

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 Brain Game 8:30 Nutrition Ed.9 Socializing 2	Wellness Wednesday 10/Boots on The Ground Brain Game 8:30 Wear Lavender MOB 9:30 AM Socializing 2	Beyond Bingo 10:30 Brain Game 8:30 Tech Class 9am Fitness 9:30 Socializing 2	SEA Fun Friday! Brain Game 8:30 Toss Game 9:30 Bingo 10:30 Socializing 2	
06	07	08	09	10 Sibling Day	11	12
	Brain Game 8:30 SEA Call 9:15am Financial Lit. 9 Marching Mon.10 Bingo 10:30 Socializing 2	Brain Game 8:30 Nutrition Ed.9 Sea Bingo10:30 Socializing 2	Wellness Wednesday 10/Boots On The Ground Brain Game 8:30 Matter Of Balancing 9:30	Beyond Bingo 10:30 Brain Game 8:30 Tech Class 9am Fitness 9:30 Socializing 2	SEA Fun Friday! Brain Game 8:30 Easter Craft 9:30 Bingo 10:30 Socializing 2	
13	14	15	16	17	18	Birthdays
	Brain Game 8:30 SEA Call 9:15am Financial Lit. 9 Marching Mon.10 Bingo 10:30 Socializing 2 MIX/MATCH	SEA Bingo 10:30 Nutrition Ed. 9am Brain Game 8:30 Bookmobile10 Socializing 2	Wellness Wednesday 10/Boots On Ground Brain Game 8:30 MOB 9:30 AM Socializing 2 HAT DAY	Beyond Bingo 10:30 Brain Game 8:30 Tech Class 9am Fitness 9:30 Easter Egg Hunt 10	Good Friday! Center Closed	D. Lastrape 8 S. Myles 20
20	21	22 Jelly Beans Day	23	24	25	
	Brain Game 8:30 SEA Call 9:15am Financial Lit. 9 Marching Mon.10 Bingo 10:30 Socializing 2	SEA Bingo 10:30 Nutrition Ed. 9am Brain Teaser 8:30 Socializing 2	Wellness Wednesday 10/Boots On The Ground Brain Game 8:30 MOB 9:30 AM Socializing 2 SEA MEETING	Beyond Bingo 10:30 Brain Game 8:30 Tech Class 9am Fitness 9:30 Socializing 2	SEA Fun Friday! Brain Game 8:30 Catch The Bug 9:30 Bingo 10:30 Socializing 2	
27	28	29 Dance Day	30 Jazz Day			
	Brain Game 8:30 SEA Call 9:15am Financial Lit. 9 Marching Mon.10 Bingo 10:30 Socializing 2	SEA Bingo 10:30 Nutrition Ed. 9am Brain Teaser 8:30 Socializing 2	Wellness Wednesday 10/Boots On The Ground Brain Game 8:30 MOB 9:30 AM Socializing 2			

NOTES:

Monday ~ Friday Daily Schedule

8:00AM – 9:30AM – Coffee & Conversation

9:30AM - Inspirational Words

11:00AM – 1:00PM Lunch

Tuesday – Lotus Zone – 4:30PM



Dumas House Senior Center

1313 N. Sherwood Forest Blvd

Baton Rouge, La.70815 .

Phone(225)388.5646

Hours 8:00AM- 4:30PM