

AUG 2026



National Wellness Month

"Making aging engaging one activity at a time!"

SUN	MON	TUE	WED	THU	FRI	SAT
						01
					SEA Fun Friday! Brain Game 8AM GIRLFriend Day	
02	03	04	05	06	07	08
	Brain Game 8AM Financial Lit. Let's Get Fit 10AM Games Hours 1:PM	Brain Game 8AM Nutritional Ed. 930AM SEA Bingo 10:15AM Line Dancing 11AM Movie/Snack 1:30AM	Brain Game 8AM Wellness Wed 10A Canvas Painting Art Zumba Class 11AM Table Games 1:PM	Brain Game 8AM Tech Class 9:30A Beyond Bingo 10:15 AM Pool Table /Social Games 1:PM	SEA Fun Friday! Brain Game 8AM	
09	10	11	12	Left Hand Day 13	14	Birthdays
	Brain Game 8AM Financial Lit. Let's Get Fit 10:AM Games Hour 1:PM	Brain Game 8AM Nutritional Ed 9:30A SEA Bingo 10:15AM Line Dancing 11:AM Movie/Snack 1:30PM	Brain Game 8AM Wellness Wed 9AM Crochet/Knit 10AM Zumba Class 11AM Beading Bracklet 1:30PM	Brain Game 8AM Tech Class 9AM Beyond Bingo 10:15AM Movie/Snack 1:30PM	SEA Fun Friday! Brain Game 8AM B Day Celebration	EMELDA T/12 MARJORIE T/17 VYNITA T/28 DONALD T/7 ERIC W/18 JENNIFER G/1 JOHN G/3 REBECCA G/24 THERESA G/3 ROOSEVELT G/1 EMMA A/13 KIM B/30 MARY D/9 DEEBIE D/26 JOSEPH J/9 CECILE J/22 JOHN S/19 SHARLENE S/9 VANESSA S/26 MAMIE J/9 SHERYL J/9 WAYNR M/15
16	17	18	19	20	Senior Citizen 21	
	Brain Game 8AM Financial Lit. Let's Get Fit 10:AM Beading Craft 1:30PM	Brain Game 8AM Nutritional ED. 9:30AM SEA Bingo 10:15AM Line Dancing 11:AM Movie/Snack 1:30PM	Brain Game 8AM Wellness Wed 9AM Crochet/Knit 10A Zumba Class 11AM Rootbeer Float Social 130PM	Brain Game 8AM Tech Class 9AM Beyond Bingo 10:15AM Movie/Snack 1:30PM	SEA Fun Friday! Brain Game 8AM	
23	24	25	26	27	28	
	Brain Game 8AM Financial Lit. Let's Get Fit 10:AM Games Hour 1:PM	Brain Game 8AM Nutritional Ed 9:30AM SEA Bingo 10AM Movie/Snack 1:30PM	Brain Game 8AM Wellness Wed 9AM Crochet /Knit 10AM Zumba Class 11AM Game Hours 1:PM	Brain Game 8AM Tech Class 9AM Beyond Bingo 10:15AM Movie/Snack 1:30PM	SEA Fun Friday! Brain Game 8AM	
30	31					

NOTES: Center

Monday ~ Friday Daily Schedule
8:00AM - 9:30AM - Coffee & Conversation
9:30AM - Inspirational Words
11:30AM - 1:00PM Lunch



Lotus Senior

1701 Main Street
Baton Rouge, LA 70817
Phone: 225.923-8000
Hours - 8:00AM - 4:30PM