






# NOVEMBER – HIGHLAND SENIOR CENTER

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday   | Events/Holidays  |
|---|--|--|--|--|--|
|  <p><b>NOVEMBER IS PANCREATIC CANCER AWARENESS MONTH</b></p>   |  <p><b>VETERANS DAY</b><br/>HONORING ALL WHO SERVED</p>   | <p><b>1</b><br/>8:30am: Coffee w/ Friends<br/>9:00am: Inspirational Reading<br/>10:00am: BINGO<br/>11:30am: Lunch<br/>1:00pm: Music Hour</p> <p><i>*Spirit Week-Western Day*</i></p> | <p><b>2</b><br/>8:30am: Coffee w/ Friends<br/>9:00am: Inspirational Reading<br/>10:00am: Chair Exercise<br/>11:30am: Lunch<br/>1:00pm: Board Games</p> <p><i>*Spirit Week-*Twin Day*</i></p>     | <p><b>3</b><br/><b>Senior Center will be Closed</b></p>  | <p>Spirit Week-October 31-November 3<br/>November 5-Daylight Savings Time<br/>November 11-Veteran's Day<br/>November 21-Thanksgiving Dinner<br/>November 23-24- Thanksgiving Holiday</p> |
| <p><b>6</b><br/>8:30am: Coffee w/ Friends<br/>9:00am: Inspirational Reading<br/>10:00am: Word Search<br/>11:00am: Fitness w/ Donald<br/>12:00pm: Lunch<br/>1:00pm: Board Games<br/>2:00pm: Music Hour</p>               | <p><b>7</b><br/>8:30am: Coffee w/ Friends<br/>9:00am: Inspirational Reading<br/>10:00am: Arts &amp; Crafts<br/>11:30am: Lunch<br/>1:00pm: Line Dancing</p>   | <p><b>8</b><br/>8:30am: Coffee w/ Friends<br/>9:00am: Inspirational Reading<br/>10:00am: Chair Exercise<br/>11:30am: Lunch<br/>1:00pm: Word Search</p>                               | <p><b>9</b><br/>8:30am: Coffee w/ Friends<br/>9:00am: Inspirational Reading<br/>10:00am: Karaoke<br/>11:30am: Lunch<br/>1:00pm: Board Games</p> <p><i>*National Louisiana Day*</i></p>           | <p><b>10</b><br/>8:30am: Coffee w/ Friends<br/>9:00am: Inspirational Reading<br/>10:00am: Pokeno<br/>11:30am: Lunch<br/>1:00pm: Music Hour</p> | <p><b>Happy Birthday!</b></p> <p><b>Sylvana Patin-11/30</b></p>  |
| <p><b>13</b><br/>8:30am: Coffee w/ Friends<br/>9:00am: Inspirational Reading<br/>10:00am: Word Search<br/>11:00am: Fitness w/ Donald<br/>12:00pm: Lunch<br/>1:00pm: Board Games<br/>2:00pm: Music Hour</p>              | <p><b>14</b><br/>8:30am: Coffee w/ Friends<br/>9:00am: Inspirational Reading<br/>10:00am: Arts &amp; Crafts (Christmas Tree)<br/>11:30am: Lunch<br/>1:00pm: Speed Word Search</p> <p><i>*World Diabetes Day*</i></p> | <p><b>15</b><br/>8:30am: Coffee w/ Friends<br/>9:00am: Inspirational Reading<br/>10:00am: Chair Exercise<br/>11:30am: Lunch<br/>1:00pm: Movie Day</p>                                | <p><b>16</b><br/>8:30am: Coffee w/ Friends<br/>10:00am: Bean Bag Toss<br/>11:00am: Chair Exercise<br/>12:00pm: Lunch<br/>1:00pm: Board Games/Card Games</p> <p><i>*World Pancreatic Day*</i></p> | <p><b>17</b><br/>8:30am: Coffee w/ Friends<br/>9:00am: Inspirational Reading<br/>10:00am: Pokeno<br/>11:30am: Lunch<br/>1:00pm: Music Hour</p> | <p><b>Center Information:</b></p> <p>Site Coordinator: Barbara Turner<br/>14024 Antigua Dr. BR, La 70810<br/>Phone: (225) 382-7962<br/>Hours- 8:30am-2:30pm</p>                          |
| <p><b>20</b><br/>8:30am: Coffee w/ Friends<br/>9:00am: Inspirational Reading<br/>10:00am: Thanksgiving Reflections<br/>11:00am: Fitness w/ Donald<br/>12:00pm: Lunch<br/>1:00pm: Board Games<br/>2:00pm: Music Hour</p> | <p><b>21</b><br/><b>Thanksgiving Dinner &amp; Dance</b><br/><br/><b>(Limited Activities)</b></p>   | <p><b>22</b><br/>8:30am: Coffee w/ Friends<br/>9:00am: Inspirational Reading<br/>10:00am: Chair Exercise<br/>11:30am: Lunch<br/>1:00pm: Movie Day</p>                                | <p><b>23</b><br/></p>  | <p><b>24</b><br/></p>                                      | <p><b>Center Announcements</b></p> <p><b>The Perkins Rd. Senior Center will be joining us for the Thanksgiving dinner! Let's have a great time!!</b></p>                                 |
| <p><b>27</b><br/>8:30am: Coffee w/ Friends<br/>9:00am: Walking Exercise<br/>10:00am: Word Search<br/>11:00am: Fitness w/ Donald<br/>12:00pm: Lunch<br/>1:00pm: Board Games<br/>2:00pm: Music Hour</p>                   | <p><b>28</b><br/>8:30am: Coffee w/ Friends<br/>9:00am: Inspirational Reading<br/>10:00am: Arts &amp; Crafts (Decorating)<br/>11:30am: Lunch<br/>1:00pm: Board Games</p>  | <p><b>29</b><br/>8:30am: Coffee w/ Friends<br/>9:00am: Inspirational Reading<br/>10:00am: BINGO<br/>11:30am: Lunch<br/>2:00pm: Speed Word Search</p>                                 | <p><b>30</b><br/>8:30am: Coffee w/ Friends<br/>9:00am: Story Time<br/>10:00am: Chair Exercise<br/>11:30am: Lunch<br/>1:00pm: Board Games/Card Games</p>  | <p></p>   | <p><b>Center News:</b></p> <p><b>The Thanksgiving Dinner will take place on November 21, 2023. Speak with your Site Coordinator for details.</b></p>                                     |