

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
		SEA Call 8:15am Nutrition Ed. 9am SEA Bingo 10:30am Fitness 12:30pm	Wellness Wednesday Boots on the Ground 10am Chair Exercise 10:30am Yoga 12:30pm Brain Games 2pm	Tech Class 9am Bookmobile 10:30am Beyond Bingo 1pm	Good Friday! Center Closed	
05	06	World Health 07	08	09	Sibling Day 10	11
	Financial Lit. 9am Arts & Crafts 10am Brain Games 1pm	SEA Call 8:15am Nutrition Ed. 9am SEA Bingo 10:30am Fitness 12:30pm	Wellness Wednesday Boots on the Ground 10am Chair Exercise 10:30am Yoga 12:30pm Brain Games 2pm	Tech Class 9am Centerwellll 10:30am Beyond Bingo 1pm	SEA Fun Friday! Brain Games 10:30am Fitness 12:30pm	
12	13	14	Tax Day 15	16	17	Birthdays
	Financial Lit. 9am Smile with power 10:30am Brain Games 1pm	SEA Call 8:15am Nutrition Ed. 9am SEA Bingo 10:30am Fitness 12:30pm	Wellness Wednesday Boots on the Ground 10am Chair Exercise 10:30am Yoga 12:30pm Brain Games 2pm	Tech Class 9am Beyond Bingo 10:30 Matinee & Popcorn 1pm	SEA Fun Friday! Brain Games 10:30am Fitness 12:30pm B D Celebration 	01 Connie V. 08 Fannie C. 08 Irma J. 10 Gwen S. 11 Betty A. 12 Len J. 13 Carl G. 15 Robin L. 20 Phuong G. 25 Carolyn H. 25 Marilyn C.
19	20	21	Earth Day 22	23	24	
	Financial Lit. 9am Arts & Crafts 10am Brain Games 1pm	SEA Call 8:15am Nutrition Ed. 9am SEA Bingo 10:30am Fitness 12:30pm	Wellness Wednesday Boots on the Ground 10am Chair Exercise 10:30am Yoga 12:30pm Brain Games 2pm SEA MEETING 2:30 PM	Tech Class 9am Beyond Bingo 10:30 Matinee & Popcorn 1pm	SEA Fun Friday! Brain Games 10:30am Fitness 12:30pm	
26	27	28	Dance Day 29	Jazz Day 30		
	Financial Lit. 9am Smile with power 10:30am Brain Games 1pm	SEA Call 8:15am Nutrition Ed. 9am SEA Bingo 10:30am Fitness 12:30pm	Wellness Wednesday Boots on the Ground 10am Chair Exercise 10:30am Yoga 12:30pm Brain Games 2pm SENIOR TRIP	Tech Class 9am Beyond Bingo 10:30 Matinee & Popcorn 1pm SENIOR TRIP	SENIOR TRIP	

NOTES:

Monday ~ Friday Daily Schedule

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



Zachary Lotus Activity Center

6363 Main Street
Zachary, LA 70791
Phone: 225.306-4102
Hours – 8:00AM – 3:30PM