

JUL 2026

Social Wellness 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 Fit Exercise 8:30AM Table Games 1:PM	Brain Games 8am Tech Class 9:30am Beyond Bingo 10AM Board Games 1PM	Independence Day Centers Closed	
05	06	07	08	09	10	11
	Brain Games 8AM Finance Lit. 9AM Arts/ Craft 12:30PM	Brain Games 8AM SEA Meet 8:15AM Nutritional Ed. 9AM SEA Bingo 10AM Puzzles/Pokeno 12:30PM	Wellness Wed. Brain Games 8am Fit Exercise 8:30AM Table Games 1:PM	Brain Games 8am Tech Class 9:30am Beyond Bingo 10AM Board Games 1PM	SEA Fun Friday Brain Games 8am Game of Choice 10AM Bingo 12:30PM B Day Celebration	
12	13	14	15	16	17	Birthdays
	Brain Games 8AM Finance Lit. 9AM Arts/Craft 12:30PM	Brain Games 8AM Nutritional Ed. 9AM SEA Bingo 10AM Pokeno/Puzzles 12:30PM	Wellness Wed. Brain Games 8am Fit Exercise 8:30AM Pokeno 1:PM	Brain Games 8am Tech Class 9:30am Beyond Bingo 10AM Board Games 1:PM	SEA Fun Friday Brain Games 8am Game of Choice 10AM Pokeno 12:30PM	
19	20	21	22	23	24	
	Brain Games 8AM Finance Lit. 9AM Arts/Craft 12:30PM	Brain Games 8AM Nutritional Ed. 9:AM SEA Bingo 10AM Pokeno / Puzzles 12:30PM	Brain Games 8:AM Wellness Wednesday 9:AM Fit Exercise 8:30AM Pokeno 1:PM	Brain Games 8am Tech Class 9:30am Beyond Bingo 10AM Board Games 1PM	SEA Fun Friday Brain Games 8am Game of Choice 10AM Pokeno 12:30PM	
26	27	28	29	30	31	
	Brain Games 8AM Finance Lit. 9AM Arts/Crafts 12:30PM	Brain Games 8AM Nutritional Ed. 9AM SEA Bingo 10AM Pokeno/Puzzles 12:30PM	Brain Games 8AM Wellness Wednesday 9AM Chair Exercise 8:30AM Pokeno 1:PM	Brain Games 8AM Tech 9AM Beyond Bingo 10AM Board Games 1PM	SEA Fun Friday Brain Games 8am Game of Choice 10AM Pokeno 12:30PM	

NOTES:

Monday ~ Friday Daily Schedule

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



Ben Burge Senior Center

9350 Antiqua Drive
Baton Rouge, LA 70810
Phone: 225) 228.2670
Hours – 8:00AM – 2PM