

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
				Brain Teaser 8am Tech Class 9am Mental Aerobic 10am Beyond Bingo 10:30am Movie 1pm	SEA Fun Friday! Brain Game 8am Bowling 10am Board Game 1pm	
04	Lemonade Day 05	Teacher Day 06	07	Red Cross Day 08	09	10
	Brain Game 8am Sewing 9am Sit & Fit 10am Tables Activities 1pm Financial Lit. 1:30pm	Brain Teaser 8am Crochet Craft 9am SEA Bingo 10am Nutrition Ed. 1pm Floral Arrangement	Brain Games 8am Morn. Stretch 8:30am Mother's Day Wreath Zumba 11am Wellness Wednesday 1pm	Mother's Day Brunch	SEA Fun Friday! Brain Game 8am Tables Activities 10am Board Game 1pm	
11	12	13	14	Family Day 15	Pizza Party 16	Birthdays
	Brain Game 8am Sewing 9am Sit & Fit 10am Tables Activities 1pm Financial Lit. 1:30pm	Brain Teaser 8am Crochet Craft 9am SEA Bingo 10am Nutrition Ed. 1pm Movie 1pm	Brain Games 8am Morn. Stretch 8:30am Mother's Day Wreath Zumba 11am Wellness Wednesday 1pm	Mind Joggers 8am Tech Class 9am Mental Aerobic 10:30am Beyond Bingo 10:30am Movie 1am	SEA Fun Friday! Brain Game 8am Board Game 1pm B Day Celebration	Lodie C - 16 Janice D - 19 Barbara E - 15 Federick E - 21 Hattie R - 23 Geneva S - 6 Lucille S - 24 Corine W - 6 Betty J - 5 Joanne J - 18 Grace J - 1 Patricia M - 31
18	19	20	Tea Day 21	22	23	
	Brain Game 8am Sewing 9am Sit & Fit 10am Uno Social 1pm Financial Lit 1:30pm	Brain Teaser 8am Crochet Craft 9am SEA Bingo 10am Nutrition Ed. 1pm Movie 1pm	Brain Games 8am Morn. Stretch 8:30am Flag Art 10am Zumba 11am Wellness Wednesday 1pm	Brain Activities 8am Tea Party 10am Movie 1pm	SEA Fun Friday! Brain Game 8am Movie 10:Am Board Game 1pm	
25	26	27	28	29	Creative Day 30	
	Memorial Day Centers Closed	Brain Teaser 8am Crochet Craft 9am SEA Bingo 10am Nutrition Ed. 1pm Movie 1pm	Brain Games 8am Morn. Stretch 8:30am Spring Craft 10am Zumba 11am Wellness Wednesday 1pm	MOTHER's Day Gathering 10:30am Movie 1pm Table Activities 1pm	Centers Closed	

NOTES:

Monday ~ Friday Daily Schedule

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

9:30AM - Inspirational Words

11:30AM – 1:00PM Lunch



Lotus Senior Center

1701 Main Street

Baton Rouge, LA 70802

Phone: 225.923-8000

Hours – 8:00AM – 4:30PM