

# MAY 2025

## Mental Health Awareness



*"Making aging engaging one activity at a time!"*

SUN	MON	TUE	WED	THU	FRI	SAT
				Prayer Day <b>01</b>	<b>02</b>	<b>03</b>
				<b>Beyond Bingo 10:30</b> Brain Game 8am Tech Class 9am	<b>SEA Fun Friday!</b> Brain Game 8am Board Game 1pm <b>CRK Bingo 1pm</b>	
<b>04</b>	Lemonade Day <b>05</b>	Teacher Day <b>06</b>	<b>07</b>	Red Cross Day <b>08</b>	<b>09</b>	<b>10</b>
	Brain Game 8am <b>SEA Call 9:15am</b> Financial Lit. 10am Yoga 9:15am	<b>SEA Bingo 10:30</b> Nutrition Ed. 9am Brain Games 8am Floral Arrangement	Wellness Wednesday Morn. Stretch 8:30am Arts & Crafts 10 am Brain Games 8 am S Line Dance 11 am	Mother's Day Brunch	<b>SEA Fun Friday!</b> Brain Game 8am Board Game 1pm <b>CRK Bingo 1pm</b>	
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	Family Day <b>15</b>	Pizza Party <b>16</b>	<b>Birthdays</b>
	Brain Game 8am <b>SEA Call 9:15am</b> Financial Lit. 10am Yoga 9:15 am	<b>SEA Bingo 10:30</b> Nutrition Ed. 9am Brain Games 8 am	Wellness Wednesday Morn. Stretch 8:30am Brain Games 8 am S Line Dance 11 am	<b>Beyond Bingo 10:30</b> Brain Game 8am Tech Class 9am	<b>SEA Fun Friday!</b> Brain Game 8am Board Game 1pm <b>B Day Celebration</b> <b>CRK Bingo 1pm</b>	S. Allen 4 T. August 29 A. Bindon 16 I. Chaney 30 L. Franklin 10 E. Griffin 4 R. Jackson 15 J. Kado 4 D. Lee 19 F. Sewll 7 V. Maxwell 22
<b>18</b>	<b>19</b>	<b>20</b>	Tea Day <b>21</b>	<b>22</b>	<b>23</b>	
	Brain Game 8am <b>SEA Call 9:15am</b> Financial Lit. 10am Yoga 9:15 am	<b>SEA Bingo 10:30</b> Nutrition Ed. 9am Brain Games 8am	Wellness Wednesday Morn. Stretch 8:30am Brain Games 8 am Arts & Crafts 10 am S Line Dance 11 am	<b>Beyond Bingo 10:30</b> Brain Game 8am Tech Class 9am	<b>SEA Fun Friday!</b> Brain Game 8am Board Game 1pm <b>CRK Bingo 1pm</b>	
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	Creative Day <b>30</b>	
	Memorial Day Centers Closed	<b>SEA Bingo 10:30</b> Nutrition Ed. 9am Brain Games 8am	Wellness Wednesday Morn. Stretch 8:30am Brain Games 8 am S Line Dance 11 am	<b>Beyond Bingo 10:30</b> Brain Game 8am Tech Class 9am <b>SEA MEETING</b>	Centers Closed	

### NOTES:

#### Monday ~ Friday Daily Schedule

8:00AM – 9:30AM – Coffee & Conversation  
9:30AM - Inspirational Words  
11:30AM – 1:00PM Lunch



#### Pearl George Senior Center

4000 Gus Young Avenue  
Baton Rouge, LA 70802  
Phone: 225.389.3188  
Hours – 8:00AM – 3:30PM