


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 Art & Crafts 8AM Fitness 12:30PM Brain Game 2PM New Year's Eve Party!	New Year Center Closed	Beyond Bingo 1PM Puzzles/Game 9AM Fitness 12:30PM Brain Game 2PM	SEA Fun Friday! Puzzles/Game 9AM Fitness 12:30PM Brain Game 2PM	
05	06	07	08	09	10	11
	Art & Crafts 10AM Puzzle & Games Brain Game 1PM	SEA Bingo 10AM Art & Crafts 8AM Fitness 12:30PM Brain Game 2PM	Puzzles & Games Quilting 9AM Yoga 12:30PM Brain Game 2PM SEA MEETING	Beyond Bingo 1PM Puzzles/Game 9AM Fitness 12:30PM Brain Game 2PM	SEA Fun Friday! Puzzles/Game 9AM Fitness 12:30PM Brain Game 2PM	
12	13	14	15	16	17	Birthdays
	Art & Crafts 10AM Puzzle & Games Brain Game 1PM	SEA Bingo 10AM Art & Crafts 8AM Fitness 12:30PM Brain Game 2PM	Puzzles & Games Quilting 9AM Yoga 12:30PM Brain Game 2PM Nat'l Hat Day	Beyond Bingo 1PM Puzzles/Game 9AM Fitness 12:30PM Brain Game 2PM Nat'l Fig Newton Day	SEA Fun Friday! Puzzles/Game 9AM Fitness 12:30PM Brain Game 2PM B Day Celebration	C. Howard 4 H. Turner 5 B. Brown 6 M. Mills 9 B. Stevenson 10 M. Minor 11 1H. James 12
19	20	Granola Bar Day 21	22	23	24	
	MLK DAY Centers Closed 	SEA Bingo 10AM Art & Crafts 8AM Fitness 12:30PM Brain Game 2PM	Puzzles & Games Quilting 9AM Yoga 12:30PM Brain Game 2PM	Beyond Bingo 1PM Puzzles/Game 9AM Fitness 12:30PM Brain Game 2PM Vision Board	SEA Fun Friday! Puzzles/Game 9AM Fitness 12:30PM Brain Game 2PM Peanut Butter Day	
26	27	28	29	30	31	
	Art & Crafts 10AM Puzzle & Games Brain Game 1PM	SEA Bingo 10AM Art & Crafts 8AM Fitness 12:30PM Brain Game 2PM VISION BOARDS	Nat'l Puzzle Day Quilting 9AM Yoga 12:30PM Brain Game 2PM VISION BOARDS PARTY	Beyond Bingo 1PM Puzzles/Game 9AM Fitness 12:30PM Brain Game 2PM SEA MEETING	SEA Fun Friday! Puzzles/Game 9AM Fitness 12:30PM Brain Game 2PM Heart - Art Day	

NOTES:

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



Zachary Lotus Activity Senior Center

6363 Main Street, Suite L
Zachary, LA 70791
Phone: 225.306.4102
Hours: 8:00AM – 4:30PM