

# FEB 2025

## American Heart Month



*"Making aging engaging one activity at a time!"*

| SUN   | MON   | TUE  | WED  | THU   | FRI  | SAT  |
|---|---|--|--|---|--|--|
|   |   |  |  |   |  | <b>01</b>  |
|   |  |  |  |   |  |  |
| <b>02</b>   | <b>03</b>   | <b>04</b>  | <b>05</b>  | <b>06</b>   | <b>07</b>  | <b>08</b>  |
|   | Brain Games 8:30<br>Yoga – 10:30<br>Arts/Crafts – 9:30<br>Pokeno – 12:30          | <b>SEA Bingo 12:30 PM</b><br>Nutritional ED – 9 AM<br>Brain Games – 8:30 AM                              | Brain Games 8:30<br>Arts/Crafts – 10:30<br>Fitness – 11:00<br><b>SEA MEETING</b> | <b>Beyond Bingo 12:30</b><br>Mix & Mingle 9:00<br>Zumba – 10:00                       | <b>SEA Fun Friday!</b><br>Brain Games 8:30<br>Pokeno – 12:30<br>Movie/Popcorn 1:30<br>Super Bowl Party |   |
| <b>09</b>   | <b>10</b>   | <b>11</b>  | <b>12</b>  | <b>13</b>   | <b>14</b>  | <b>Birthdays</b>   |
| <i>SUPER BOWL LIX</i><br> | Brain Games 8:30<br>Yoga – 10:30<br>Arts/Crafts – 9:30<br>Pokeno – 12:30          | <b>SEA Bingo 12:30</b><br>Nutritional ED 9 AM<br>Brain Games – 8:30<br><b>BLACK HISTORY PRESENTATION</b> | Brain Games 8:30<br>Arts/Crafts – 10:30<br>Fitness – 11:00                       | <b>Beyond Bingo 12:30</b><br>Mix & Mingle 9:00<br><i>ZUMBA – 10:00</i>                | <b>Valentine's Day Sweetheart Sock Hop Soiree'</b><br><br><i>B.D. Celebration</i>                      | <b>E. Gosserand - 4</b><br><b>G. Plummer - 5</b><br><b>M. McCoy - 5</b><br><b>B. Joseph - 6</b><br><b>E. Early - 16</b><br><b>B. Berry - 19</b><br><b>M. Williams - 24</b><br><b>O. Jones - 27</b> |
| <b>16</b>   | <b>17</b>   | <b>18</b>  | <b>19</b>  | <b>20</b>   | <b>21</b>  |  |
|   | Brain Games 8:30<br>Yoga – 10:30<br>Arts/Crafts – 9:30<br>Pokeno – 12:30          | <b>SEA Bingo 12:30</b><br>Nutritional ED – 9 AM<br>Brain Games – 8:30 AM                                 | Brain Games 8:30<br>Arts/Crafts – 10:30<br>Fitness – 11:00                       | <b>Beyond Bingo 12:30</b><br>LASM Workshop – 9:30 – 12:30<br><br><b>FOOD PANTRY</b>   | <b>SEA Fun Friday!</b><br>Brain Games 8:30<br>Pokeno – 12:30<br>Movie/Popcorn 1:30                     |  |
| <b>23</b>   | <b>24</b>   | <b>25</b>  | <b>26</b>  | <b>27</b>   | <b>28</b>  |  |
|                           | Brain Games 8:30<br>Yoga – 10:30<br>Arts/Crafts – 9:30<br>Pokeno – 12:30          | <b>SEA Bingo 12:30</b><br>Nutritional ED – 9 AM<br>Brain Games – 8:30 AM                                 | Brain Games 8:30<br>Arts/Crafts – 10:30<br>Fitness – 11:00                       | <b>Beyond Bingo 12:30</b><br>Mix & Mingle 9:00<br>Zumba – 10:00<br><b>SEA MEETING</b> | <b>SEA Fun Friday!</b><br>Brain Games 8:30<br>Pokeno – 12:30<br>Movie/Popcorn 1:30                     |  |

**NOTES:**

**Monday ~ Friday Daily Schedule**

8:00AM – 9:30AM – Coffee & Conversation  
 9:30AM - Inspirational Words  
 11:30AM – 1:00PM - Lunch



**Leo S. Butler Senior Center**

950 Lorri Burgess Ave  
 Baton Rouge, LA 70802  
 Phone: 225.344.6775  
 Hours – 8:00AM – 3:00PM