

MAY 2025



Zachary Lotus Center

Mental Health Awareness “Making aging engaging one activity at a time!”

SUN	MON	TUE	WED	THU	FRI	SAT
				Prayer Day 01	02	03
				Brain Games 8:00am Library 10:30am Movie & Popcorn 1:00pm Beyond Bingo 2:00pm	SEA Fun Friday! Brain Game 8am Fitness 12:30pm Board Game 1:30pm	
04	Lemonade Day 05	Teacher Day 06	07	Red Cross Day 08	09	10
	Brain Game 8am SEA Call 9:15am Financial Lit. 10am Arts & Crafts 10:30am	Nutrition Ed. 9am SEA Bingo 10:30am Fitness 12:30pm	Wellness Wednesday Morn. Stretch 8:30am Power Walk 10:00am Yoga 12:30pm	Mother's Day Brunch	SEA Fun Friday! Brain Game 8am Fitness 12:30pm Board Game 1:30pm	
11	12	13	14	Family Day 15	Pizza Party 16	Birthdays
	SEA Fun Friday! Brain Game 8am Fitness 12:30pm Board Game 1:30pm	Nutrition Ed. 9am SEA Bingo 10:30am Fitness 12:30pm	Wellness Wednesday Morn. Stretch 8:30am Power Walk 10:00am Yoga 12:30pm	Brain Game 8am Beyond Bingo 10:30am Movie & Popcorn 1:00pm	SEA Fun Friday! Brain Game 8am Fitness 12:30pm Board Game 1pm B Day Celebration	J. Wilkerson 05 B. Flemings 15 C. Hamilton 16 C. Johnson 22 Y. Dotson 25 C. Hardnett 31
18	19	20	Tea Day 21	22	23	
	Brain Game 8am SEA Call 9:15am Financial Lit. 10am LSU AG Center 10:30am Arts & Crafts 1:00pm	Nutrition Ed. 9am LSU AG Center 10:30am Fitness 12:30pm SEA Bingo 1:30pm	Wellness Wednesday Morn. Stretch 8:30am Power Walk 10:00am Yoga 12:30pm	Brain Game 8am Beyond Bingo 10:30am Movie & Popcorn 1:00pm	SEA Fun Friday! Brain Game 8am Fitness 12:30pm Board Game 1:30pm	
25	26	27	28	29	Creative Day 30	
	Memorial Day Centers Closed	Nutrition Ed. 9am SEA Bingo 10:30am Fitness 12:30pm	Wellness Wednesday Morn. Stretch 8:30am Power Walk 10:00am Yoga 12:30pm	Brain Game 8am Beyond Bingo 10:30 SEA MEETING Movie & Popcorn 1:00pm	Centers Closed	

NOTES:

Monday ~ Friday Daily Schedule

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



Zachary Lotus Activity center

6363 Main Street
Zachary, LA 70791
Phone: 225.306-4102
Hours – 8:00AM – 3:30PM