

# MAR 2025



## 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	Coffee/ Cracker 9AM Chair excises 10AM Brain Teaser 1PM	<b>Beyond Bingo 10AM</b> Brain Teaser 1 PM Nutritional Ed 9AM	<b>SEA Fun Friday!</b> Coffee & King Cake 9AM Pokeno 10AM Left Right Center 1PM	
09	10	11	12	13	14	Birthdays A. Brown 07 M. Carter 12 B. Bardell 13 W. Cann 17
Morning Stretch 10am Fitness 11am Game of Choice 1pm	<b>SEA Bingo 10am</b> Walk With Joy 9am <b>Games 1PM</b>	Chair Exercise 9 AM Gesture Game 10AM <b>GAME OF CHOICE 1AM</b>	<b>Beyond Bingo 10AM</b> NUTRITONAL ED 9:30 AM LINE DANCE 1PM	<b>B Day Celebration</b> &Mingle 9AM Pokeno 10AM Cake & Ice Cream 1PM		
16	17	18	19	20	21	
St. Patrick's Day	Morning Stretch 10am Fitness 11am Game of Choice 1pm <b>Wear Green</b>	<b>SEA Bingo 10am</b> <b>Speed Brain Teaser 9am</b> Toss Bean 1pm	<b>Balancing class 9 AM</b> Easter Art And Craft 10 AM Heads Up 1PM	<b>Beyond Bingo 10AM</b> Library 10AM Nutritional Ed 1PM	<b>SEA Fun Friday!</b> Brain Games 9am POKENO 10AM Chair Line Dance 1pm	
23	24	25	26	27	28	
F Morning Stretch 10am Fitness 11am Game of Choice 1pm	<b>SEA Bingo 10am</b> <b>SMP 9AM LINE DANCE 1PM</b> <b>WEAR PURPLE</b> (Epilepsy Awareness)	<b>Balancing Class 9AM</b> Family Feud 10AM Karaoke 1PM	<b>Beyond Bingo 10AM</b> Balancing a Ball 1PM Nutritional ED 9AM	<b>SEA Fun Friday!</b> Popcorn & Movie 1PM Pokeno 10AM Game Of Choice 9AM		
30	31					

**NOTES:**

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



**Perkins Road Senior Center**

7122 Perkins Road  
Baton Rouge, LA 70808  
Phone: 225.302.9662  
Hours – 8:00AM – 3:00PM