

APR 2026

Stress Awareness Month



"Making aging engaging one activity at a time!"

SUN	MON	TUE	WED	THU	FRI	SAT
			April Fool's Day 01	Autism 02	03	04
		Brain Game 8am Nutritional Ed. 9:AM SEA BINGO 10:30AM Spade Social 1:PM	Brain Game 8am Wellness Wednesday Boots on the Ground 8:30am Chair Exercise 8:30am Beading Craft 1:PM	Brain Quest 8:AM Tech Class 9:AM Yoga 10:15AM Jigsaw Puzzles Dominoes Social 1:P	Good Friday! Center Closed	
05	06	World Health 07	08	09	Sibling Day 10	11
	Brain Game 8am Financial Lit. 10am Beading Bracelet 9AM Fit & sit 10:15 AM Table Social 1:PM	Brain Game 8am Nutritional Ed. 9:AM SEA BINGO 10:30AM Spade Social 1:PM	Brain Game 8am Wellness Wednesday Chair Exercise 8:30am BOOTS ON THE GROUND 8:30AM MOVIE/SNACK 1:PM	Brain Quest 8:AM Tech Class 9:AM Yoga 10:15AM Jigsaw Puzzles Dominoes Social 1:PM	SEA Fun Friday! Brain Game 8am Board Game 1pm	
12	13	14	Tax Day 15	16	17	Birthdays
	Brain Game 8am Financial Lit. 9:A Sewing 9AM Fit & Sit 10:15 A Table Social 1:PM	Brain Game 8am Nutritional Ed. 9:AM SEA BINGO 10:30AM Spade Social 1:PM	Brain Game 8am Wellness Wednesday Chair Exercise 8:30am BOOTS ON THE GROUND 8:30AM Beading Craft 1:PM	Brain Quest 8:AM Tech Class 9:AM Yoga 10:15AM Jigsaw Puzzles Dominoes Social 1:PM	SEA Fun Friday! Brain Game 8am COMEDY SHOW B D Celebration 	Shelia A 6 Dariene C 23 Sucelia D 2 Maxine F 232 Paulett H 24 Belinda F 1 Katrina V 4 Williams H Alice J 4 Raymond J 3 Daniel M 18 Doretha M 18 Estelle M 30 Barbara P 17 Lorraine P 17 Loretta R 23 Yvonne S 29
19	20	21	Earth Day 22	23	24	
	Brain Game 8am Financial Lit. 9:A Beading Bracelet 9AM Fit & Sit 10:15A Table Social 1:PM	Brain Game 8am Nutritional Ed. 9:AM SEA BINGO 10:30AM Spade Social 1:PM	Brain Game 8am Wellness Wednesday Chair Exercise 8:30am BOOTS ON THE GROUND 8:30AM MOVIE/SNACK 1:PM	Brain Quest 8AM Tech Class 9AM Yoga 10:15 AM Pool Social 1:PM	SEA Fun Friday! Brain Game 8am Board Game 1pm	
26	27	28	Dance Day 29	Jazz Day 30		
	Brain Game 8am Financial Lit. 9:AM Sewing 9AM Fit & Sit 10:15AM Table Games 1:PM	Brain Game 8am Nutritional Ed. 9AM SEA BINGO 10:30AM Uno Social 1:PM	Brain Game 8am Wellness Wednesday Boots on the Ground 8:30am Chair Exercise 8:30am Movie/Snack 1:PM SENIOR TRIP	Brain Games 8AM Tech Class 9AM Yoga 10:15 AM Pool Social 1:PM SENIOR TRIP	SENIOR TRIP	

NOTES:

Monday ~ Friday Daily Schedule

8:00AM – 9:30AM – Coffee & Conversation
10:00AM - Inspirational Words
11:30AM – 1:00PM Lunch



Lotus Senior Center

1701 Main Street
Baton Rouge, LA 70802
Phone: 225.923.8000
Hours – 8:00AM – 4:30PM