

JAN 2024



Cervical Health Awareness

"Making aging engaging one activity at a time!"

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

NOTES:

Monday ~ Friday Daily Schedule:

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

Center Information: Perkins Road Senior Center

7122 Perkins Rd, Baton Rouge, LA 70808
Phone: (225)
Hours of Operation 8am to 4:30pm
Monday – Friday

- **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
				Beyond Bingo Left, Right, Center Technology Class	Wear RED Day! Friday	
04	05	06	07	08	09	10
	Financial Literacy Protecting Your Money Zumba Class	SEA Bingo Nutritional Ed. Healthy Eating	Wellness Wednesday Fitness Class SEA MEETING	Beyond Bingo Technology Class Movie Day	SEA Fun Friday! Tailgate Party! B Day Celebration MARDI GRAS PARTY	
11	12	13	14	15	16	Birthdays
SUPER BOWL LVIII	Lundy Gras CENTER CLOSED	Mardi Gras CENTER CLOSED	Valentine's Day Wellness Wednesday Fitness Class 	Beyond Bingo Left, Right, Center Technology Class Movie Day	BLACK HISTORY PRESENTATIONS Friday Raffles!	Louise Debarros – 2 nd Leonard White – 6 th
18	19	20	21	22	23	
	Financial Literacy Protecting Your Money Zumba Class 	SEA Bingo Nutritional Ed. Healthy Eating	Wellness Wednesday Fitness Class Arts & Crafts	Beyond Bingo Technology Class Movie Day	SEA Fun Friday! Friday Raffles! 	Gwendolyn Miller – 3 rd Ellen Sip-13th
25	26	27	28	29		
	Financial Literacy Protecting Your Money Zumba Class	SEA Bingo Nutritional Ed. Healthy Eating	Wellness Wednesday Fitness Class BLACK HISTORY	Beyond Bingo Technology Class SEA MEETING		

NOTES:

Monday ~ Friday Daily Schedule:

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

9:30AM - Inspirational Words

11:30AM – 12:30AM Lunch

Perkins Road Senior Center

7122 Perkins Road

Baton Rouge, LA 70808

Phone: (225) 302-9662

Hours of Operation 8am to 4:30pm


- **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>					Friday Raffles! 		
03	04	05	06	07	08	09	
	Financial Literacy Investment Fraud Zumba Class	SEA Bingo Nutritional Ed.	Wellness Wednesday Fitness Class 	Beyond Bingo Technology Class Movie Day	SEA Fun Friday! Friday Raffles!		
10	11	12	13	14	15	Birthdays	
	Financial Literacy Investment Fraud ZUMBA Class	SEA Bingo Nutritional Ed.	Wellness Wednesday Fitness Class SEA MEETING Arts & Crafts	Beyond Bingo Technology Class Movie Day	B Day Celebration Sea FUN Friday FUN DAY	Carolyn Wooten – 9 th Mary Manchester- 11 th	
17	18	19	20	21	22		
St. Patrick's Day	Financial Literacy Investment Fraud Zumba Class	SEA Bingo Nutritional Ed.	Wellness Wednesday Fitness Class Arts & Crafts	Beyond Bingo Technology Class Movie Day	SEA Fun Friday!	Bonnie Forte - 29 th	
24	25	26	27	28	29		
	Financial Literacy Investment Fraud Zumba Class	SEA Bingo <i>Wear Purple Day</i> (Epilepsy Awareness)	Wellness Wednesday Fitness Class  Arts & Crafts	Beyond Bingo Technology Class Movie Day	Good Friday Centers Closed		
31							
Easter	NOTES: Monday ~ Friday Daily Schedule: 8:00AM – 9:30 AM – Coffee & Conversation 9:30AM - Inspirational Words 11:30AM – 12:30AM Lunch				Perkins Road Senior Center 7122 Perkins Road Baton Rouge, LA 70808 Phone: (225) 302-9662 Hours of Operation 8am to 4:30pm		

- **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 ~ Natio



APR 2024

Stress Awareness Month

“Making aging engaging one activity at a time!”

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

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.** – 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	Beyond Bingo Technology Class World Asthma Day		
05	06	07	08	09	10	11
	Financial Literacy Elder Financial Abuse National Fitness Day	SEA Bingo Nutritional Ed.	Wellness Wednesday Have A Coke Day SEA MEETING	Beyond Bingo Technology Class	SEA Fun Friday! Floral Arrangement	
12	13	14	15	16	17	Birthdays
MOTHER Day	Financial Literacy Elder Financial Abuse Apple Pie Day	SEA Bingo Nutritional Ed.	Wellness Wednesday Natl. Pizza Party Day! B Day	Beyond Bingo Technology Class	World Hypertension Day	
19	20	21	22	23	24	
	Financial Literacy Elder Financial Abuse	SEA Bingo Nutritional Ed.	Wellness Wednesday	Beyond Bingo Technology Class	SEA Fun Friday!	
26	27	28	29	30	31	
	Memorial day Centers Closed	SEA Bingo Nutritional Ed.	Wellness Wednesday	Beyond Bingo 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

Center Information:

- **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	SEA Bingo Nutritional Ed.	Wellness Wednesday	Beyond Bingo Technology Class Sip & Paint	National Donut Day!	
09	10	11	12	13	14	Birthdays
	Financial Literacy Financial Scams	SEA Bingo Nutritional Ed.	Wellness Wednesday SEA MEETING	Beyond Bingo Technology Class Sip & Paint	Sea Fun Friday! B Day Celebration	
16	17	18	19	20	21	
Father's Day	Financial Literacy Financial Scams Juneteenth	SEA Bingo Nutritional Ed.	Juneteenth Centers Closed	Beyond Bingo Technology Class Sip & Paint		
23	24	25	26	27	28	
	Financial Literacy Financial Scams	SEA Bingo Nutritional Ed.	Wellness Wednesday	Beyond Bingo 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 aqing enaqing one activity at a time!"

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

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
				Beyond Bingo Technology Class		
04	05	06	07	08	09	10
	Financial Literacy Financial Scams	SEA Bingo Nutritional Ed.	Wellness Wednesday	Beyond Bingo Technology Class	SEA Fun Friday!	
11	12	13	14	15	16	Birthdays
	Financial Literacy Financial Scams	SEA Bingo Nutritional Ed.	Wellness Wednesday SEA MEETING	Beyond Bingo B Day Celebration	SPIRIT DAY! Favorite College Team!	
18	19	20	21	22	23	
	Financial Literacy Financial Scams	SEA Bingo Nutritional Ed.	Wellness Wednesday	Beyond Bingo Technology Class	SEA Fun Friday!	
25	26	27	28	29	30	
	Financial Literacy Financial Scams	SEA Bingo	Wellness Wednesday	Beyond Bingo 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
01	02	03	04	05	06	07
	Labor day Center Closed	SEA Bingo Bowling Tournament Nutritional Ed.	Wellness Wednesday Bowling Tournament	Beyond Bingo Bowling Tournament	National Coffee Ice Cream Day	
08	09	10	11	12	13	14
Grandparent day	Financial Literacy	SEA Bingo Pool Tournament Nutritional Ed.	Wellness Wednesday Pool Tournament	Beyond Bingo Pool Tournament	SEA Fun Friday! B Day Celebration	
15	16	17	18	19	20	Birthdays
	Financial Literacy	SEA Bingo Ping Pong Tourn.	Wellness Wednesday Dumpling recipes	Beyond Bingo Ping Pong	SPIRIT DAY! Favorite NFL Team	
22	23	24	25	26	27	
	Financial Literacy	SEA Bingo Nutritional Ed. Bean Bag Toss	Natl. Apple Month Presentation Bean Bag Toss	Beyond Bingo Bean Bag Toss	SEA Fun Friday!	
29	30					
	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 SEA MEETING	Beyond Bingo Technology Class		
06	07	08	09	10	11	12
	Financial Literacy	SEA Bingo Nutritional Ed.		Beyond Bingo Technology Class	SEA Fun Friday! Demin & Boots Party	
13	14	15	16	17	18	Birthdays
	Financial Literacy Columbus Day	SEA Bingo B Day Celebration Nutritional Ed.	Wellness Wednesday	Beyond Bingo Technology Class		
20	21	22	23	24	25	
	Financial Literacy	SEA Bingo Nutritional Ed.		Beyond Bingo Technology Class	SEA Fun Friday!	
27	28	29	30	31		
	Financial Literacy	SEA Bingo Nutritional Ed.	Wellness Wednesday SEA MEETING	Beyond Bingo 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 SEA MEETING	BEYOND BINGO	SEA Fun Friday	
10	11	12	13	14	15	Birthdays
	Veteran's Day Center Closed	EBRP Book Mobile SEA Bingo Nutritional Ed.	Wellness Wednesday	BEYOND BINGO	B Day Celebration	
17	18	19	20	21	22	
	Financial Literacy	SEA Bingo Nutritional Ed.	Wellness Wednesday	BEYOND BINGO	SEA Fun Friday!	
24	25	26	27	28	29	
	Financial Literacy	SEA Thanksgiving Program/Dinner @ Centers		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
01	02	03	04	05	06	07
	Financial Literacy Identity Theft Senior Cruise	SEA Bingo Nutritional Ed. Senior Cruise	Wellness Wednesday National Brownie Day Senior Cruise	Beyond Bingo Technology Class Senior Cruise	SEA Fun Friday Senior Cruise	Senior Cruise
08	09	10	11	12	13	14
	Financial Literacy Green Monday	SEA Bingo Nutritional Ed.	Gingerbread House Day SEA MEETING	Beyond Bingo Technology Class	SEA Fun Friday B Day Celebration	
15	16	17	18	19	20	Birthdays
	Financial Literacy Identity Theft Ugly Sweater Day!	SEA Bingo Nutritional Ed.	Wellness Wednesday	SEA CHRISTMAS PARTY	PJ , PEARLS & POKENO/BINGO PARTY	
22	23	24	25	26	27	
		Christmas Eve	Christmas Day Centers Closed	Christmas Day Centers Closed		
			Hanukkah	Kwanzaa		
29	30	31				
		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

