – Inspirational Words  
 11:30AM – 12:30AM Lunch

#### Center Information:

**Baker Senior Center**  
 3334 Jefferson St.  
 Baker, LA 70714  
 8:00 AM – 2:00 PM

- **Financial Lit.** – 10 Tips to Protect Your Nest Egg
- **Nutritional Ed.** – High Fiber Foods, What's on Your Plate (Protein)?
- **Technology** – Useful iPhone Tips for Seniors ~ 1 – 4 ~ Use Display Zoom; Text Size; Utilize Speak Selection
- **Wellness Wednesday** – Complete Guide to Senior Health – Nutrition for Seniors – Exercise & Fitness in Your Golden Years
- **Activities** – Purple & Pearls with the Mayor – Movie field trip
- **Craft** – Mardi Gras Shoebox Float/Center piece – Contest! (Wreaths – prizes)

# MAR 2024



## National Disability Awareness

*"Making aging engaging one activity at a time!"*

SUN	MON	TUE	WED	THU	FRI	SAT	ilv
					01	02	
					SEA Fun Friday! 9:30 Exercise		
03	04	05	06	07	08	09	
	Financial Literacy Investment Fraud	<b>SEA Bingo</b>  Nutritional Ed.	Wellness Wednesday	<b>Beyond Bingo</b>  Technology Class	SEA Fun Friday! 9:30 Exercise		
10	11	12	13	14	15	<b>Birthdays</b>	
	Financial Literacy Investment Fraud	<b>SEA Bingo</b>  Nutritional Ed.	Wellness Wednesday  <b>SEA MEETING</b>	<b>Beyond Bingo</b>  Technology Class	9:30 Exercise <b>B Day Celebration</b>	E. Dabney 3/9 G. Broadway 3/9 G. Bell 3/14 V. Daniels 3/22	
17	18	19	20	21	22		
St. Patrick's Day	Financial Literacy Investment Fraud	<b>SEA Bingo</b>  Nutritional Ed.	Wellness Wednesday	<b>Beyond Bingo</b>  Technology Class	SEA Fun Friday! 9:30 Exercise  12:30 Easter Celebration		
24	25	26	27	28	29		
	Financial Literacy Investment Fraud	<b>SEA Bingo</b>  <b>WEAR PURPLE DAY</b> (Epilepsy)	Wellness Wednesday	<b>Beyond Bingo</b>  Technology Class	<b>Good Friday Centers Closed</b>		
31							
<b>Easter</b>	<b>NOTES:</b> <b>Monday ~ Friday Daily Schedule:</b> 8:00AM – 9:30 AM – Coffee & Conversation 9:30AM – Inspirational Words 11:30AM – 12:30AM Lunch					<b>Center Information:</b> <b>Baker Senior Center</b> 3334 Jefferson St. Baker, LA 70714 8:00 AM – 2:00 PM	

- **Financial Lit.** – Investment Fraud (victim Recovery Checklist)
- **Nutritional Ed.** – Healthy Eating As You Age: Know Your Food Group
- **Technology** – Useful iPhone Tips for Seniors ~ 5 – 7 ~ Ringer Volume; Enable Find My; Configure Favorite Contacts
- **Wellness Wednesday** – Complete Guide to Senior Health – Activities of Daily Living – Medication Management
- **Activities** – Purple & Pearls with the Mayor – Movie field trip
- **Craft** – Paper Towel Roll Candle – Plant a Flower
- **Awareness** - National Kidney Awareness – 11 ~ Plant a Flower Day – 12 ~ Dr. Seuss's BD – 2 ~ National Pound Cake