

SEP2026

Healthy Aging Month



"Making aging engaging one activity at a time!"

SUN	MON	TUE	WED	THU	FRI	SAT
		01	02	03	04	05
		SEA MEET 8:15AM Tournament 9:30am Nutritional 10am Fitness 12:20pm SEA Bingo 2pm	Tournament 9:30am Wellness Wed. Chair Exercise 10am Brain Games 10:30am Yoga 12:30pm	Tournament 9:30am Tech Class 10am Bookmobile 10:30am Beyond Bingo 2pm	Tournament 9:30am SEA Fun Friday! Brain Games 10am Fitness 12:30pm	
06	Blood Pressure 07	08	09	10	11	12
Grandparent day	Labor day Center Closed	SEA MEET 8:15AM Tournament 9:30am Nutritional 10am Fitness 12:20pm SEA Bingo 2pm	Tournament 9:30am Wellness Wed. Chair Exercise 10am Brain Games 10:30am Yoga 12:30pm	Tournament 9:30am Tech Class 10am Centerwell 10:30am Beyond Bingo 2pm	SEA Staff Training Center Closed	
13	14	15	16	Citizen Day 17	18	Birthdays
	Tournament 9:30am Financial Lit. 10AM Smile w/ Power10:30am Arts & Crafts 2pm	SEA MEET 8:15AM Tournament 9:30am Nutritional 10am Fitness 12:30pm SEA Bingo 2pm	Tournament 9:30am Wellness Wed. Chair Exercise 10am Brain Games 10:30am Yoga 12:30pm	Tournament 9:30am Tech Class 10am Beyond Bingo 1pm Matinee & Popcorn 2pm	Tournament 9:30am SEA Fun Friday! Brain Games 10am Fitness 12:30pm B Day Celebration	06 Pearleana M 06 Lillian E. 11 Rosiena E, 17 Ellen M. 18 Joyce M. 18 Barbara D. 18 Clennard R. 20 Cynthia J. 24 Clark C. 28 Dorothy M. 29 Linda J.
20	Alzheimer Day 21	22	23	24	25	
	Tournament 9:30am Financial Lit. 10AM Arts & Crafts 10:30am Brain Games 2pm	SEA MEET 8:15AM Tournament 9:30am Nutritional 10am Fitness 12:30pm SEA Bingo 2pm	Tournament 9:30am Wellness Wed. Chair Exercise 10am Brain Games 10:30am Yoga 12:30pm	Tournament 9:30am Tech Class 10am Beyond Bingo 1pm Matinee & Popcorn 2pm	Tournament 9:30am SEA Fun Friday! Brain Games 10am Fitness 12:30p SEA MEETING	
27	28	Heart Day 29	30			
	Tournament 9:30am Financial Lit. 10AM Smile w/ Power10:30am Arts & Crafts 2pm	SEA MEET 8:15AM Tournament 9:30am Nutritional 10am Fitness 12:30pm SEA Bingo 2pm	Tournament 9:30am Wellness Wed. Chair Exercise 10am Brain Games 10:30am Yoga 12:30pm			

NOTES:

Activity Center

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



Zachary Lotus

6363 Main Street
 Zachary, LA 70791
 Phone: 225.306.4102
 Hours - 8:00AM - 3:30PM