

# APR 2026

## Stress Awareness Month



*"Making aging engaging one activity at a time!"*

SUN	MON	TUE	WED	THU	FRI	SAT
			April Fool's Day <b>01</b>	Autism <b>02</b>	<b>03</b>	<b>04</b>
			Brain Game 8:00am <b>Wellness Wednesday</b> <b>10:00am</b> Family Feud Game 10:30am	Brain Game 8:00am Exercise Class 9:30am <b>Beyond Bingo</b> <b>10:30am</b>	<b>Good Friday!</b> Center Closed	
<b>05</b>	<b>06</b>	<b>World Health 07</b>	<b>08</b>	<b>09</b>	<b>Sibling Day 10</b>	<b>11</b>
	Brain Game 8:00am <b>Financial Lit.</b> <b>10:00am</b> Bingo 10:30am	Brain Game 8:00am <b>SEA Call 8:15am</b> Nutrition Ed. 9:00am SU AG 10:00am <b>SEA Bingo</b> <b>10:30am</b>	Brain Game 8:00am Chair Exercise 9:00am <b>Wellness Wednesday</b> <b>10:00am</b>	Brain Game 8:00am Exercise Class 9:30am <b>Beyond Bingo</b> <b>10:30</b>	<b>SEA Fun Friday!</b> Brain Game 8:00am Spade Game 1:00pm	
<b>12</b>	<b>13</b>	<b>14</b>	<b>Tax Day 15</b>	<b>16</b>	<b>17</b>	<b>Birthdays</b>
	Brain Game 8:00am <b>Financial Lit.</b> <b>10:00am</b> Cribble Game 10:30am	Brain Game 8:00am <b>SEA Call 8:15am</b> Nutrition Ed. 9:00am <b>SEA Bingo</b> <b>10:30am</b>	Brain Game 8:00am <b>Wellness Wednesday</b> <b>10:00am</b> Jenga 10:30am	Brain Game 8:00am Exercise Class 9:30am <b>Beyond Bingo</b> <b>10:30am</b>	<b>SEA Fun Friday!</b> Brain Game 8am Spade Game 1:30pm <b>B D Celebration</b> 	<b>D. Lastrape 8</b> <b>S. Myles 20</b> <b>S. Watson 20</b>
<b>19</b>	<b>20</b>	<b>21</b>	<b>Earth Day 22</b>	<b>23</b>	<b>24</b>	
	Brain Game 8:00am Scrabble Game 9:00am <b>Financial Lit.</b> <b>10:00am</b>	Brain Game 8:00am <b>SEA Call 8:15am</b> Nutrition Ed. 9:00am <b>SEA Bingo</b> <b>10:30am</b>	Brain Game 8:00am Chair Exercise 8:30am <b>Wellness Wednesday</b> <b>10:00am</b> <b>SEA MEETING</b> <b>2:30 PM</b>	Brain Game 8:00am Exercise Class 9:30am <b>Beyond Bingo</b> <b>10:30am</b>	<b>SEA Fun Friday!</b> Brain Game 8:00am Spade Game 1:30pm	
<b>26</b>	<b>27</b>	<b>28</b>	<b>Dance Day 29</b>	<b>Jazz Day 30</b>		
	Brain Game 8:00am Bingo 9:00am <b>Financial Lit.</b> <b>10:00am</b>	Brain Game 8:00am <b>SEA Call 8:15am</b> Nutrition Ed. 9:00am <b>SEA Bingo</b> <b>10:30am</b>	Brain Game 8:00am Chair Exercise 8:30am <b>Wellness Wednesday</b> <b>10:00am</b>	<b>Beyond Bingo 10:30</b> Brain Game 8am Tech Class 9am <b>SENIOR TRIP</b>	<b>SENIOR TRIP</b>	

**NOTES:**

**Monday ~ Friday Daily Schedule**

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



**Dumas Senior Center**

1313 North Sherwood Forest  
Baton Rouge, LA 70815  
Phone: 225.388-5646  
Hours – 8:00AM – 3:30PM