

FEB 2025



American Heart Month

"Making aging engaging one activity at a time!"

SUN	MON	TUE	WED	THU	FRI	SAT
						01
					SEA Fun Friday!	
02	03	04	05	06	07	08
	Memory Games 8Am Sewing 9Am Fitness 10Am Spades Games 1pm Financial Literacy 1Pm	Brain Games 8Am Crochet 10Am SEA Bingo 10Am Tables Activities 1Pm Nutritional Ed. 1Pm Healthy Eating	Memory Activity Sweet Heart Craft Zumba 11Am Puzzles 1Pm Wellness Wednesday 1Pm	Brain Games Crochet 930 Am Yoga 10 Am B Bingo 1045Am Water Painting 1 Pm	SEA Fun Friday! B Day Celebration MARDI GRAS PARTY	
09	10	11	12	13	14	Birthdays
SUPER BOWL LIX 	Memory Games 8Am Sewing 9Am Fitness 10Am Spades Games 1Pm Financial Literacy 1Pm Protecting your	Brain Games 8AM Crochet 10Am SEA Bingo 10Am Tables Activities 1Pm Nutritional Ed. 1Pm Healthy Eating	Brain Activity 8A Canvas Art/ 10Am Zumba 11Am Wellness Wednesday 1Pm	Memory Games 8A Crochet 9Am Yoga 10 Am B Bingo 10:45Am Uno Social 1 Pm	Valentine's Day Sweetheart Sock Hop Soiree' B D Celebration	B. Bright / 6 A. M. Joseph / 7 I. M. Harris / 8 L. G. Sanders / 9 S. Thomas / 4 L. Robinson / 5 L. Carter / 16 L. Gransberry / 14 B. Hogan / 13 A. Joseph / 7 L. McRaney / 25 S. McGee / 17 K. R. Crockett / 20 J. Truxillo / 26 E. Witcher / 15
16	17	18	19	20	21	
	Memory Games 8AM Sewing 9Am Fitness 10AM Spades Games 1Pm Financial Literacy 1P Protecting your Money	Memory Games 8A Crochet 10Am SEA Bingo 10Am Tables Activities 1pm Nutritional Ed. 1Pm Healthy Eating	Brain Activity 8A Mardi Gras/Craft Zumba 11Am Wellness Wednesday 1Pm	Brain Activates 8A Crochet 9 Am Fitness 1045Am B Bingo 1:45Am Tables activities 1	SEA Fun Friday!	
23	24	25	26	27	28	
	Memory Games 8Am Sewing 9Am Fitness 10Am Spades Games 1PM Financial Literacy 1P Protecting your Money	Brain Games 8:Am Crochet 10:Am Sea Bingo 10:Am Tables Games 1Pm Nutritional Ed. 1Pm Healthy Eating	Brain Activity 8A Mardi Gras/Craft Zumba 11Am Wellness Wednesday 1PM	Memory Games 8A Crochet 9Am Yoga 10Am B Bingo 1045Am Checkers Social 1P BLACK HISTORY PRESENTATIONS LOTUS	SEA Fun Friday!	

NOTES:

Monday ~ Friday Daily Schedule
 8:00AM – 9:30AM – Coffee & Conversation
 9:30AM - Inspirational Words
 12PM – 1:00PM Lunch



Lotus Senior Center

1701 Main ST.
 Baton Rouge, LA 70817
 Phone: 225.923-8000
 Hours – 8:00AM – 4:30PM