


# JUN 2026

## National Safety Month



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

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>01</b>	<b>02</b>	<b>Creative Day 03</b>	<b>04</b>	<b>05</b>	<b>06</b>
	Brain Game 8:00 am <b>Financial Lit. 10:00 a.m.</b> Bingo 10:30 am	Brain Game 8:00 am <b>SEA Call 8:15 am</b> Nutrition Ed. 9:00 am SU AG 10:00 am <b>SEA Bingo 10:30am</b>	Brain Game 8:00am <b>Chair Exercise 8:30 am</b> Wellness Wednesday 10:00 am	Brain Game 8:00 am Tech Class 9:00 am Exercise Class 9:30 am <b>Beyond Bingo 10:30</b>	<b>SEA Fun Friday!</b> Brain Game 8:00 am Board Game 1:00 pm	
<b>07</b>	<b>08</b>	<b>09</b>	<b>10</b>	<b>11</b>	<b>PB Cookie Day 12</b>	<b>Birthdays</b>
	Brain Game 8:00am Stretch Exercise 8:30 am <b>Financial Lit. 10:00 a.m.</b> Pacino 10:30 am	Brain Game 8:00 am <b>SEA Call 8:15 am</b> Nutrition Ed. 9:00 am <b>SEA Bingo 10:30am</b>	Brain Game 8:00am <b>Chair Exercise 8:30 am</b> Wellness Wednesday 10:00 am	Brain Game 8:00 am Tech Class 9:00 am Exercise Class 9:30 am <b>Beyond Bingo 10:30</b>	<b>SEA Fun Friday!</b> Brain Game 8:00am Veteran Appreciation 9:30 am <b>B Day Celebration</b>	L. Hampton 8 G. Coleman 19 R. Hamilton 22 L. Bazille 22 G. Smith 28 W. Alexis 29
<b>14</b>	<b>15</b>	<b>16</b>	<b>Eat Vegetables 17</b>	<b>18</b>	<b>19</b>	
	Brain Game 8:00 am Stretch Exercise 8:30 am <b>Financial Lit. 10:00 am</b>	Brain Game 8:00 am <b>SEA Call 8:15 am</b> Nutrition Ed. 9:00 am <b>SEA Bingo 10:30am</b>	Brain Game 8:00am <b>Chair Exercise 8:30 am</b> Wellness Wednesday 10:00 am	Brain Game 8:00 am Tech Class 9:00 am Exerc. Class 9:30 am <b>Beyond Bingo 10:30</b> <b>Father's Day Celebration</b>	<b>Juneteenth Centers Closed</b>	
<b>21</b>	<b>22</b>	<b>Pink Day 23</b>	<b>24</b>	<b>25</b>	<b>26</b>	
<b>Father's Day</b>	Brain Game 8:00am Stretch Exercise 8:30 am <b>Financial Lit. 10:00 a.m.</b> Pacino 10:30 am	Brain Game 8:00 am <b>SEA Call 8:15 am</b> Nutrition Ed. 9:00 am <b>SEA Bingo 10:30am</b>	Brain Game 8:00am <b>Chair Exercise 8:30 am</b> Wellness Wednesday 10:00 am	Brain Game 8:00 am Tech Class 9:00 am Exercise Class 9:30 am <b>Beyond Bingo 10:30</b>	<b>SEA Fun Friday!</b> Brain Game 8:00 am Spade Game 1:30pm - 3:00 pm	
<b>28</b>	<b>29</b>	<b>30</b>				
	Brain Game 8:00 am Stretch Exercise 8:30 am <b>Financial Lit. 10:00 am</b>	Brain Game 8:00 am <b>SEA Call 8:15 am</b> Nutrition Ed. 9:00 am <b>SEA Bingo 10:30am</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