

# MAY 2026



## Mental Health Awareness

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

SUN	MON	TUE	WED	THU	FRI	SAT
					<b>01</b>	<b>02</b>
					<b>SEA Fun Friday!</b> Brain Game 8am Movie 9:30am MLK Bingo 1pm <b>SENIOR TRIP</b>	<b>SENIOR TRIP</b>
<b>03</b>	<b>04</b>	<i>Cinco de Mao</i> <b>05</b>	<i>Teacher Day</i> <b>06</b>	<b>07</b>	<i>Red Cross Day</i> <b>08</b>	<b>09</b>
	Brain Game 8am <b>Financial Lit.</b> 10am Line Dance 1pm	Brain Game 8am Fitness 10am <i>SEA Call 8:15am</i> <b>SEA Bingo 1pm</b> <b>Cinco de Mayo Party!</b>	<b>Wellness Wednesday</b> Mom. Stretch 8:30am Brain Games 8am Chair Exerc. 10am MLK Bingo 1pm	<b>Beyond Bingo 1pm</b> Brain Game 8am Tech Class 9am SU AG 10am	<b>SEA Fun Friday!</b> Brain Game 8am Board Game 1pm <b>Mother's Day Brunch</b>	
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<i>Family Day</i> <b>15</b>	<b>Birthdays</b>
<i>Moth er's Day</i>	Brain Game 8am <b>Financial Lit.</b> 10am Arts Crafts 1pm	Brain Game 8am Fitness 10am <i>SEA Call 8:15am</i> <b>SEA Bingo 1pm</b> Nutrition Ed. 9am	<b>Wellness Wednesday</b> Mom. Stretch 8:30am Brain Games 8am Chair Exerc. 10am MLK Bingo 1pm	<b>Beyond Bingo 10:30</b> Brain Game 8am Tech Class 9am Board Games 1pm	<b>SEA Fun Friday!</b> Brain Game 8am Movie & Popcorn 9:30am MLK Bingo 1pm <b>B Day Celebration</b>	<b>Diane L. 17</b> <b>Betty G. 18</b> <b>Diane R. 19</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<i>Tea Day</i> <b>21</b>	<b>22</b>	
	Brain Game 8am <b>Financial Lit.</b> 10am Pokono 1pm	Brain Game 8am Fitness 10am <i>SEA Call 8:15am</i> <b>SEA Bingo 1pm</b> Nutrition Ed. 9am	<b>Wellness Wednesday</b> Mom. Stretch 8:30am Brain Games 8am Chair Exerc. 10am MLK Bingo 1pm	<b>Beyond Bingo 10:30</b> Brain Game 8am Tech Class 9am Art  Crafts 1pm	<b>SEA Fun Friday!</b> Brain Game 8am Dr. Cullen   Mayor Office 10am Picnic 10:30am MLK Bingo 1pm	
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	
	<b>Memorial Day</b> Centers closed	Brain Game 8am Fitness 10am <i>SEA Call 8:15am</i> <b>SEA Bingo 1pm</b> Nutrition Ed. 9am	<b>Wellness Wednesday</b> Mom. Stretch 8:30am Brain Game 8am Chair Exerc. 10am MLK Bingo 1pm	<b>Beyond Bingo 10:30</b> Brain Game 8am Tech Class 9am <b>SEA MEETING 2:30pm</b>	<b>SEA Fun Friday!</b> Brain Game 8am Movie 9:30am MLK Bingo 1pm	

**NOTES:**

**Monday ~ Friday Daily Schedule**

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



**Pearl George Senior Center**

4000 Gus Young  
 Baton Rouge, LA 70817  
 Phone: 225.389.3188  
 Hours – 8:00AM – 3:30PM