

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 10am Brain Games 8am 9:00 Family Feud 1:00 Game of Choice New Year's Eve Party!	New Year Center Closed	Beyond Bingo 10am Brain Games 8am Speed Word 9am Line Dance 1pm	SEA Fun Friday!	
05	06	07	08	09	10	11
	Morning Stretch 10am Fitness 11am Table Games 1pm	SEA Bingo 10am Brain Games 8am 9:00 Family Feud 1:00 Game of Choice	Chair Exercise 9am Chair Volleyball 10am Dominos 1pm SEA MEETING	Beyond Bingo 10am Brain Games 8am Speed Word 9am Line Dance 1pm	SEA Fun Friday! Board Games Pokeno 10am	
12	13	14	15	16	17	Birthdays
	Morning Stretch 10am Fitness 11am Table Games 1pm	SEA Bingo 10am Brain Games 8am 9:00 Family Feud 1:00 Game of Choice	Chair Exercise 9am Chair Volleyball 10am Dominos 1pm Nat'l Hat Day	Beyond Bingo 10am Brain Games 8am Speed Word 9am Line Dance 1pm Nat'l Fig Newton Day	SEA Fun Friday! Board Games Pokeno 10am B Day Celebration	S. Scott – 22
19	20	Granola Bar Day 21	22	23	24	
	MLK DAY Centers Closed 	SEA Bingo 10am 9:00 Family Feud 1:00 Game of Choice	Chair Exercise 9am Chair Volleyball 10am Dominos 1pm	Beyond Bingo 10am Brain Games 8am Speed Word 9am Line Dance 1pm	SEA Fun Friday! Board Games Pokeno 10am Peanut Butter Day	
26	27	28	29	30	31	
	Morning Stretch 10am Fitness 11am Table Games 1pm	SEA Bingo 10am 9:00 Family Feud 1:00 Game of Choice VISION BOARDS PARTY	Chair Exercise 9am Chair Volley 10am Dominos 1pm VISION BOARDS PARTY Nat'l Puzzle Day	Beyond Bingo 10am Brain Games 8am Speed Word 9am Line Dance 1pm SEA MEETING	SEA Fun Friday! Board Games Pokeno 10am Heart – Art Day	

NOTES:

Monday ~ Friday Daily Schedule
8:00AM – 9:30AM – Coffee & Conversation
9:30AM - Inspirational Words
11:30AM – 12:30PM Lunch



Perkins Road Senior Center

7.122 Perkins Road
Baton Rouge, LA 70808
Phone: 225.302.9662
Hours: 8:00AM – 3:00PM