

# 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>20</b>
	<b>MLK Day</b> 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>	<b>27</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>B Day Celebration</b>	
<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

#### Birthdays:

#### 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 <i>Movie Outing</i> Library	<b>Wear RED Day!</b> 12:30 Fitness by Donald	
04	05	06	07	08	09	10
	Financial Literacy Protecting Your Money <b>Black History</b>	<b>SEA Bingo</b>  Nutritional Ed. Healthy Eating	10:00 DEMCO Safety 12:30 Yoga by Carol Wellness Wednesday <b>SEA MEETING</b>	<b>Beyond Bingo</b>  Technology Class	SEA Fun Friday! 12:30 Fitness <b>Mardi Gras Party</b> B Day Celebrate	
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 9:00 Crochet by Sandra 12:30 Yoga by Carol	<b>Beyond Bingo</b> Left, Right, Center  Technology Class	<b>12:30 FITNESS BY DONALD</b>  <b>Black History</b>	01 James Haney 04 Janice Depuy 06 Shirley Demasiliere 08 Leroy Scott 10 Panithia Johnson 10 Velma Thomas 12 Donard Ard 21 THEODORE WILEY 24 JOYCE GRANT 27 MELINDA RUSH 28 Keith Hall 28 Deidre Cheek
18	19	20	21	22	23	
	Financial Literacy Protecting Your Money	<b>SEA Bingo</b>  Nutritional Ed. Healthy Eating	Wellness Wednesday 12:30 Yoga by Carol	<b>Beyond Bingo</b>  Technology Class	SEA Fun Friday! 12:30 Fitness by Donald	
25	26	27	28	29		
:	Financial Literacy Protecting Your Money	<b>SEA Bingo</b> Nutritional Ed. Healthy Eating 12:30 Fitness by Donald	Wellness Wednesday 9:00 Crochet by Sandra 12:30 Yoga by Carol	<b>Beyond Bingo</b>  Technology Class  <b>SEA MEETING</b>	<b>Black History</b>	

### NOTES:

#### Monday ~ Friday Daily Schedule:

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

#### Center Information:

Zachary Lotus Activity Center  
 6363 Main St. Zachary, LA 70791  
 (225) 306-4102  
 Hours of Operation 8:00am-4:30

- 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
					01	
					12:30 Fitness by Donald	
03	04	05	06	07	08	
	Financial Literacy Investment Fraud	SEA Bingo Nutritional Ed. 12:30 Fitness by Donald	Wellness Wednesday 12:30 Yoga by Carol	Beyond Bingo Technology Class Library	SEA Fun Friday! 12:30 Fitness by Donald	
10	11	12	13	14	15	BIRTHDAY
	Financial Literacy Investment Fraud	SEA Bingo Nutritional Ed. 12:30 FITNESS BY DONALD	9:00 Crochet by Sandra 12:30 Yoga by Carol Wellness Wednesday	Beyond Bingo Technology Class	B Day Celebration 12:30 Fitness by Donald	03 Lanelle Fronek 04 Thomas Fronek 06 Brenda Carter 06 Bedelia Kirkendall 09 Doris Pope 10 ARTHEMLMIA THOMPSON 11 SHARON STREET 13 Shirley Johnson 22 Sallie West 25 Wilhemena Wells 30 Josephine LaBarge 31 Debra Gipson
17	18	19	20	21	22	
St. Patrick's Day	Financial Literacy Investment Fraud	SEA Bingo Nutritional Ed. 12:30 Fitness by Donald	Wellness Wednesday 12:30 Yoga by Carol	Beyond Bingo Technology Class	SEA Fun Friday! 12:30 Fitness by Donald	
24	25	26	27	28	29	
	Financial Literacy Investment Fraud	SEA Bingo WEAR PURPLE DAY(Epilepsy Awareness) 12:30 Fitness by Donald	Wellness Wednesday 9:00 Crochet by Sandra 12:30 Yoga by Carol	Beyond Bingo Technology Class Easter Eggs	Good Friday Centers Closed	
31						
Easter	<div>NOTES:</div> <div>Monday ~ Friday Daily Schedule: 8:00AM – 9:30 AM – Coffee &amp; Conversation 9:30AM - Inspirational Words 11:30AM – 12:30AM Lunch</div> <div>Center Information: Zachary Lotus Activity Center 6363 Main St. Zachary, LA 70791 (225) 306-4102 Hours of Operation 8:00am-4:30pm</div>					

- **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>20</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>	<b>27</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

#### Birthdays:

#### 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!
- **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 Floral Arrangement	SEA Fun Friday!  Floral Arrangement	
12	13	14	15	16	17	18
MOTHER Day	Financial Literacy Elder Financial Abuse Apple Pie Day	<b>SEA Bingo</b>  Nutritional Ed.	Wellness Wednesday Natl. Pizza Party Day! B Day Celebration	<b>Beyond Bingo</b>  Technology Class	World Hypertension Day	
19	20	21	22	23	24	25
	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 <b>SEA MEETING</b>	No Tobacco Day!	

### 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.** – 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 <i>Sip &amp; Paint</i>	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 <i>Sip &amp; Paint</i>	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 <i>Sip &amp; Paint</i>		
<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

#### Birthdays:

#### 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;



# 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 Day Celebration	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		
<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 <div style="display: flex; justify-content: space-between; margin-top: 10px;"> <span><b>Birthdays:</b></span> <span><b>Center Information:</b></span> </div>						

- **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	<b>SEA Bingo</b> Bowling Tournament Nutritional Ed.	Wellness Wednesday  Bowling Tournament	<b>Beyond Bingo</b>  Bowling Tournament	National Coffee  Ice Cream Day	
08	09	10	11	12	13	14
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	
15	16	17	18	19	20	21
	Financial Literacy	<b>SEA Bingo</b>  Ping Pong Tourn.	Wellness Wednesday  Dumpling recipes	<b>Beyond Bingo</b>  Ping Pong Tourn.		
22	23	24	25	26	27	28
	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!	
29	30					
	Financial Literacy					
<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 <div> <b>Birthdays:</b> <b>Center Information:</b> </div>						

- 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
		01	02	03	04	05
		International Coffee Party!	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	19
	Financial Literacy  Columbus Day	SEA Bingo  B Day Celebration Nutritional Ed.	Wellness Wednesday	Beyond Bingo  Technology Class		
20	21	22	23	24	25	26
	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 Holiday		
<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>Birthdays:</b>	<b>Center Information:</b>		

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

# NOV2024



## 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

# DEC2024



*"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  <b>Senior Cruise</b>	<b>SEA Bingo</b>  Nutritional Ed.  <b>Senior Cruise</b>	Wellness <b>Wednesday</b> National Brownie Day <b>Senior Cruise</b>	Beyond Bingo  Technology Class  <b>Senior Cruise</b>	SEA Fun Friday    <b>Senior Cruise</b>	    <b>Senior Cruise</b>
<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>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 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>
		<b>Christmas Eve</b>	<b>Christmas Day Centers Closed</b>  <i>Hanukkah</i>	<b>Christmas Day Centers Closed</b>  <i>Kwanzaa</i>		
<b>29</b>	<b>30</b>	<b>31</b>				
		<b>New Year Eve</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.** – 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

