

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. 9am Mobility 9:45 Youtube Yoga 12:30	Wellness Wednesday Boots Ground 8:30am Wear Lavender Mobility 9:45 Central Bingo 12:30	Beyond Bingo 10:30 Brain Game 8am Tech Class 9am Fitness 12:30pm Mobility 9:45am	SEA Fun Friday! Brain Game 8am Board Game 1pm Mobility 9:45am YouTube Yoga 12:30	
06	07	08	09	Sibling Day 10	11	12
	Brain Game 8am SEA Call 9:15am Financial Lit. 10am Yoga 11am Bridge Club 9am	SEA Bingo 10:30 Nutrition Ed. 9am Mobility 9:45 Youtube Yoga 12:30	Wellness Wednesday Boots Ground 8:30am Wear Lavender Mobility 9:45 Central Bingo 12:30	Beyond Bingo 10:30 Brain Game 8am Tech Class 9am Fitness 12:30pm Mobility 9:45am	SEA Fun Friday! Brain Game 8am Board Game 1pm Mobility 9:45am YouTube Yoga 12:30	
13	14	15	16	17	18	Birthdays
	Brain Game 8am SEA Call 9:15am Financial Lit. 10am Yoga 11am Bridge Club 9am	SEA Bingo 10:30 Nutrition Ed. 9am Mobility 9:45 Youtube Yoga 12:30	Wellness Wednesday Boots on the Ground 8:30am B D Celebration	Beyond Bingo 10:30 Brain Game 8am Tech Class 9am Fitness 12:30pm Mobility 9:45am	Good Friday! Center Closed	J. Austin 9 Gleen S. 4 G. Rose 5 Gibbons 1
20	21	Jelly Beans Day 22	23	24	25	
	Brain Game 8am SEA Call 9:15am Financial Lit. 10am Yoga 11am Bridge Club 9am	SEA Bingo 10:30 Nutrition Ed. 9am Mobility 9:45 Youtube Yoga 12:30	Wellness Wednesday Boots on the Ground 8:30am SEA MEETING 2:30 PM Central Bingo 12:30	Beyond Bingo 10:30 Brain Game 8am Tech Class 9am Fitness 12:30pm Mobility 9:45am	SEA Fun Friday! Brain Game 8am Board Game 1pm Mobility 9:45am YouTube Yoga 12:30	
27	28	Dance Day 29	Jazz Day 30			
	Brain Game 8am SEA Call 9:15am Financial Lit. 10am Yoga 11am Bridge Club 9am Bookmobile 10am	SEA Bingo 10:30 Nutrition Ed. 9am Mobility 9:45 Youtube Yoga 12:30	Wellness Wednesday Boots Ground 8:30am Wear Lavender Mobility 9:45 Central Bingo 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



Central Lotus Senior Center

11111 Park Place Suite C

Baton Rouge, LA 70817

Phone: 225.615.8339

Hours – 8:00AM – 4:30PM