

# 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>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 SEA Call 9:15 Fitness 9:30am Puzzles & Games 10:30am Ping Pong 2pm Art Club 2pm	<b>SEA Bingo 10:30</b> <b>Brain Game 8am</b> Nutrition Ed. 9am	Wellness Wednesday Morn. Stretch 8:30am	Mother's Day Brunch	<b>SEA Fun Friday!</b> Brain Game 8am Board Game 1pm	
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	Family Day <b>15</b>	Pizza Party <b>16</b>	Birthdays
	Brain Game 8am SEA Call 9:15am Fitness 9:30am Puzzles & Games 10:30am Billiards 2pm Art Club 2pm	<b>SEA Bingo 10:30</b> Nutrition Ed. 9am	Wellness Wednesday Morn. Stretch 8:30am	<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>18</b>	<b>19</b>	<b>20</b>	Tea Day <b>21</b>	<b>22</b>	<b>23</b>	
	Brain Game 8am SEA Call 9:15am Fitness 9:30am Puzzles & Games 10:30am Ping Pong Art Club	<b>SEA Bingo 10:30</b> Nutrition Ed. 9am	Wellness Wednesday Morn. Stretch 8:30am	<b>Beyond Bingo 10:30</b> Brain Game 8am Tech Class 9am	<b>SEA Fun Friday!</b> Brain Game 8am Board Game 1pm	
<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	Wellness Wednesday Morn. Stretch 8:30am	<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



### Antioch Senior Center

7140 East Antioch Road  
Baton Rouge, LA 70817  
Phone: 225.246.7994  
Hours – 8:00AM – 4:30PM