

JAN 2025



Glaucoma Awareness Month

"Making aging engaging one activity at a time!"

SUN	MON	TUE	WED	THU	FRI	SAT
			01	02	03	04
		SEA Bingo New Year's Eve Party!	New Year Center Closed	Beyond Bingo 10am Mix & Mingle 1pm Walking in Gym 1pm	SEA Fun Friday! Pokeno 10pm Movie/Popcorn 1pm	
05	06	07	08	09	10	11
	Morning Stretch 10am Fitness 11am Table Games 1pm	SEA Bingo 10am Zydeco 12pm Choice Games 1pm	CHAIR EXERCISE - 1pm Arts & Craft 10am Brain Games 9am SEA MEETING	Beyond Bingo 10am Mix & Mingle 1pm Walking in Gym 1pm	SEA Fun Friday! Pokeno 10pm Movie/Popcorn 1pm	
12	13	14	15	16	17	Birthdays
	Morning Stretch 10am Fitness 11am Table Games 1pm	SEA Bingo 10am Zydeco 12pm Choice Games 1pm	CHAIR EXERCISE - 1pm Arts & Craft 10am Brain Games 9am Nat'l Hat Day	Beyond Bingo 10am Mix & Mingle 1pm Walking in Gym 1pm Nat'l Fig Newton Day	SEA Fun Friday! Pokeno 10pm Movie/Popcorn 1pm B Day Celebration	
19	20	Granola Bar Day 21	22	23	24	
	MLK DAY Centers Closed 	SEA Bingo 10am Zydeco 12pm Choice Games 1pm	CHAIR EXERCISE - 1pm Arts & Craft 10am Brain Games 9am	Beyond Bingo 10am Mix & Mingle 1pm Walking in Gym 1pm Vision Board	SEA Fun Friday! Pokeno 10pm Movie/Popcorn 1pm Peanut Butter Day	
26	27	28	29	30	31	
	Morning Stretch 10am Fitness 11am Table Games 1pm	SEA Bingo 10am SMP - 10:30am VISION BOARDS	CHAIR EXERCISE - 1pm Arts & Craft 10am Brain Games 9am Nat'l Puzzle Day	Beyond Bingo 10am Mix & Mingle 1pm Walking in Gym 1pm SEA MEETING	SEA Fun Friday! Pokeno 10pm Movie/Popcorn 1pm Heart - Art Day	

NOTES:

Monday ~ Friday Daily Schedule

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

9:30AM - Inspirational Words

11:30AM – 12:30PM Lunch



Highland Road Senior Center

14024 North Amis Road

Baton Rouge, LA 70810

Phone: 225.454.4773

Hours: 8:00 – 2:00PM