

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 Wellness Wednesday 10AM Sewing 10:30AM Bingo 12:30PM	Brain Game 8AM Tech Class 9AM Easter Bingo 10:30AM Fitness 12:30PM	Good Friday! Center Closed	
05	06	World Health 07	08	09	Sibling Day 10	11
	Bridge Club 8:30AM Financial Lit. 9AM Yoga 11AM Game of Choice 12:30PM	Brain Game 8AM SEA Call 8:15AM Nutrition Ed. 9AM SEA Bingo 10:30AM Crafts 12:30PM	Brain Game 8AM Wellness Wednesday 10AM Sewing 10:30AM Bingo 12:30PM	Brain Game 8AM Tech Class 9AM Beyond Bingo 10:30AM Fitness 12:30PM	SEA Fun Friday! Brain Game 8AM Sip & Paint 8:30AM Game of Choice 10AM Bingo 12:30PM Student Nurse	
12	13	14	Tax Day 15	16	Student Nurse 17	Birthdays
	Bridge Club 8:30AM Financial Lit. 9AM Yoga 11AM Game of Choice 12:30PM	Brain Game 8AM SEA Call 8:15AM Nutrition Ed. 9AM SEA Bingo 10:30AM Crafts 12:30PM	Brain Game 8AM Wellness Wednesday 10AM Sewing 10:30AM Bingo 12:30PM	Brain Game 8AM Tech Class 9AM Beyond Bingo 10:30AM Fitness 12:30PM	SEA Fun Friday! Brain Games 8AM Game of Choice 10AM Bingo 12:30AM B D Celebration 	April G. - 1 Arlene B. - 2 Pam F. - 4 Gladys R. - 5 Rena S. - 5 Jimmy A. - 9 Duane L. - 29
19	20	21	Earth Day 22	23	24	
	Bridge Club 8:30AM Financial Lit. 9AM Yoga 11AM Game of Choice 12:30PM	Brain Game 8AM SEA Call 8:15AM Nutrition Ed. 9AM SEA Bingo 10:30AM Crafts 12:30PM	Brain Game 8AM Wellness Wednesday 10AM Sewing 10:30AM Bingo 12:30PM SEA MEETING 2:30 PM	Brain Game 8AM Tech Class 9AM Beyond Bingo 10:30AM Fitness 12:30PM	SEA Fun Friday! Brain Games 8AM Game of Choice 10AM Bingo 12:30AM Student Nurse	
26	27	28	Dance Day 29	Jazz Day 30		
	Bridge Club 8:30AM Financial Lit. 9AM Yoga 11AM Game of Choice 12:30PM	Brain Game 8AM SEA Call 8:15AM Nutrition Ed. 9AM SEA Bingo 10:30AM Crafts 12:30PM	Brain Game 8AM Wellness Wednesday 10AM Sewing 10:30AM Bingo 12:30PM SENIOR TRIP	Brain Game 8AM Tech Class 9AM Beyond Bingo 10:30AM Fitness 12:30PM SENIOR TRIP		

NOTES:

Monday ~ Friday Daily Schedule

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



Central Lotus Activity Center

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