

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 Games 8am Chair Yoga 9:30am Board Games 1pm	Brain Games 8am SEA Call 8:15am Sewing/Crafts 9am SEA Bingo 10:00AM	Brain Games 8am Wellness Wednesday Line Dance 9:30AM Board Games 1pm	Brain Games 8am Matter of Balance 10AM Board Games 1pm	Good Friday! Center Closed	
05	06	World Health 07	08	09	Sibling Day 10	11
	Brain Games 8am Chair Yoga 9:30am Board Games 1pm	Brain Games 8am SEA Call 8:15am Sewing/Crafts 9am SEA Bingo 10:00AM	Brain Games 8am Wellness Wednesday Line Dance 9:30am Board Games 1pm	Brain Games 8am Matter of Balance 10AM Board Games 1pm	SEA Fun Friday! Brain Games 8am Pokeno 10AM Board Games 1pm	
12	13	14	Tax Day 15	16	17	Birthdays
	Brain Games 8am Chair Yoga 9:30am Board Games 1pm	Brain Games 8am SEA Call 8:15am Sewing/Crafts 9am SEA Bingo 10:00AM	Brain Games 8am Wellness Wednesday Line Dance 9:30am Board Games 1pm	Brain Games 8am Matter of Balance 10AM Board Games 1pm	SEA Fun Friday! Brain Games 8am Pokeno 10AM Board Games 1pm B D Celebration 	Millie W. 01 Rosaline M. 02 Beverly S. 06
19	20	21	Earth Day 22	23	24	Hughes L. 06
	Brain Games 8am Chair Yoga 9:30am Board Games 1pm	Brain Games 8am SEA Call 8:15am Sewing/Crafts 9am SEA Bingo 10:00AM	Brain Games 8am Wellness Wednesday Line Dance 9:30am Board Games 1pm SEA MEETING 2:30 PM	Brain Games 8am Matter of Balance 10AM Board Games 1pm	SEA Fun Friday! Brain Games 8am Pokeno 10AM Board Games 1pm	Avis F. 11 Faye B. 17 Mildred T. 17
26	27	28	Dance Day 29	Jazz Day 30		
	Brain Games 8am Chair Yoga 9:30am Board Games 1pm	Brain Games 8am SEA Call 8:15am Sewing/Crafts 9am SEA Bingo 10:00AM	Brain Games 8am Wellness Wednesday Line Dance 9:30am Board Games 1pm SENIOR TRIP	Brain Games 8am Matter of Balance 10AM Board Games 1pm SENIOR TRIP	SENIOR TRIP	

NOTES:

Monday ~ Friday Daily Schedule

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



Perkins Road Senior Center

7122 Perkins Road
Baton Rouge, LA 70808
Phone: 225-302-9622
Hours – 8:00AM – 3:00PM