

JUN 2025

National Safety Month



"Making aging engaging one activity at a time!"

SUN	MON	TUE	WED	THU	FRI	SAT
01	02	Creative Day 03	04	05	06	07
	Brain Game 8am SEA Call 9:15am Morning Stretching 10am Fitness 11am	SEA Bingo 10:00am Nutrition Ed. 9am Barb Say 1pm	Wellness Wednesday Financial Lit 9am Chair Exercise 10am Line Dance 1pm	Beyond Bingo 10am Walking w/Joy 9am Table Game 1pm SEA Meeting 2:30pm	SEA Fun Friday! Brain Game 9am Donut/Pokeno 10am Music 1pm	
08	09	Iced Tea Day 10	11	12	13	Birthdays
	Brain Game 8am SEA Call 9:15am Morning Stretching 10am Fitness 11am Music 1pm	SEA Bingo 10:00am Nutrition Ed. 9am Game of Choice 1pm	Wellness Wednesday Financial Lit 9am Chair Exercise 10am Board Game 1pm Car Show Day	Beyond Bingo 10am Brain Game 8am Tech Class 9am Game of Choice 1pm	SEA Fun Friday! Father day Lunch Out to Lunch B Day Celebration	D. Carter- 9 S. Daigle -14 M. Foster- 4 B. Roach -1
15	Fudge Day 16	17	18	19	20	
Father's Day	Brain Game 8am SEA Call 9:15am Financial Lit. 10am Fitness 11am Music 1pm	SEA Bingo 10:00am Nutrition Ed. 9am Toss Bean Bag 1pm	Wellness Wednesday Brain Game 9am Chair Exercise 10am Listen to Music 1pm	Juneteenth Centers Closed	SEA Fun Friday! Brain Game 8am Board Game 1pm	
22	Let It Go Day 23	24	25	26	Bingo Day 27	
	Brain Game 8am SEA Call 9:15am Financial Lit. 10am Fitness 11am	SEA Bingo 10:30 Nutrition Ed. 9am Line Dance 1pm	Wellness Wednesday Brain Game 8:30 Chair Exercise 9:30am Ice Cream 1pm	Beyond Bingo 10am Brain Game 9am Sing Alone 1pm	SEA Fun Friday! Brain Game 8:30am Pokeno 10am Game of Choice 1pm	
29	30					

NOTES:

Monday ~ Friday Daily Schedule

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

9:30AM - Inspirational Words

11:30AM – 1:00PM Lunch

12:00pm-1:00pm Monday Only



Highland Road Senior Center

14024 North Amiss Road

Baton Rouge, LA 70810

Phone: 225.287.4867

Hours – 8:00AM – 2:00PM