

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
		Circle of Kindness Brain Game 8AM SEA Bingo 10AM SEA MEET 8:15AM	Wellness Wed. Brain Game 8AM Trivia Wednesday	Brain Game 8AM Beyond Bingo 10AM	SEA Fun Friday! Pokeno 10am Board Games 1pm	
06	Blood Pressure 07	08	09	10	11	12
Grand parent day	Labor day Center Closed	Brain Game 8AM SEA Bingo 10AM SEA MEET 8:15AM Sewing/Crafts 9am	Wellness Wed. Brain Game 8AM Line Dance 9:30am Board Games 1pm	Brain Game 8AM Beyond Bingo 10AM Pillow Making Class	SEA Staff Training Center Closed	
13	14	15	16	Citizen Day 17	18	Birthdays
	Brain Game 8AM Chair Yoga 9:30am Board Games 1pm	Brain Game 8AM SEA Bingo 10AM SEA MEET 8:15AM Sewing/Crafts 9am	Wellness Wed. Brain Game 8AM Line Dance 9:30am Breakfast with the coordinator Board Games 1pm	Brain Game 8AM Beyond Bingo 10AM Pillow Making Class	SEA Fun Friday! Brain Game 8AM B Day Celebration Pokeno 10am	Janice Jackson-2 Connie Gossrand-4 Josie Dabon-8 Addie Hester-28 Evelyn Newton-29
20	Alzheimer Day 21	22	23	24	25	
	Brain Game 8AM Chair Yoga 9:30am Board Games 1pm	Brain Game 8AM SEA Bingo 10AM SEA MEET 8:15AM Nutritional Ed. 9AM	Wellness Wed. Brain Game 8AM Line Dance 9:30am Fall Wreath Class Board Games 1pm	Brain Game 8AM Beyond Bingo 10AM Luau Celebration	SEA Fun Friday! Brain Game 8AM Lunch Date Pokeno 10am	
27	28	Heart Day 29	30			
	Brain Game 8AM Chair Yoga 9:30am Board Games 1pm	Brain Game 8AM SEA Bingo 10AM SEA MEET 8:15AM Sewing/Crafts 9am	Wellness Wed. Brain Game 8AM Line Dance 9:30am Board Games 1pm			

NOTES:

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



Perkins Road Senior Center

7122 Perkins Road
 Baton Rouge, LA 70808
 Phone: 225-302-9622
 Hours – 8:00AM – 3:00PM