

APR 2025

Stress Awareness Month



"Making aging engaging one activity at a time!"

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----------|--|--|--|--|--|---|
| | | 01 | 02 <i>(Autism Awareness)</i> | 03 | 04 | 05 |
| | | SEA Bingo 10:30 Brain Game 8am Nutrition Ed. 9am Puzzles & Games 1pm Billiards 2pm | Wellness Wednesday Boots on the Ground 8:30am Wear Lavender Brain Game 8am ZUMBA 9:30am Fitness 12:30pm | Beyond Bingo 10:30 Brain Game 8am Tech Class 9am Chess Club 2pm Puzzles & Games 2pm Billiards 2pm | SEA Fun Friday! Brain Game 8am Cookie Word Game 9am Board Games 1pm Spades Club 2pm Billiards 2pm Ping Pong 2pm | |
| 06 | 07 | 08 | 09 | 10 <i>Sibling Day</i> | 11 | 12 |
| | Brain Game 8am SEA Call 9:15am Fitness 9:30am Financial Lit. 10:30am Billiards 1pm Art Club 2pm | SEA Bingo 10:30 Brain Game 8am Nutrition Ed. 9am Puzzles & Games 1pm Ping Pong 2pm | Wellness Wednesday Boots on the Ground 8:30am Brain Game 8am ZUMBA 9:30 Fitness 12:30pm Sewing Club 2pm Billiards 2pm | Beyond Bingo 10:30 Brain Game 8am The Beauty of Breathing 9am Chess Club 2pm Puzzles & Games 2pm Ping Pong 2pm | SEA Fun Friday! Brain Game 8am Family Feud 9am Board Games 1pm Spades Club 2pm Billiards 2pm Ping Pong 2pm | |
| 13 | 14 | 15 | 16 | 17 | 18 | Birthdays |
| | Brain Game 8am SEA Call 9:15am Fitness 9:30am Financial Lit. 10:30am Ping Pong 1pm Art Club 2pm | SEA Bingo 10:30 Brain Game 8am Nutrition Ed. 9am Puzzles & Games 1pm Billiards 2pm | Wellness Wednesday Boots on the Ground 8:30am B D Celebration | Beyond Bingo 10:30 Brain Game 8am Tech Class 9am Chess Club 2pm Puzzle & Games 2pm Billiards 2pm | Good Friday! Center Closed | Calvin B. 7 Ethel R. 10 Ray T. 12 Vera E. 17 Clara L. 30 Joe S. 25 |
| 20 | 21 | 22 <i>Jelly Beans Day</i> | 23 | 24 | 25 | |
| | Brain Game 8am SEA Call 9:15am Fitness 9:30am Financial Lit. 10:30am Board Games 1pm Art Club 2pm | SEA Bingo 10:30 Brain Game 8am Nutrition Ed. 9am Puzzles & Games 1pm Ping Pong | Wellness Wednesday Boots on the Ground 8:30am Brain Game 8am SEA MEETING 2:30 PM | Beyond Bingo 10:30 Brain Game 8am The Beauty of Breathing 9am Chess Club 2pm Puzzles & Games 2pm | SEA Fun Friday! Brain Game 8am Arts & Crafts 9am Board Games 1pm Spades Club 2pm Billiards 2pm Ping Pong 2pm | |
| 27 | 28 | 29 <i>Dance Day</i> | 30 <i>Jazz Day</i> | | | |
| | Brain Game 8am SEA Call 9:15am Financial Lit. 10:30am Billiards 1pm Art Club 2pm | SEA Bingo 10:30 Brain Game 8am Nutrition Ed. 9am Puzzles & Games 1pm Billiards 2pm | Wellness Wednesday Boots on the Ground 8:30am Brain Game 8am ZUMBA 9:30am Fitness 2pm Sewing Club 2pm Ping Pong 2pm | | | |

NOTES:

Monday ~ Friday Daily Schedule

8:00AM – 9:30AM – Coffee & Conversation

9:30AM - Inspirational Words

11:30AM – 1:00PM Lunch

Tuesdays – Lotus Zone – 4:30pm



Antioch Senior Center

7140 East Antioch Road

Baton Rouge, LA 70817

Phone: 225.246.7994

Hours – 8:00AM – 4:30PM