

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 10:30 Nutrition Ed. 1:00 Brain Games 8:00 Sewing 9:00 SMP - 10:30a	Wellness Wednesday Boots on the Ground Brain Games 8:00 Fitness 9:00 Art/ Craft 10:30 Wear Lavender Financial Lit. 10am	Beyond Bingo 10:30 Brain Game 8am Sewing 9am Arts/Crafts 1:00	SEA Fun Friday! Brain Game 8am Pokeno 10:30 Movie 1:00	
06	07	08	09	Sibling Day 10	11	12
	Brain Game 8am SEA Call 9:15am Yoga 9:30 Arts/Crafts 10:30 Arts/Crafts 1:00	SEA Bingo 10:30 Boots on the Ground Brain Games 8:00 Fitness 9:00 Art/ Craft 10:30 Nutrition Ed. 1:00	Wellness Wednesday Boots on the Ground Brain Games 8:00 Fitness 9:00 Art/ Craft 1:00 Wear Lavender Financial Lit. 10am	Beyond Bingo 10:30 Brain Game 8am Sewing 9:00 Art / Craft 1:00	SEA Fun Friday! Brain Game 8am Pokeno 10:30 Movie 1:00	
13	14	15	16	17	18	Birthdays
	Brain Game 8am SEA Call 9:15am Yoga 9:30 Arts/Crafts 10:30 Arts/Crafts 1:00	SEA Bingo 10:30 Nutrition Ed. 1:00 Brain Games 8:00 Sewing 9:00	Wellness Wednesday B D Celebration Financial Lit. 10am Brain Games 8:00 Fitness 9:00 Art/ Craft 1:00	Beyond Bingo 10:30 Brain Game 8am Sewing 9:00 Art / Craft 1:00	Good Friday! Center Closed	R. Martin – 2 W. Brown – 3 B. Scott - 6
20	21	Jelly Beans Day 22	23	24	25	
	Brain Game 8am SEA Call 9:15am Yoga 9:30 Arts/Crafts 10:30 Arts/Crafts 1:00	SEA Bingo 10:30 Nutrition Ed. 1:00 Brain Games 8:00 Sewing 9:00	Wellness Wednesday SEA MEETING 2:30 PM Financial Lit. 10am Brain Games 8:00 Fitness 9:00 Art/ Craft 10:30	Beyond Bingo 10:30 Brain Game 8am Sewing 9:00 Art / Craft 1:00	SEA Fun Friday! Brain Game 8am Pokeno 10:30 Movie 1:00	
27	28	Dance Day 29	Jazz Day 30			
	Brain Game 8am SEA Call 9:15am Yoga 9:30 Arts/Crafts 10:30 Arts/Crafts 1:00	SEA Bingo 10:30 Nutrition Ed. 1:00 Brain Games 8:00 Sewing 9:00	Wellness Wednesday Boots on the Ground 8:30am Financial Lit. 10am Brain Games 8:00 Fitness 9:00 Art/ Craft 1:00			

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



Perkins Road Senior Center

7122 Perkins Road

Baton Rouge, LA 70810

Phone: 225.888.0725

Hours – 8:00AM – 4:30PM