

FEB 2025



American Heart Month

"Making aging engaging one activity at a time!"

SUN	MON	TUE	WED	THU	FRI	SAT
						01
						
02	03	04	05	06	07	08
	Bridge Club 8am Skipbo 10am Yoga 11am	SEA Bingo 10:30 Brain Games 9:30 Crochet/Crafts 12:30	Wellness Wednesday Popcorn/Movie 10am Sewing Class 10:30	Bowling 9am Beyond Bingo 10:30 Fitness 12:30 Technology Class	SEA Fun Friday! Pool 9am Brain Games 9:30 Games & Puzzles 10:30	
09	10	11	12	13	14	Birthdays
	Bridge Club 8am Skipbo 10am Yoga 11am	SEA Bingo 10:30 Brain Games 9:30 Crochet/Crafts 12:30	Wellness Wednesday Popcorn/Movie 10am Sewing Class 10:30	Bowling 9am Beyond Bingo 10:30 Fitness 12:30 TECHNOLOGY CLASS	Valentine's Day Sweetheart Sock Hop Soiree' B D Celebration	M. Addison E. Batiste 5 D. Bordelon D. Farmer 4 D. Livey 20 B. Matusicky 6 W. Plauche L. Price 25 W. Tays 22 A. Vicknair 6 W. Varner 16
16	17	18	19	20	21	
	Bridge Club 8am Skipbo 10am Yoga 11am	SEA Bingo 10:30 Brain Games 9:30 Crochet/Crafts 12:30	Wellness Wednesday Popcorn/Movie 10am Sewing Class 10:30 Bingo 12:30	Bowling 9am Beyond Bingo 10:30 Fitness 12:30 Technology Class	SEA Fun Friday! Pool 9am Brain Games 9:30 Games & Puzzles 10:30	
23	24	25	26	27	28	
	Bridge Club 8am Skipbo 10am Yoga 11am	SEA Bingo 10:30 Brain Games 9:30 Crochet/Crafts 12:30	Wellness Wednesday Popcorn/Movie 10am Sewing Class 10:30	Bowling 9am Beyond Bingo 10:30 Fitness 12:30 BLACK HISTORY PRESENTATIONS CENTRAL	SEA Fun Friday! Pool 9am Brain Games 9:30 Games & Puzzles 10:30	

NOTES:

Monday ~ Friday Daily Schedule
8:00AM – 9:30AM – Coffee & Conversation
9:30AM - Inspirational Words
11:30AM – 1:00PM Lunch



Central Lotus Senior Center

1111 Park Place, Suite C
Central, LA 70807
Phone: 225.615.8339
Hours – 8:00AM – 4:30PM