

# APR 2025

## Stress Awareness Month



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

SUN	MON	TUE	WED	THU	FRI	SAT
		<b>01</b>	<b>(Autism Awareness) 02</b>	<b>03</b>	<b>04</b>	<b>05</b>
		<b>SEA Bingo 10:30</b> Brain Games 8am Nutrition Ed. 9am Fitness 10:30am	<b>Wellness Wednesday</b> Boots Ground 8:30am Brain Games 9am Chair Exercise 10am <b>MLK Bingo 1pm</b>	<b>Beyond Bingo 10:30</b> Brain Game 8am Tech Class 9am Board Games 1pm	<b>SEA Fun Friday!</b> Brain Game 8am Movie& Popcorn 9:30am <b>MLK Bingo 1pm</b>	
<b>06</b>	<b>07</b>	<b>08</b>	<b>09</b>	<b>Sibling Day 10</b>	<b>11</b>	<b>12</b>
	Brain Game 8am <b>SEA Call 9:15am</b> <b>Financial Lit. 10am</b> Puzzles 1pm	<b>SEA Bingo 10:30</b> Brain Games 8am Nutrition Ed. 9am Fitness 10:30am	<b>Wellness Wednesday</b> Boots Ground 8:30am Brain Games 9am Chair Exercise 10am <b>MLK Bingo 1pm</b>	<b>Beyond Bingo 10:30</b> Brain Game 8am Tech Class 9am Board Games 1pm	<b>SEA Fun Friday!</b> Brain Game 8am Movie& Popcorn 9:30am <b>MLK Bingo 1pm</b>	
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>Birthdays</b>
	Brain Game 8am <b>SEA Call 9:15am</b> <b>Financial Lit. 10am</b> Puzzles 1pm	<b>SEA Bingo 10:30</b> Brain Games 8am Nutrition Ed. 9am Fitness 10:30am	<b>Wellness Wednesday</b> Boots Ground 8:30am <b>B D Celebration</b>  Chair Exercise 10am <b>MLK Bingo 1pm</b>	<b>Beyond Bingo 10:30</b> Brain Game 8am Tech Class 9am Board Games 1pm	<b>Good Friday!</b> <b>Center Closed</b>	U. Henderson1 B. Picot 2 P. Williams 4 F. Johnson 7 R. Stevenson 29
<b>20</b>	<b>21</b>	<b>Jelly Beans Day 22</b>	<b>23</b>	<b>24</b>	<b>25</b>	
	Brain Game 8am <b>SEA Call 9:15am</b> <b>Financial Lit. 10am</b> Puzzles 1pm	<b>SEA Bingo 10:30</b> Brain Games 8am Nutrition Ed. 9am Fitness 10:30am	<b>Wellness Wednesday</b> Boots on the Ground 8:30am <b>SEA MEETING 2:30 PM</b> Chair Exercise 10am <b>MLK Bingo 1pm</b>	<b>Beyond Bingo 10:30</b> Brain Game 8am Tech Class 9am Board Games 1pm	<b>SEA Fun Friday!</b> Brain Game 8am Movie& Popcorn 9:30am <b>MLK Bingo 1pm</b>	
<b>27</b>	<b>28</b>	<b>Dance Day 29</b>	<b>Jazz Day 30</b>			
	Brain Game 8am <b>SEA Call 9:15am</b> <b>Financial Lit. 10am</b> Puzzles 1pm	<b>SEA Bingo 10:30</b> Brain Games 8am Nutrition Ed. 9am Fitness 10:30am	<b>Wellness Wednesday</b> Boots Ground 8:30am Brain Games 9am Chair Exercise 10am <b>MLK Bingo 1pm</b>			

### 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



#### Pearl George Senior Center

4000 Gus Young

Baton Rouge, LA 70802

Phone: 225.389.3188

Hours – 8:00AM – 4:30PM