

SEP 2026

Healthy Aging Month



"Making aging engaging one activity at a time!"

SUN	MON	TUE	WED	THU	FRI	SAT
		01	02	03	04	05
		Brain Game 8AM SEA Bingo 1PM SEA MEET 8:15AM Nutritional Ed. Fitness 10AM	Wellness Wed. Brain Game 8AM Chair Exer. 10 AM MLK Bingo 1PM	Brain Game 8AM Beyond Bingo 10:30AM Line Dance 1PM	SEA Fun Friday! Brain Game 8AM Pokono 10AM MLK Bingo	
06	Blood Pressure 07	08	09	10	11	12
Grandparent day	Labor day Center Closed	Brain Game 8AM SEA Bingo 1PM SEA MEET 8:15AM Nutritional Ed. Fitness 10AM	Wellness Wed. Brain Game 8AM Chair Exer. 10AM MLK Bingo 1PM	Brain Game 8AM Beyond Bingo 10:30AM Board Game 1PM	SEA Staff Training Center Closed	
13	14	15	16	Citizen Day 17	18	Birthdays
	Brain Game 8AM Financial Lit. 9AM Art Crafts 1PM	Brain Game 8AM SEA Bingo 1PM SEA MEET 8:15AM Nutritional Ed. Fitness 10AM	Wellness Wed. Brain Game 8AM Chair Exer. 10AM MLK Bingo 1PM	Brain Game 8AM Beyond Bingo 10:30AM Arts Craft PM	SEA Fun Friday! Brain Game 8AM Pokono 10AM MLK Bingo 1PM B Day Celebration	Carol B. 12
20	Alzheimer Day 21	22	23	24	25	
	Brain Game 8AM Financial Lit. 9AM Pokono 1PM	Brain Game 8AM SEA Bingo 1PM SEA MEET 8:15AM Nutritional Ed. Fitness 10AM	Wellness Wed. Brain Game 8AM Chair Exer. 10AM MLK Bingo 1PM	Brain Game 8AM Beyond Bingo 10:30AM Board Games 1PM	SEA Fun Friday! Brain Game 8AM Pokono 10AM MLK Bingo 1PM	
27	28	Heart Day 29	30			
	Brain Game 8AM Financial Lit. 9AM Line Dance 1PM	Brain Game 8AM SEA Bingo 1PM SEA MEET 8:15AM Nutritional Ed. Fitness 10AM	Wellness Wed. Brain Game 8AM Chair Exer. 10AM MLK Bingo 1PM			

NOTES: Center

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



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Hours - 8:00AM - 4:30PM