

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 12:30 Nutrition Ed. 9am Brain Games 8:30	Wellness Wednesday Boots on the Ground 8:30am Wear Lavender Pokeno 12:30 Arts & Crafts 10:30	Beyond Bingo 10:30 Brain Game 8am Zumba 10:00	SEA Fun Friday! Brain Game 8am Game of Choice 12:30 Mix & Mingle/Movie 12:00	
06	07	08	09	Sibling Day 10	11	12
	Brain Game 8am SEA Call 9:15am Financial Lit. 10am Yoga - 10:30 Pokeno - 12:30	SEA Bingo 12:30 Nutrition Ed. 9am Brain Games 8:30	Wellness Wednesday Fitness 11:00 Boots on the Ground 12:30 pm Arts & Crafts 10:30 Pokeno 12:30	Beyond Bingo 10:30 Brain Game 8am Zumba 10:00	SEA Fun Friday! Brain Game 8am Game of Choice 12:30 Mix & Mingle/Movie 12:00	
13	14	15	16	17	18	Birthdays
	Brain Game 8am SEA Call 9:15am Financial Lit. 10am Yoga - 10:30 Pokeno - 12:30	SEA Bingo 12:30 Nutrition Ed. 9am Brain Games 8:30 Easter Program 10:00	Wellness Wednesday Fitness 11:00 Arts & Crafts 10:30 B D Celebration Birthday Bingo 12:30	Beyond Bingo 12:30 Brain Game 8am Zumba 10:00 Food Pantry Day	Good Friday! Center Closed	S. Monget - 4 P. Coleman - 9 L. Venable - 11 D. Parker - 16 E. Franklin - 20 A. Smith - 23 M. Thompson - 27 P. Smith - 28
20	21	Jelly Beans Day 22	23	24	25	
	Brain Game 8am SEA Call 9:15am Financial Lit. 10am Yoga - 10:30 Pokeno - 12:30	SEA Bingo 12:30 Nutrition Ed. 9am Brain Games 8:30	Wellness Wednesday Fitness 11:00 Boots on the Ground 12:30 SEA MEETING 2:30 PM	Beyond Bingo 12:30 Brain Game 8am Zumba 10:00	SEA Fun Friday! Brain Game 8am Game of Choice 12:30 Mix & Mingle/Movie 12:00	
27	28	Dance Day 29	Jazz Day 30			
	Brain Game 8am SEA Call 9:15am Financial Lit. 10am Yoga - 10:30 Pokeno - 12:30	SEA Bingo 12:30 Nutrition Ed. 9am Brain Games 8:30	Wellness Wednesday Fitness 11:00 Boots on the Ground 12:30 Arts & Crafts 10:30 Pokeno 12:30			

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



Leo S. Butler Senior Center

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Hours – 8:00AM – 3:00 PM