

APR 2025

Stress Awareness Month



"Making aging engaging one activity at a time!"

SUN	MON	TUE	WED	THU	FRI	SAT
		01	(Autism Awareness) 02	03	04	05
		SEA Bingo 10:00am Nutrition 9am Brain Games 1pm	Wellness Wednesday <i>Wear Lavender</i> Chair Excise 9:30am Boots on the ground 10am Domino 1pm	Beyond Bingo 10:00am Brain Game 8am Game of Choice 1pm	SEA Fun Friday! Brain Game 8am Popcorn and Pokeno 10am Line Dance 1pm	
06	07	08	09	Sibling Day 10	11	12
	<i>Stretch 9am</i> Financial Lit. 10am Fitness 11am Music 1pm	SEA Bingo 10:00am Nutrition Ed. 9am Line Dance 1pm	Wellness Wednesday Soul Walking 9am Painting Easter Picture 10am Continue Painting 1pm	Beyond Bin 10am Brain Game 8am Ping pong in Cup 1pm	SEA Fun Friday! Brain Game 8am Pokeno 10am Dance Contest 1pm	
13	14	15	16	17	18	Birthdays
	Brain Game 8am <i>SEA Call 9:15am</i> Financial Lit. 10am Fitness 11am	SEA Bingo 10:00am Nutrition Ed. 9am Sing along 1pm	Wellness Wednesday Chair Exercise 9:30 am B D Celebration 1pm Speed Brain Games 10am	Beyond Bingo 10am Easter program 9am Library 1pm	Good Friday! Center Closed	K. Bardell - 28 C. Ugbogho - 19
20	21	<i>Jelly Beans Day</i> 22	23	24	25	
	<i>SEA Call 9:15am</i> Financial Lit. 10am Fitness 11am LRC Game 1:00	SEA Bingo 10:00 Nutrition Ed. 9am Mix & Mingle 1pm <i>SMP 10:30am</i>	Wellness Wednesday Boots on the Ground 10am SEA MEETING 2:30 PM Balancing in 9am	Beyond Bingo 10am Mix and Mingle 9am Game of Choice 1pm	SEA Fun Friday! Brain Game 9am Pokeno and Popcorn 10am Music time 1pm	
27	28	<i>Dance Day</i> 29	<i>Jazz Day</i> 30			
	<i>SEA Call 9:15am</i> Financial Lit. 10am Fitness 11am Bean Bag 1pm	SEA Bingo 10:00 Nutrition Ed. 9am Ice Cream 1pm	Wellness Wednesday Chair Excise 9am Family Feud 10am Line Dance 1pm			

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



Highland Road Senior Center

14024 North Amiss Road

Baton Rouge, LA 70810

Phone: 225.287.4867

Hours – 8:00AM – 2:00PM