

MAY 2025

Mental Health Awareness



"Making aging engaging one activity at a time!"

SUN	MON	TUE	WED	THU	FRI	SAT
				ayer Day 01	02	03
				Beyond Bingo 10:30 Brain Game 8am Tech Class 9am Fitness 12:30pm	SEA Fun Friday! Brain Game 8am Movement 10:30am Board Game 1pm	
04	lemonade Day 05	Teacher Day 06	07	Red Cross Day 08	09	10
	Brain Game 8am SEA Call 9:15am Financial Lit. 10am Bridge Club 8am Yoga 11am	SEA Bingo 10:30 Nutrition Ed. 9am Movement 9:30 Floral Arrangement 12:30	Wellness Wednesday Morn. Stretch 8:30am Crafts 10:30 Bingo 12:30	<i>Mother's Day Brunch</i>	SEA Fun Friday! Brain Game 8am Movement 10:30am Board Game 1pm	
11	12	13	14	Family Day 15	Pizza Party 16	Birthdays
	Brain Game 8am SEA Call 9:15am Financial Lit. 10am Bridge Club 8am Yoga 11am	SEA Bingo 10:30 Nutrition Ed. 9am Movement 9:30 Crafts 12:30	Wellness Wednesday Morn. Stretch 8:30am Crafts 10:30 Bingo 12:30	Beyond Bingo 10:30 Brain Game 8am Tech Class 9am Fitness 12:30pm	SEA Fun Friday! Brain Game 8am Movement 10:30am Board Game 1pm B Day Celebration	S. Normand 29 C. Jones 7 S. Gautreaux 4 D. Sanchez 2
18	19	20	Tea Day 21	22	23	
	Brain Game 8am SEA Call 9:15am Financial Lit. 10am Bridge Club 8am Yoga 11am	SEA Bingo 10:30 Nutrition Ed. 9am SMP 10:30am Crafts 12:30	Wellness Wednesday Morn. Stretch 8:30am Crafts 10:30 Bingo 12:30	Beyond Bingo 10:30 Brain Game 8am Tech Class 9am Fitness 12:30pm	SEA Fun Friday! Brain Game 8am Movement 10:30am Board Game 1pm	
25	26	27	28	29	Creative Day 30	
	Memorial Day Centers Closed	SEA Bingo 10:30 Nutrition Ed. 9am Movement 9:30am Country/Western Dance 12:30	Wellness Wednesday Morn. Stretch 9:30am Crafts 10:30 Bingo 12:30	Beyond Bingo 10:30 Brain Game 8am Tech Class 9am Fitness 12:30pm SEA MEETING	Centers Closed	

NOTES:

Monday ~ Friday Daily Schedule

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



Central Lotus Senior Center

1111 Park Place, Suite C
 Central, LA 70818
 Phone: 225.615.8339
 Hours – 8:00AM – 4:30PM