

# 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

Dumas House Senior Center

- **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 BINGO	<b>SEA Bingo</b> Nutritional Ed. Healthy Eating	Wellness Wednesday Purple & pearl Movie <b>SEA MEETING</b>	<b>Beyond Bingo</b> Technology Class 9:30 Fitness 1:00	SEA Fun Friday! CARE MANAGER B Day Celebration Speak from the Heart	
11	12	13	14	15	16	Birthdays
<b>SUPER BOWL LVIII</b>	Lundy Gras Center Closed	Mardi Gras Center Closed	Valentine's Day Wellness Wednesday Fitness Lotus BINGO	<b>10:30 Medicare Patrol</b> SU AG 1:00 Technology Class 9:30 Fitness	<b>GUESS WHO GAME</b>	
18	19	20	21	22	23	
	Financial Literacy Protecting Your Money President Challenge	<b>SEA Bingo</b> Nutritional Ed. Healthy Eating Lets Talk	Wellness Wednesday 9:30 Fitness Lotus BINGO	<b>Beyond Bingo</b> Technology Class 9:30 Fitness	SEA Fun Friday! CARE MANAGER	
25	26	27	28	29		
	Financial Literacy Protecting Your Money BINGO	<b>SEA Bingo</b> Nutritional Ed. Healthy Eating	Wellness Wednesday Fitness 9:30 Lotus BINGO	<b>Beyond Bingo</b> 9:30 Fitness Technology Class		

### NOTES:

#### Monday ~ Friday Daily Schedule:

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

#### Dumas House Senior Center

1313 North Sherwood Forest  
Baton Rouge, La. 70802  
225.389.5611

Hours of Operations – 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	
03	04	05	06	07	08	09	
	Financial Literacy Investment Fraud BINGO	<b>SEA Bingo</b> <b>CANDY GAME</b> Nutritional Ed.	Wellness Wednesday FITNESS @ LOTUS 9:30	<b>Beyond Bingo</b> 9:30 FITNESS Technology Class	SEA Fun Friday! CARE MANAGER		
10	11	12	13	14	15	Birthdays	
	Financial Literacy Investment Fraud SEEK N FIND	<b>SEA Bingo</b> <b>1:00</b> <b>BOOKMOBILE</b> Nutritional Ed.	Wellness Wednesday FITNESS LOTUS  <b>SEA MEETING</b>	<b>Beyond Bingo</b> <b>POKENO</b> <b>FITNESS 9:30</b> <b>1:00 SU AG</b> <b>TECHNOLOGY</b> <b>CLASS</b>	B Day Celebration		
17	18	19	20	21	22		
St. Patrick's Day	Financial Literacy Investment Fraud BINGO	<b>SEA Bingo</b> <b>SWEETS</b> <b>GAME</b> Nutritional Ed.	Wellness Wednesday	<b>Beyond Bingo</b>  Technology Class FITNESS 9:30	SEA Fun Friday! CARE MANAGER		
24	25	26	27	28	29		
	Financial Literacy Investment Fraud BINGO	<b>SEA Bingo</b>  <b>WEAR PURPLE</b> <b>DAY</b> (Epilepsy Awareness)	Wellness Wednesday 9:30  EASTER HUNT1:00	<b>Beyond Bingo</b> POKENO Technology Class 9:30 fitness	Good Friday Centers Closed		
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>Dumas House Senior Center</b> 1313 North Sherwood Forest Baton Rouge, La. 70802 225.389.5611 Hours of Operations – 8:00am – 2:00pm

- **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. Seouss'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</b>	<b>SEA Bingo</b>  Nutritional Ed.	Wellness Wednesday	<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

#### Dumas House Senior Center

1313 North Sherwood Forest  
 Baton Rouge, La. 70802  
 225.389.5611

Hours of Operations – 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!
- **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		
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 Nat. 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

#### Dumas House Senior Center

1313 North Sherwood Forest  
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 225.389.5611

Hours of Operations – 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

# JUN 2024

## National Safety 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>	<b>07</b>	<b>08</b>
	Financial Literacy Financial Scams	<b>SEA Bingo</b> Nutritional Ed.	Wellness Wednesday	<b>Beyond Bingo</b> Technology Class Sip & Paint	National Donut Day!	
<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
	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>B Day Celebration</b>	
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Father's Day	Financial Literacy Financial Scams  Juneteenth Presentation	<b>SEA Bingo</b> Nutritional Ed.	Juneteenth Centers Closed	<b>Beyond Bingo</b> Technology Class Sip & Paint		
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
	Financial Literacy Financial Scams	<b>SEA Bingo</b> Nutritional Ed.	Wellness Wednesday	<b>Beyond Bingo</b> Technology Class	SEA Fun Friday!	
<b>30</b>						

### NOTES:

#### Monday ~ Friday Daily Schedule:

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

#### Dumas House Senior Center

1313 North Sherwood Forest  
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 225.389.5611

Hours of Operations – 8:00am – 2:00pm

- **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;

# 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	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>20</b>
	Financial Literacy Financial Scams  <b>B Day Celebration</b>	Nutritional Ed. Gingers Recipe <b>SEA Bingo</b>	Wellness Wednesday  <b>Senior Bash</b>	<b>Beyond Bingo</b>  Technology Class  Nelson Mandela Day!		
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</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

#### Birthdays:

#### 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
- **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	17
	Financial Literacy Financial Scams	<b>SEA Bingo</b> Nutritional Ed.	Wellness Wednesday <b>SEA MEETING</b>	<b>Beyond Bingo</b> B Day Celebration		
18	19	20	21	22	23	24
	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	31
	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

**Birthdays:**

**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 <b>Nutritional Ed.</b>	Wellness <b>Wednesday</b>  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 <b>Nutritional Ed.</b>	Wellness <b>Wednesday</b>  Pool Tournament	<b>Beyond Bingo</b>  Pool Tournament	SEA Fun Friday!  <b>B Day Celebration</b>	
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
	Financial Literacy	<b>SEA Bingo</b>  Ping Pong Tourn.	Wellness <b>Wednesday</b>  Dumpling recipes	<b>Beyond Bingo</b>  Ping Pong Tourn.		
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
	Financial Literacy	<b>SEA Bingo</b> <b>Nutritional Ed.</b>  Bean Bag Toss	<i>Natl. Apple Month Presentation</i>  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

**Birthdays:**

**Center Information:**

- **Financial Lit.** – I
- **Nutritional Ed.** – H
- **Technology** –
- **Wellness Wednesday** – C
- **Activities** – P
- **Craft** –
- **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
		<b>01</b>	<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>
		<i>International Coffee Party!</i>	Wellness Wednesday Taco Recipe  <b>SEA MEETING</b>	<b>Beyond Bingo</b> Technology Class		
<b>06</b>	<b>07</b>	<b>08</b>	<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b>
	Financial Literacy	<b>SEA Bingo</b> Nutritional Ed.		<b>Beyond Bingo</b> Technology Class	SEA Fun Friday! Demin & Boots Party	
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
	Financial Literacy Columbus Day	<b>SEA Bingo</b>  B Day Celebration Nutritional Ed.	Wellness Wednesday	<b>Beyond Bingo</b> Technology Class		
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
	Financial Literacy	<b>SEA Bingo</b> Nutritional Ed.		<b>Beyond Bingo</b> Technology Class	SEA Fun Friday!	
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		
	Financial Literacy	<b>SEA Bingo</b> Nutritional Ed.	Wellness Wednesday  <b>SEA MEETING</b>	<b>Beyond Bingo</b>  Halloween Holiday		

### 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 – 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	16
	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	23
	Financial Literacy	<b>SEA Bingo</b> Nutritional Ed.	Wellness Wednesday	BEYOND BINGO	SEA Fun Friday!	
24	25	26	27	28	29	30
	Financial Literacy	<b>SEA Thanksgiving Program</b>	<b>SEA Thanksgiving Program</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

Birthdays:

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 <b>Wednesday</b> 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>21</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 PARTY</b>	
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
		Christmas Eve	Christmas Day Centers Closed  Hanukkah	Christmas Day Centers Closed  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

