

JUL 2025



Family Reunion Month

"Making aging engaging one activity at a time!"

SUN	MON	TUE	WED	THU	FRI	SAT
			01	02	03	04
			Wellness Wed. Brain Games 8am ZUMBA 9:30am Fitness 12:30pm Sewing Club 2pm Puzzles & Games 2pm Billiards 2pm	Brain Games 8am Tech Class 9:30am Beyond Bingo 10am Chess Club 1pm Billiards 2pm	Independence Day Centers Closed	
05	06	07	08	09	10	11
	Brain Games 8am Fitness 9:30am Financial Lit. 10:30am Billiards 2pm	Brain Games 8am SEA MEET 8:15am SEA Bingo 10:30AM Puzzles Games 1pm Ping Pong 2pm Billiards 2pm	Wellness Wed. Brain Games 8am ZUMBA 9:30am Fitness 12:30pm Sewing Club 2pm Puzzles & Games 2pm Billiards 2pm	Brain Games 8am Tech Class 9:30am Beyond Bingo 10am Chess Club 1pm Billiards 2pm	SEA Fun Friday B Day Celebration Brain Games 8am YOGA 9:30am Cookie Word Game 10:30am Spades Club 2pm	
12	13	14	15	16	17	Birthdays
	Brain Games 8am Fitness 9:30am Financial Lit. 10:30am Ping Pong 2pm Art Club 2-4pm	Brain Games 8am SEA MEET 8:15am SEA Bingo 10:30AM Puzzles Games 1pm Ping Pong 2pm Billiards 2pm	Wellness Wed. Brain Games 8am ZUMBA 9:30am Fitness 12:30pm Sewing Club 2pm Puzzles & Games 2pm Billiards 2pm ZUMBA 9:30am	Brain Games 8am Tech Class 9:30am Beyond Bingo 10am Chess Club 1pm Billiards 2pm	SEA Fun Friday Brain Games 8am YOGA 9:30am ArtsCrafts 10:30am Spades Club 2pm Billiards 2pm	Dorothy L. 4 Cynthia P. 5 Ms. King 11 Carla H. 15 Don L. 15 Carole R. 24 Roger L. 24 Oliver E. 24
19	20	21	22	23	24	
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26	27	28	29	30	31	
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NOTES:

Monday ~ Friday Daily Schedule

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



Antioch Senior Center

7140 East Antioch Road
Baton Rouge, LA 70817
Phone: 225.246.7994
Hours – 8:00AM – 4:30PM