

MAY 2026



Mental Health Awareness

"Making aging engaging one activity at a time!"

SUN	MON	TUE	WED	THU	FRI	SAT
					Senior Trip 01	02
					SEA Fun Friday! Brain Teaser 8AM Mix & Mingle 9AM Pokeno/Popcorn 10AM Family Feud 1PM	SENIOR TRIP
03	04	Cinco de Mao 05	Teacher Day 06	07	Red Cross Day 08	09
	Brain Game 8AM Stretching 9AM Financial Lit. 10AM Fitness 11AM Music Time 1PM	Brain Game 8AM SEA Call 8:15AM SEA Bingo 10AM Cinco de Mayo Party/Line Dance 11AM/2PM	Wellness Wednesday Brain Games 8AM Morning Walk 9AM Arts&Crafts 10AM Tech Class 1PM	Brain Game 8AM Nutritional Ed 9AM Beyond Bingo 10AM Board Games 1PM	SEA Fun Friday! Mother's Day Brunch	
10	11	12	13	14	Family Day 15	Birthdays
Moth er's Day	Brain Teaser 8AM Financial Lit. 9AM Fitness 11AM Make me Laugh (Barb Say) 1PM	Brain Teaser 8AM SEA Call 8:15AM SEA Bingo 10AM Bean Bag Toss 1PM	Wellness Wednesday Brain Games 8AM Fraud (Judge Yvette) Taking Senior Homes 9AM Chair Exercise 10AM Candy Dice Game	Brain Teaser 8AM Speed Walking 9:30AM Beyond Bingo 10AM Board Games/Music 1PM	SEA Fun Friday! Coffee & Donuts 8AM Mix & Mingle 9AM Pokeno 10AM Ring Toss 1PM B Day Celebration	Faye F. - 13
17	18	19	20	Tea Day 21	22	
	Morning Stretch 9AM R&L Game 10AM Fitness 11AM Financial Lit. 1PM	Brain Game 8AM SEA Call 8:15AM SEA Bingo 10AM Nutrition Ed. 1PM	Wellness Wednesday Morning Stretch 8:30AM Chair Exercise 9AM Name that Tune 10AM Board Games 1PM	Brain Games 8AM Family Feud 9AM Beyond Bingo 10:30 AM Chair Volleyball 1PM	SEA Fun Friday! Brain Game 8AM Honor our Military 9AM Pokeno/Popcorn 10AM Let's Dance 1PM	
24	25	26	27	28	29	
	Memorial Day Centers closed	Brain Game 8AM SEA Call 8:15AM Nutrition Ed. 9AM SEA Bingo 10AM Board Games 1PM	Wellness Wednesday Brain Games 8AM Balancing Class 9AM Ping Pong Ball 10AM Music Time 1PM	Brain Game 8AM Tech Class 9AM Beyond Bingo 10AM SEA MEETING 2:30pm	SEA Fun Friday! Brain Game 8AM Pokeno/Popcorn 9:30AM Karaoke 1PM	

NOTES:

Monday ~ Friday Daily Schedule

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



Highland Road Senior Center

1402 North Amis Road
Baton Rouge, LA 70810
Phone: 225.287.4867
Hours – 8:00AM – 2:00PM