



# 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	<b>Beyond Bingo</b> Technology Class <b>World Asthma Day</b>	SEA Fun Friday! <b>Cinco De Mayo Celebration</b> <b>Staff Development Training</b>	
05	06	07	08	09	10	11
<b>Cinco De Mayo</b>	Financial Literacy Elder Financial Abuse <b>National Fitness Day</b>	<b>SEA Bingo</b> Nutritional Ed. <b>Floral Arrangement</b>	Wellness Wednesday <b>Have A Coke Day</b> <b>SEA MEETING</b> <b>Floral Arrangement</b> OMA - Horseshoe &	<b>Beyond Bingo</b> <b>Mother's Day Tea</b> 10AM-12PM <b>Floral Arrangement</b> Technology Class	SEA Fun Friday! <b>Floral Arrangement</b> <b>Staff Development Training</b>	
12	13	14	15	16	17	<b>Birthdays</b>
<b>Mother's Day</b>	Financial Literacy Elder Financial Abuse	<b>SEA Bingo</b> Nutritional Ed. <b>Dominces</b>	Wellness Wednesday <b>B Day Celebration</b> OMA - Movie & Popcorn	<b>Beyond Bingo</b> Technology Class	SEA Fun Friday! <b>Staff Development Training</b>	C. Delmore 5/4 K. Gandy 5/24 s. Plummer 5/28
19	20	21	22	23	24	
	Financial Literacy Elder Financial Abuse <b>Fitness 11:30AM</b>	<b>SEA Bingo</b> Nutritional Ed.	Wellness Wednesday <b>Card Games</b> OMA - Dixie Cups & Painting	<b>Beyond Bingo</b> Technology Class	SEA Fun Friday! <b>Staff Development Training</b>	
26	27	28	29	30	31	
	<b>Memorial Day</b> <b>Centers Closed</b>	<b>SEA Bingo</b> Nutritional Ed.	Wellness Wednesday OMA - Potluck!	<b>Beyond Bingo</b> Technology Class <b>SEA MEETING</b>	SEA Fun Friday! <b>Staff Development Training</b>	

### 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

#### Leo S. Butler Senior Center

950 Lorri Burgess Ave.  
Baton Rouge, LA 70802  
8:00 AM – 2:00 PM  
Phone: (225) 344-6775

- **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