

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 Game 8AM Board Game 10AM Bingo 12:30PM Student Nurse	SENIOR TRIP
03	04	Cinco de Mao 05	Teacher Day 06	07	Red Cross Day 08	09
	Bridge Club 8:30AM Financial Lit. 9AM Yoga 11AM Game of Choice 12:30PM	Brain Game 8AM SEA Call 8:15AM Nutritional Ed. 9AM SEA Bingo 10:30AM Cinco de Mayo Party!	Brain Games 8AM Wellness Wednesday 10AM Sewing 10:30AM Bingo 12:30AM	Brain Game 8AM Tech Class 9AM Beyond Bingo 10:30AM Fitness 12:30PM	SEA Fun Friday! Mother's Day Brunch	
10	11	12	13	14	Family Day 15	Birthdays
Mother's Day	Bridge Club 8:30AM Financial Lit. 9AM Yoga 11AM Game of Choice 12:30PM	Brain Game 8AM SEA Call 8:15AM Nutritional Ed. 9AM SEA Bingo 10:30AM Crafts 12:30PM	Brain Games 8AM Wellness Wednesday 10AM Sewing 10:30AM Bingo 12:30AM	Brain Game 8AM Tech Class 9AM Beyond Bingo 10:30AM Fitness 12:30PM	SEA Fun Friday! Brain Game 8AM Board Game 10AM Bingo 12:30PM B Day Celebration Student Nurse	C. Jones - 7 S. Normand - 29
17	18	19	20	Tea Day 21	22	
	Bridge Club 8:30AM Financial Lit. 9AM Yoga 11AM Game of Choice 12:30PM	Brain Game 8AM SEA Call 8:15AM Nutritional Ed. 9AM SEA Bingo 10:30AM Crafts 12:30PM	Brain Games 8AM Wellness Wednesday 10AM Sewing 10:30AM Bingo 12:30AM	Brain Game 8AM Tech Class 9AM Beyond Bingo 10:30AM Fitness 12:30PM	SEA Fun Friday! Brain Game 8AM Board Game 10AM Bingo 12:30PM Student Nurse	
24	25	26	27	28	29	
	Memorial Day Centers closed	Brain Game 8AM SEA Call 8:15AM Nutritional Ed. 9AM SEA Bingo 10:30AM Crafts 12:30PM	Brain Games 8AM Wellness Wednesday 10AM Sewing 10:30AM Bingo 12:30AM	Brain Game 8AM Tech Class 9AM Beyond Bingo 10:30AM Fitness 12:30PM SEA MEETING 2:30PM	SEA Fun Friday! Brain Game 8AM Board Game 10AM Bingo 12:30PM Student Nurse	

NOTES:

Monday ~ Friday Daily Schedule

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



Central Lotus Activity Center

11111 Park Place, Suite C
Central, LA 70818
Phone: 225.615.8339
Hours – 8:00AM – 4:30PM