

# MAR 2024



## National Disability Awareness

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

SUN	MON	TUE	WED	THU	FRI	SAT
						01
"Celebrate Meals on Wheels!"						
02	03	04	05	06	07	08
	Lundi Gras Centers Closed	Mardi Gras Centers Closed	Wellness Wednesday 9a-12p Lunch & Learn 12:30p: FITNESS	Beyond Bingo TECHNOLOGY CLASS PAINTING W/ A TWIST	SEA Fun Friday! 9:30a: YOGA	
09	10	11	12	13	14	Birthdays
	Fitness-9:30am Financial Literacy Art Club 2pm Games & Puzzles Ping Pong	SEA Bingo Nutritional Ed. Puzzles & Games Spades Club-2pm Billiards	Wellness Wednesday 9a-12p Lunch & Learn 12:30p: FITNESS SEA Meeting	Beyond Bingo TECHNOLOGY CLASS PAINTING W/ A TWIST	B Day Celebration 9:30A: YOGA	Charles A. Sue W. Jackie P. Elaine W.
16	17	18	19	20	21	
St. Patrick's Day	Fitness-9:30am Financial Literacy Art Club 2pm Games & Puzzles Billiards Wear Green	SEA Bingo Nutritional Ed Puzzles & Games Spades Club-2pm Ping Pong	Wellness Wednesday 9:30a: ZUMBA 12:30p: FITNESS	Beyond Bingo TECHNOLOGY CLASS PAINTING W/ A TWIST	SEA Fun Friday! 9:30a: YOGA MOB Class 9:30AM	
23	24	25	26	27	28	
	Fitness-9:30am Financial Literacy Art Club 2pm Games & Puzzles Ping Pong	SEA Bingo WEAR PURPLE (Epilepsy Awareness) Nutritional Ed Puzzles & Game Spades Club-2pm	Wellness Wednesday 9:30a: ZUMBA 12:30p: FITNESS	Beyond Bingo TECHNOLOGY CLASS PAINTING W/ A TWIST	SEA Fun Friday! 9:30a: YOGA MOB Class 9:30AM	
30	31					

**NOTES:**

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



**Antioch Senior Center**

7140 East Antioch Road  
Baton Rouge, LA 70817  
Phone: 225.246.7994  
Hours – 8:00AM – 4:30PM