



MAY 2024

"Making aging engaging one activity at a time!"

Mental Health Awareness

SUN	MON	TUE	WED	THU	FRI	SAT
			01	02	03	04
			Wellness Wednesday LSU Ag	Beyond Bingo Technology Class World Asthma Day	SEA Fun Friday! Cinco De Mayo Celebration Staff Development Training	
05	06	07	08	09	10	11
Cinco De Mayo	Financial Literacy Elder Financial Abuse National Fitness Day	SEA Bingo Nutritional Ed. Floral Arrangement	Wellness Wednesday Have A Coke Day SEA MEETING Floral Arrangement OMA - Horseshoe & Croquet Game	Beyond Bingo Floral Arrangement Technology Class	SEA Fun Friday! Mother's Day Tea 10AM-12PM Staff Development Training	
12	13	14	15	16	17	Birthdays
Mother's Day	Financial Literacy Elder Financial Abuse	SEA Bingo Nutritional Ed. Dominces	Wellness Wednesday B Day Celebration OMA - Movie & Popcorn	Beyond Bingo Technology Class	SEA Fun Friday! Staff Development Training	J. Williams 5/14 F. Spann 5/23 L. Barber 5/26
19	20	21	22	23	24	
	Financial Literacy Elder Financial Abuse	SEA Bingo Nutritional Ed.	Wellness Wednesday Card Games OMA - Dixie Cups & Painting	Beyond Bingo Technology Class	SEA Fun Friday! Staff Development Training	
26	27	28	29	30	31	
	Memorial Day Centers Closed	SEA Bingo Nutritional Ed.	Wellness Wednesday OMA - Potluck!	Beyond Bingo Technology Class SEA MEETING	SEA Fun Friday! Staff Development Training	
<p>NOTES: Monday ~ Friday Daily Schedule: 8:00 AM – 9:30 AM – Coffee & Conversation 9:30 AM - Inspirational Words 11:30 AM – 12:30 PM Lunch</p> <p style="text-align: right;">Baker Senior Center 3334 Jefferson St. Baker, LA 70714 8:00 AM – 2:00 PM Phone: (225) 366-6432</p>						

- **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** – Older American Month Awarenesses-Wednesdays – Cinco De Mayo – Mother's Day Program
- **Craft** – Floral Arrangement Center Pieces
- **Awareness** – Military Appreciation; Women's Health Week 12-18; International Day of Families 15