

# JAN 2024



## Cervical Health Awareness

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

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>01</b>	<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>	<b>06</b>
	New Year Center Closed For The Holidays	New Year Center Closed For The Holidays	Wellness Wednesday National Peanut Day!	<b>Beyond Bingo</b> Technology Class	Cervical Health Awareness (presentation)	
<b>07</b>	<b>08</b>	<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
	Financial Literacy Identity Theft	<b>SEA Bingo</b> Nutritional Ed.	Wellness Wednesday National Fiber Day <b>SEA MEETING</b>	<b>Beyond Bingo</b> Technology Class	SEA Fun Friday!	
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>Birthdays</b>
	MLK Day Centers closed	<b>SEA Bingo</b> BRING A FRIEND DAY! BD Celebrations	Wellness Wednesday PB Cookie Recipe	<b>Beyond Bingo</b> Technology Class		
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	
	Financial Literacy Identity Theft	<b>SEA Bingo</b> Nutritional Ed.	Wellness Wednesday	<b>Beyond Bingo</b> Technology Class Vision Board Party	SEA Fun Friday!  B Day Celebration	
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>			
	Financial Literacy Identity Theft	<b>SEA Bingo</b> Nutritional Ed. <b>VISION BOARDS PARTY</b>	<b>SEA MEETING</b> <b>VISION BOARDS PARTY</b>			

### NOTES:

#### Monday ~ Friday Daily Schedule:

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

#### Center Information:

- **Financial Lit.** – Identity Theft
- **Nutritional Ed.** – High Fiber Foods, What's on Your Plate (Protein)?
- **Technology** – Exploring Cell Phone Functions that all seniors need to know
- **Wellness Wednesday** – Peanut Butter and Chocolate Chip Peanut Butter Cookies RECIPES
- **Activities** – Vision Boards & Journals 2024
- **Craft** – 2024 Vision Boards

# 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	<b>Wear RED Day!</b>	
04	05	06	07	08	09	10
	Financial Literacy Protecting Your Money <b>BLACK HISTORY Line Dancing!</b>	<b>SEA Bingo</b> Nutritional Ed. Healthy Eating	Wellness Wednesday <b>SEA MEETING</b> Movie Time!	<b>Beyond Bingo</b> Technology Class <b>Board Games</b>	SEA Fun Friday! <b>B Day Celebration</b> MARDI GRAS PARTY	
11	12	13	14	15	16	<b>Birthdays</b>
<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 <b>Board Games</b>	BLACK HISTORY PRESENTATIONS <b>Card Games!</b>	Robert Norman 2/8  Larry Nelson 2/21
18	19	20	21	22	23	
	Financial Literacy Protecting Your Money <b>Line Dancing!</b>	<b>SEA Bingo</b> Nutritional Ed. Healthy Eating	Wellness Wednesday LSU Ag Center	<b>Beyond Bingo</b> Technology Class <b>Board Games</b>	SEA Fun Friday! <b>Card Games!</b>	
25	26	27	28	29		
	Financial Literacy Protecting Your Money <b>Line Dancing!</b>	<b>SEA Bingo</b> Nutritional Ed. Healthy Eating	Wellness Wednesday <b>BLACK HISTORY PRESENTATIONS</b> Movie Time!	<b>Beyond Bingo</b> Technology Class <b>SEA MEETING</b> <b>Board Games</b>		

### NOTES:

#### Monday ~ Friday Daily Schedule:

8:00AM – 9:30 AM – Coffee & Conversation

9:30AM - Inspirational Words

11:30AM – 12:30AM Lunch

#### Ben Burge Senior Center

9350 Antigua Dr.

Baton Rouge, La. 70810

225.228.2670

Hours Of Operation – 8:00am – 2:00pm

- **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	
<i>"Celebrate Meals on Wheels!"</i>							
03	04	05	06	07	08	09	
	Financial Literacy Investment Fraud  <b>Line Dancing!</b>	<b>SEA Bingo</b>  Nutritional Ed. Brain Teasers	Wellness Wednesday <b>Movie Time!</b>  LSU Ag Center	<b>Beyond Bingo</b>  Technology Class <b>Crafts</b>	SEA Fun Friday!  <b>Card Games!</b>		
10	11	12	13	14	15	<b>Birthdays</b>	
	Financial Literacy Investment Fraud  <b>Line Dancing!</b>	<b>SEA Bingo</b>  Nutritional Ed. Brain Teasers	Wellness Wednesday  <b>SEA MEETING Movie Time!</b>	<b>Beyond Bingo</b>  Technology Class <b>Crafts</b>	B Day Celebration  <b>Card Games!</b>	Laura Butler 21  Andrew Chatman 14  Alice Murray 16  Barbara Alexander 18  Erma Lyons 20  Kaytheryn Moore 20  Dyan Smith 23	
17	18	19	20	21	22		
St. Patrick's Day	Financial Literacy Investment Fraud  <b>Line Dancing!</b>	<b>SEA Bingo</b>  Nutritional Ed. Brain Teasers	Wellness Wednesday  <b>Movie Time!</b>	<b>Beyond Bingo</b>  Technology Class <b>Crafts</b>	SEA Fun Friday!  <b>Card Games!</b>		
24	25	26	27	28	29		
	Financial Literacy Investment Fraud  <b>Line Dancing!</b>	<b>SEA Bingo</b>  <b>WEAR PURPLE DAY</b> (Epilepsy Awareness)	Wellness Wednesday  <b>Movie Time!</b>	<b>Beyond Bingo</b>  Technology Class <b>Crafts</b>	<b>Good Friday Centers Closed</b>		
31							
<b>Easter</b>	<p><b>NOTES:</b>  <b>Monday ~ Friday Daily Schedule:</b>                      8:00AM – 9:30 AM – Coffee &amp; Conversation                      9:30AM - Inspirational Words                      11:30AM – 12:30AM Lunch</p> <p style="text-align: right;"><b>Ben Burge Senior Center</b>                      9350 Antigua Dr.                      Baton Rouge, La. 70810                      225.228.2670                      Hours Of Operation – 8:00am – 2:00pm</p>						

- **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

# APR 2024

## Stress Awareness Month



*“Making aging engaging one activity at a time!”*

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>01</b>	<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>	<b>06</b>
	Financial Literacy Mortgage & Lending Fraud	<b>SEA Bingo</b>  Nutritional Ed.	Wellness Wednesday  <b>SEA MEETING</b>	<b>Beyond Bingo</b>  Technology Class		
<b>07</b>	<b>08</b>	<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
	Financial Literacy Mortgage & Lending Fraud	<b>SEA Bingo</b>  Nutritional Ed.	Wellness Wednesday	<b>Beyond Bingo</b>  Technology Class	SEA Fun Friday!	
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>Birthdays</b>
	Financial Literacy Mortgage & Lending Fraud <b>B Day Celebration</b>	<b>SEA Bingo</b>  Nutritional Ed.	Wellness Wednesday <b>Senior Skip Day!</b>	<b>Beyond Bingo</b>  Technology Class		
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	
	Financial Literacy Mortgage & Lending Fraud	<b>SEA Bingo</b>  Nutritional Ed.	Wellness Wednesday	<b>Beyond Bingo</b>  Technology Class  <b>SEA MEETING</b>	SEA Fun Friday!	
<b>28</b>	<b>29</b>	<b>30</b>				
	Financial Literacy Mortgage & Lending Fraud	<b>SEA Bingo</b>				

### NOTES:

#### Monday ~ Friday Daily Schedule:

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

#### Ben Burge Senior Center

9350 Antigua Dr.  
 Baton Rouge, La. 70810  
 225.228.2670

Hours of Operation – 8:00am – 2:00pm

- **Financial Lit.** – Mortgage & Lending Fraud (victim Recovery Checklist)
- **Nutritional Ed.** – Healthy Eating As You Age: Know Your Food Group
- **Technology** – Useful iPhone Tips for Seniors ~ 8 – 10 ~ Configure Emergency SOS: Enable Voice Dial; Home Screen
- **Wellness Wednesday** – Complete Guide to Senior Health – Activities of Daily Living – Medication Management
- **Activities** – Beyond Bingo Masters! **Senior Skip Day!**
- **Craft** – Beaded Egg – Recycle Mardi Gras beads to decorate Easter eggs.
- **Awareness** – World Autism Awareness Day 2; World Health Day 7; National Prescription Drug Take Back Day 27

# MAY 2024



## Mental Health Awareness

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

SUN	MON	TUE	WED	THU	FRI	SAT
			01	02	03	04
			Wellness Wednesday	<b>Beyond Bingo</b> Technology Class World Asthma Day		
05	06	07	08	09	10	11
	Financial Literacy Elder Financial Abuse National Fitness Day	<b>SEA Bingo</b> Nutritional Ed.	Wellness Wednesday Have A Coke Day <b>SEA MEETING</b>	<b>Beyond Bingo</b> Technology Class	SEA Fun Friday! Floral Arrangement	
12	13	14	15	16	17	Birthdays
<b>MOTHER Day</b>	Financial Literacy Elder Financial Abuse Apple Pie Day	<b>SEA Bingo</b> Nutritional Ed.	Wellness Wednesday Natl. Pizza Party Day! <b>B Day</b>	<b>Beyond Bingo</b> Technology Class	World Hypertension Day	
19	20	21	22	23	24	
	Financial Literacy Elder Financial Abuse	<b>SEA Bingo</b> Nutritional Ed.	Wellness Wednesday	<b>Beyond Bingo</b> Technology Class	SEA Fun Friday!	
26	27	28	29	30	31	
	Memorial day Centers Closed	<b>SEA Bingo</b> Nutritional Ed.	Wellness Wednesday	<b>Beyond Bingo</b> Technology Class	No Tobacco Day!	

### NOTES:

#### Monday ~ Friday Daily Schedule:

8:00AM – 9:30 AM – Coffee & Conversation

9:30AM - Inspirational Words

11:30AM – 12:30AM Lunch

#### Ben Burge Senior Center

9350 Antigua Dr.

Baton Rouge, La. 70810

225.228.2670

Hours Of Operation – 8:00am – 2:00pm

- **Financial Lit.** – Warning Signs of Elder Financial Abuse
- **Nutritional Ed.** – Healthy Eating As You Age: Know Your Food Groups
- **Technology** – Online Safety & Technology Tips for Seniors 1 - 4
- **Wellness Wednesday** – Complete Guide to Senior Health – Activities of Daily Living – Mental Health & Wellness
- **Activities** –
- **Craft** – Floral Arrangement Center Pieces
- **Awareness** – Military Appreciation; Women's Health Week 12-18; International Day of Families 15; **Mother's Day**

# JUN 2024

## National Safety Month



*“Making aging engaging one activity at a time!”*

SUN	MON	TUE	WED	THU	FRI	SAT
						01
02	03	04	05	06	07	08
	Financial Literacy Financial Scams	<b>SEA Bingo</b> Nutritional Ed.	Wellness Wednesday	<b>Beyond Bingo</b> Technology Class Sip & Paint	National Donut Day!	
09	10	11	12	13	14	Birthdays
	Financial Literacy Financial Scams	<b>SEA Bingo</b> Nutritional Ed.	Wellness Wednesday <b>SEA MEETING</b>	<b>Beyond Bingo</b> Technology Class Sip & Paint	Sea Fun Friday! B Day Celebration	
16	17	18	19	20	21	
Father's Day	Financial Literacy Financial Scams Juneteenth	<b>SEA Bingo</b> Nutritional Ed.	Juneteenth Centers Closed	<b>Beyond Bingo</b> Technology Class Sip & Paint		
23	24	25	26	27	28	
	Financial Literacy Financial Scams	<b>SEA Bingo</b> Nutritional Ed.	Wellness Wednesday	<b>Beyond Bingo</b> Technology Class	SEA Fun Friday!	
30						

### NOTES:

#### Monday ~ Friday Daily Schedule:

8:00AM – 9:30 AM – Coffee & Conversation

9:30AM - Inspirational Words

11:30AM – 12:30AM Lunch

#### Center Information:

- **Financial Lit.** – Senior's Guide to Financial Scams (And How to Avoid Them) Fake-Check Scams, Medicare Scams
- **Nutritional Ed.** – Overcoming Roadblocks to Healthy Eating
- **Technology** – Online Safety & Technology Tips for Seniors 5 - 7
- **Wellness Wednesday** – Complete Guide to Senior Health – Chronic Diseases and Conditions
- **Activities** – Sip & Paint ~ Geometric Tape Painting
- **Craft** – Friendship Bracelet
- **Awareness** – Alzheimer's Awareness 1; Gun Violence 3; **Father's Day**

# JUL 2024



## Family Reunion Month

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

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>01</b>	<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>	<b>06</b>
	Financial Literacy Financial Scams  National Gingersnap Day	Nutritional Ed. Watermelon <b>SEA Bingo</b> <b>SEA MEETING</b>	Wellness Wednesday	<b>Independence Day</b> Centers Closed		
<b>07</b>	<b>08</b>	<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
	Financial Literacy Financial Scams  <b>Senior Centers' Recertification</b>	Nutritional Ed. Watermelon <b>SEA Bingo</b> Sugar Cookie Day		<b>Beyond Bingo</b>  Technology Class	SEA Fun Friday	
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>Birthdays</b>
	Financial Literacy Financial Scams  <b>B Day Celebration</b>	Nutritional Ed. Gingers Recipe <b>SEA Bingo</b>	Wellness Wednesday <b>Senior Bash</b> (TBD)	<b>Beyond Bingo</b>  Technology Class Nelson Mandela		
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	
	Financial Literacy Financial Scams	Nutritional Ed. Watermelon <b>SEA Bingo</b>		<b>Beyond Bingo</b>  Technology Class	SEA Fun Friday	
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>			
	Financial Literacy Financial Scams	Nutritional Ed. Watermelon <b>SEA Bingo</b>	Wellness Wednesday <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:

- **Financial Lit.** – Senior's Guide to Financial Scams (And How to Avoid Them) Tech-support Scams, Lottery + You've Won Scams
- **Nutritional Ed.** – 9 Health Benefits of Watermelons
- **Technology** – Online Safety & Technology Tips for Seniors 8 - 10
- **Wellness Wednesday** – Watermelon Salads w/Feta & Mint Recipe; Watermelon Smoothies Recipe;
- **Activities** – Holiday Wreath w/watermelon applique, **Senior Bash**
- **Craft** – Inspirational Cards; Holiday Wreath w/watermelons
- **Awareness** - National French Fry Day 13; National Refreshment Day 27; World Chocolate Day 7; National Fried Clam Day 3

# AUG 2024



*“Making aging engaging one activity at a time!”*

SUN	MON	TUE	WED	THU	FRI	SAT
				01	02	03
				<b>Beyond Bingo</b> Technology Class		
04	05	06	07	08	09	10
	Financial Literacy Financial Scams	<b>SEA Bingo</b> Nutritional Ed.	Wellness Wednesday	<b>Beyond Bingo</b> Technology Class	SEA Fun Friday!	
11	12	13	14	15	16	Birthdays
	Financial Literacy Financial Scams	<b>SEA Bingo</b> Nutritional Ed.	Wellness Wednesday <b>SEA MEETING</b>	<b>Beyond Bingo</b> B Day Celebration	<b>SPIRIT DAY!</b> Favorite College Team!	
18	19	20	21	22	23	
	Financial Literacy Financial Scams	<b>SEA Bingo</b> Nutritional Ed.	Wellness Wednesday	<b>Beyond Bingo</b> Technology Class	SEA Fun Friday!	
25	26	27	28	29	30	
	Financial Literacy Financial Scams	<b>SEA Bingo</b>	Wellness Wednesday	<b>Beyond Bingo</b> Technology Class		

**NOTES:**

**Monday ~ Friday Daily Schedule:**

8:00AM – 9:30 AM – Coffee & Conversation

9:30AM - Inspirational Words

11:30AM – 12:30AM Lunch

**Center Information:**

- **Financial Lit.** – Senior’s Guide to Financial Scams (And How to Avoid Them) Investment Scams, Grand Parent Scams
- **Nutritional Ed.** –
- **Technology** – Online Safety & Technology Tips for Seniors 11 - 13
- **Wellness Wednesday** – Speakers From People’s Health - Preventive Medicine
- **Activities** – Fall Wreaths (flowers & grapevines)
- **Craft** – No-Sew Pillows
- **Awareness** - Senior Citizen Day – 21 ~ Women’s Equality Day – 26 ~ National Grief Awareness Day - 30



# SEP 2024



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

SUN	MON	TUE	WED	THU	FRI	SAT
<b>01</b>	<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>	<b>06</b>	<b>07</b>
	Labor day Center Closed	<b>SEA Bingo</b> Bowling Tournament Nutritional Ed.	Wellness Wednesday Bowling Tournament	<b>Beyond Bingo</b> Bowling Tournament	National Coffee Ice Cream Day	
<b>08</b>	<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Grandparent day	Financial Literacy	<b>SEA Bingo</b> Pool Tournament Nutritional Ed.	Wellness Wednesday Pool Tournament	<b>Beyond Bingo</b> Pool Tournament	SEA Fun Friday! B Day Celebration	
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	Birthdays
	Financial Literacy	<b>SEA Bingo</b> Ping Pong Tourn.	Wellness Wednesday Dumpling recipes	<b>Beyond Bingo</b> Ping Pong	<b>SPIRIT DAY!</b> Favorite NFL Team	
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	
	Financial Literacy	<b>SEA Bingo</b> Nutritional Ed. Bean Bag Toss	Natl. Apple Month Presentation Bean Bag Toss	<b>Beyond Bingo</b> Bean Bag Toss	SEA Fun Friday!	
<b>29</b>	<b>30</b>					
	Financial Literacy					

**NOTES:**

**Monday ~ Friday Daily Schedule:**

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

**Center Information:**

- Financial Lit. – I
- Nutritional Ed. – H
- Technology –
- Wellness Wednesday – C
- Activities – P
- Craft – Sip & Paint
- Awareness - World Alzheimer's month – 1 ~ Read a book day – 6 ~ National salami day – 7 ~ International literacy day - 8

# OCT 2024



## Breast Cancer Awareness

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

SUN	MON	TUE	WED	THU	FRI	SAT
		01	02	03	04	05
		<i>International Coffee Party!</i>	Wellness Wednesday Taco Recipe  <b>SEA MEETING</b>	<b>Beyond Bingo</b>  Technology Class		
06	07	08	09	10	11	12
	Financial Literacy	<b>SEA Bingo</b>  Nutritional Ed.		<b>Beyond Bingo</b>  Technology Class	SEA Fun Friday!  Demin & Boots Party	
13	14	15	16	17	18	Birthdays
	Financial Literacy  Columbus Day	<b>SEA Bingo</b>  B Day Celebration Nutritional Ed.	Wellness Wednesday	<b>Beyond Bingo</b>  Technology Class		
20	21	22	23	24	25	
	Financial Literacy	<b>SEA Bingo</b>  Nutritional Ed.		<b>Beyond Bingo</b>  Technology Class	SEA Fun Friday!	
27	28	29	30	31		
	Financial Literacy	<b>SEA Bingo</b>  Nutritional Ed.	Wellness Wednesday  <b>SEA MEETING</b>	<b>Beyond Bingo</b>  Halloween		

### NOTES:

#### Monday ~ Friday Daily Schedule:

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

#### Center Information:

- Financial Lit. – I
- Nutritional Ed. – H
- Technology –
- Wellness Wednesday – C
- Activities – P
- Craft –
- Awareness - Boss's Day – 16 ~ Int'l coffee day - 1

# NOV 2024



## Alzheimer's Awareness Month

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

SUN	MON	TUE	WED	THU	FRI	SAT
					01	02
03	04	05	06	07	08	09
	Financial Literacy	Election Day	Wellness Wednesday SU Ag. Department <b>SEA MEETING</b>	BEYOND BINGO	SEA Fun Friday	
10	11	12	13	14	15	Birthdays
	Veteran's Day Center Closed	EBRP Book Mobile <b>SEA Bingo</b> Nutritional Ed.	Wellness Wednesday	BEYOND BINGO	B Day Celebration	
17	18	19	20	21	22	
	Financial Literacy	<b>SEA Bingo</b> Nutritional Ed.	Wellness Wednesday	BEYOND BINGO	SEA Fun Friday!	
24	25	26	27	28	29	
	Financial Literacy	<b>SEA Thanksgiving Program/Dinner @ Centers</b>		THANKSGIVING HOLIDAY Centers Closed	THANKSGIVING HOLIDAY Centers Closed	

### NOTES:

#### Monday ~ Friday Daily Schedule:

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

#### Center Information:

- Financial Lit. – I
- Nutritional Ed. – H
- Technology –
- Wellness Wednesday – C
- Activities – P
- Craft – Mason Jar/Vase Lantern
- Awareness - All Saints Day – 1 ~ World Kindness Day - 13

# DEC 2024



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

SUN	MON	TUE	WED	THU	FRI	SAT
<b>01</b>	<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>	<b>06</b>	<b>07</b>
	Financial Literacy Identity Theft  Senior Cruise	<b>SEA Bingo</b> Nutritional Ed.  Senior Cruise	Wellness Wednesday National Brownie Day Senior Cruise	Beyond Bingo Technology Class  Senior Cruise	SEA Fun Friday   Senior Cruise	Senior Cruise
<b>08</b>	<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
	Financial Literacy Green Monday	<b>SEA Bingo</b> Nutritional Ed.	Gingerbread House Day  <b>SEA MEETING</b>	Beyond Bingo Technology Class	SEA Fun Friday  B Day Celebration	
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>Birthdays</b>
	Financial Literacy Identity Theft  Ugly Sweater Day!	<b>SEA Bingo</b> Nutritional Ed.	Wellness Wednesday	<b>SEA CHRISTMAS PARTY</b>	<b>PJ , PEARLS &amp; POKENO/BINGO PARTY</b>	
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	
		Christmas Eve	Christmas Day Centers Closed	Christmas Day Centers Closed		
			Hanukkah	Kwanzaa		
<b>29</b>	<b>30</b>	<b>31</b>				
		New Year Eve				

**NOTES:**

**Monday ~ Friday Daily Schedule:**

8:00AM – 9:30 AM – Coffee & Conversation

9:30AM - Inspirational Words

11:30AM – 12:30AM Lunch

**Birthdays:**

**Center Information:**

- Financial Lit. – I
- Nutritional Ed. – H
- Technology –
- Wellness Wednesday – Gingerbread Recipes (cookies, bread, muffins)
- Activities – Ugly Sweater Day, Christmas Party, PJ & Pokeno Day
- Craft – Top Hat Can Centerpiece; Christmas Wine Bottles
- Awareness - Gingerbread House Day 12 ~ National Wear your Pearls Day 15 ~ National Ugly Sweater Day 20 ~ National Wreath Across America 21