

APR 2025

Stress Awareness Month



"Making aging engaging one activity at a time!"

SUN	MON	TUE	WED	THU	FRI	SAT
		01	02 (Autism Awareness)	03	04	05
		SEA Bingo 10:30 Nutrition Ed. 10:00 Fitness 9:30	Wellness Wednesday M.O.B 10:30 Boots on the Ground 8:30am Wear Lavender Yoga 9:30	Beyond Bingo 10:30 Brain Game 8:30 Arts/Crafts 9:30	SEA Fun Friday! Brain Game 8:30 Board Game 9:30 Senior Story Telling 10:30	
06	07	08	09	10 Sibling Day	11	12
	Brain Game 8am SEA Call 9:15am Financial Lit 9:00 Arts/Crafts 10:00	SEA Bingo 10:30 Nutrition Ed. 10:00 Fitness 9:30	Wellness Wednesday MOB 10:30 Boots on the Ground 8:30am Yoga 9:30	Beyond Bingo 10:30 Brain Game 8:30 Arts/Crafts 9:30	SEA Fun Friday! Brain Game 8:30 Board Game 9:30 Senior Story Telling 10:30	
13	14	15	16	17	18	Birthdays
	Brain Game 8am SEA Call 9:15am Financial Lit. 9:00 Arts/Crafts 10:00	SEA Bingo 10:30 Nutrition Ed. 10:00 Fitness 9:30	Wellness Wednesday M.O.B 10:30 Yoga 9:30 B D Celebration 	Beyond Bingo 10:30 Brain Game 8:30 Arts/Crafts 9:30 Fashions/Program 10:30	Good Friday! Center Closed	
20	21	22 Jelly Beans Day	23	24	25	
	Brain Game 8am SEA Call 9:15am Financial Lit. 9:00 Arts/Crafts 10:00	SEA Bingo 10:30 Nutrition Ed. 10:00 Fitness 9:30	Wellness Wednesday M.O.B 10:30 Yoga 9:30 Boots on the Ground 8:30am SEA MEETING 2:30 PM	Beyond Bingo 10:30 Brain Game 8:30 Arts/Crafts 9:30	SEA Fun Friday! Brain Game 8:30 Board Game 9:30 Senior Story Telling 10:30	
27	28	29 Dance Day	30 Jazz Day			
	Brain Game 8am SEA Call 9:15am Financial Lit. 9:00 Arts/Crafts 10:00	SEA Bingo 10:30 Nutrition Ed. 10:00 Fitness 9:30	Wellness Wednesday M.O.B 10:30 Yoga 9:30 Boots on the Ground 8:30am			

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



Jewel J. Newman Senior Center

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Hours – 8:00AM – 2:00PM