

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 10:30 Brain Game 8am Sewing – 9:00 Arts & Crafts – 1:00	SEA Fun Friday! Brain Game 8am Pokeno 10:30 Game of Choice/Movie 1pm	
04	lemonade Day 05	Teacher Day 06	07	Red Cross Day 08	09	10
	Brain Game 8am SEA Call 9:15am Yoga – 9:30 Arts & Crafts – 10:30 and 1:00	SEA Bingo 10:30 Brain Games 8:00 Sewing – 9:00 Nutrition Ed – 1:00	Wellness Wednesday Brain Games – 8:00 Fitness – 9:00 Arts & Crafts – 10:30 Financial Lit – 1:00	Mother's Day Brunch	SEA Fun Friday! Brain Game 8am Pokeno 10:30 Game of Choice/Movie 1pm	
11	12	13	14	Family Day 15	Pizza Party 16	Birthdays
	Brain Game 8am SEA Call 9:15am Yoga – 9:30 Arts & Crafts – 10:30 and 1:00	SEA Bingo 10:30 Brain Games 8:00 Sewing – 9:00 Nutrition Ed – 1:00	Wellness Wednesday Brain Games – 8:00 Fitness – 9:00 Arts & Crafts – 10:30 Financial Lit – 1:00	Beyond Bingo 10:30 Brain Game 8am Sewing – 9:00 Arts & Crafts – 1:00	SEA Fun Friday! Brain Game 8am Pokeno 10:30am Game of Choice/Movie 1pm B Day Celebration	O. Chatman 3 I. Clant – 12 F. Ferdinand 3 S. Stelly – 18 A. Sterling 25 M. Johnson 28
18	19	20	Tea Day 21	22	23	
	Brain Game 8am SEA Call 9:15am Yoga – 9:30 Arts & Crafts – 10:30 and 1:00	SEA Bingo 10:30 Brain Games 8:00 Sewing – 9:00 Nutrition Ed – 1:00	Wellness Wednesday Brain Games – 8:00 Fitness – 9:00 Arts & Crafts – 10:30 Financial Lit – 1:00	Beyond Bingo 10:30 Brain Game 8am Sewing – 9:00 Arts & Crafts – 1:00	Brain Game 8am Pokeno 10:30am Game of Choice/Movie 1pm	
25	26	27	28	29	Creative Day 30	
	Memorial Day Centers Closed	SEA Bingo 10:30 Brain Games 8:00 Sewing – 9:00 Nutrition Ed – 1:00	Wellness Wednesday Brain Games – 8:00 Fitness – 9:00 Arts & Crafts – 10:30 Financial Lit – 1:00	Beyond Bingo 10:30 Brain Game 8am Sewing – 9:00 SEA MEETING	Centers Closed	

NOTES:

Monday ~ Friday Daily Schedule

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

9:30AM - Inspirational Words

11:30AM – 1:00PM Lunch

Tuesday – Lotus Zone – 4:30



Perkins Road Senior Center

7122 Perkins Road

Baton Rouge, LA 70802

Phone: 225.302.9662

Hours – 8:00AM – 4:30PM