

MAY 2025

Mental Health Awareness



"Making aging engaging one activity at a time!"

SUN	MON	TUE	WED	THU	FRI	SAT
				Prayer Day 01	02	03
				Beyond Bingo 10 Brain Game 8am Family Feud 1pm	SEA Fun Friday! Brain Game 8am Pokeno 9:30am Line Dance 1pm	
04	lemonade Day 05	Teacher Day 06	07	Red Cross Day 08	09	10
	Stretch 10am Sea Call 9:30 Fitness 11am Cinco de Mayo Celebrate 1pm	SEA Bingo 10:00am Nutrition Ed. 9am Line Dance 1pm	Wellness Wednesday Chair Excise 9:00am <small>Finance Lit 10am</small> Art Craft 10:30a Continue 1pm	Mother's Day Brunch	SEA Fun Friday! Brain Game 8:30am Pokeno /Popcorn 9:30 Toss Bean Bag 1pm	
11	12	13	14	Family Day 15	Pizza Party 16	Birthdays
	Brain game 8am SEA Call 9:30am Financial Lit. 10am Fitness 11am	SEA Bingo 10:00am Nutrition Ed. 9am Music Time 1pm	Wellness Wednesday Brain Games 8:30am Walking With Joy 10am Game of Choice 1pm	Beyond Bingo 10:30 Finance Lit 9am Board games 1pm	SEA Fun Friday! Western Day Pokeno 9:30am B Day Celebration	D. Burton -31 N. Carter - 4 S. Sowell -25
18	19	20	Tea Day 21	22	23	
	Morning Stretch 9am SEA Call 9:30am Fitness 11am Brain Game 1am	SEA Bingo 10:00am Nutrition Ed. 9am Bean Bag 1pm	Wellness Wednesday Morn. Tea/Donuts 8:30am Chair Excise 10am Board Game 1pm	Beyond Bingo 10:30 Mix and Mingle 9am Game of Choce 1pm	SEA Fun Friday! Board Game 8:30 Pokeno and Ice Cream 9:30am Listen to Music 1pm	
25	26	27	28	29	Creative Day 30	
	Memorial Day Centers Closed	SEA Bingo 10:00am Nutrition Ed. 9am Game of Choice 1pm	Wellness Wednesday Brain Game 8:30am Chair Excise 9:30am Line Dance 1pm	Beyond Bingo 10:30 Finance Lit 9am SEA MEETING	Centers Closed	

NOTES:

8:00AM - 9:30AM - Coffee & Conversation
11:30AM - 1:00PM Lunch
Monday Lunch at 12:00
Lotus Zone - 4:30PM - Tuesdays



Highland Road Senior Center

14024 North Amiss Road
Baton Rouge, LA 70810
225.454.4773
Hour: 8:00AM - 2:00PM