



# NOVEMBER – THE LOTUS CENTER

Monday	Tuesday	Wednesday	Thursday	Friday	Events/Holidays
		<p><b>1</b></p> <p>8:00am: Coffee w/ Friends 9:00am: Lotus Gym/Word Search 10:00am: Painting/Sewing 11:00am: Zumba w/ Donna 11:30am: Lunch 1:00pm: Computer Lab 2:00pm: Movie Day</p> <p><i>*Spirit Week-Western Day*</i></p>	<p><b>2</b></p> <p>8:00am: Coffee w/ Friends 9:00am: Lotus Gym/Word Search 10:00am: Move to the Music 10:30am: BINGO 11:30am: Lunch 1:00pm: Dominoes/UNO</p> <p><i>*Spirit Week-*Twin Day*</i></p>	<p><b>3</b></p> <p>8:00am: Coffee w/ Friends 9:00am: Lotus Gym 10:00am: Thanksgiving Trivia 11:30am: Lunch 1:00pm: Popcorn &amp; a Movie Day</p> <p><i>Spirit Week-COA Swag Day Day)</i></p>	<p>Spirit Week-October 31-November 3 November 5-Daylight Savings Time November 11-Veteran's Day November 21-Thanksgiving Dinner November 23-24- Thanksgiving Holiday</p>
<p><b>6</b></p> <p>8:00am: Coffee w/ Friends 9:00am: Lotus Gym/Word Search 10:00am: Fitness w/ Renaldo/Sewing/Crochet 11:30am: Lunch 1:00pm: Card Games 2:00pm: Arts &amp; Crafts(Adult Coloring)</p>	<p><b>7</b></p> <p>8:00am: Java Talk 9:00am: Lotus Gym/Word Search 10:00am: BINGO/Sewing 11:30am: Lunch 1:00pm: UNO/Dominoes 2:00pm: Card Games</p>	<p><b>8</b></p> <p>8:00am: Coffee w/ Friends 9:00am: Lotus Gym/Word Search 10:00am: Crafts/Sewing 11:00am: Zumba w/ Donna 11:30am: Lunch 1:00pm: Computer Lab 2:00pm: Movie Day</p>	<p><b>9</b></p> <p>8:00am: Coffee w/ Friends 9:00am: Lotus Gym/Word Search 10:00am: Move to the Music 10:30am: BINGO 11:30am: Lunch 1:00pm: Dominoes/UNO</p> <p><i>*National Louisiana Day*</i></p>	<p><b>10</b></p> <p>8:00am: Coffee w/ Friends 9:00am: Lotus Gym 10:00am: <b>Veteran's Day Program</b> 11:30am: Lunch 1:00pm: Popcorn Party</p>	<p><b>Happy Birthday!</b></p> <p>Ceola Moore-11/1 Amanda Butler-11/3 Dianne Brandon-11/3 Clarence Dabney-11/8 William Early-11/8 Thelma Jones-11/15 Mary Bowman-11/18</p>
<p><b>13</b></p> <p>8:00am: Coffee w/ Friends 9:00am: Lotus Gym/Word Search 10:00am: Fitness w/ Renaldo/Sewing/Crochet 11:30am: Lunch 1:00pm: Card Games 2:00pm: Dominoes</p>	<p><b>14</b></p> <p>8:00am: Java Talk 9:00am: Lotus Gym/Word Search 10:00am: BINGO/Sewing 11:30am: Lunch 1:00pm: UNO 2:00pm: Puzzles/Games</p> <p><i>*World Diabetes Day*</i></p>	<p><b>15</b></p> <p>8:00am: Coffee w/ Friends 9:00am: Lotus Gym/Word Search 10:00am: Painting/Sewing 11:00am: Zumba 11:30am: Lunch 1:00pm: Movie Day</p>	<p><b>16</b></p> <p>8:00am: Coffee w/ Friends 9:00am: Lotus Gym/Word Search 10:00am: Move to the Music 10:30am: BINGO 11:30am: Lunch 1:00pm: Dominoes/UNO</p> <p><i>*World Pancreatic Day*</i></p>	<p><b>17</b></p> <p>8:00am: Coffee w/ Friends 9:00am: Lotus Gym 10:00am: Ring Toss 11:30am: Lunch 1:00pm: Popcorn &amp; a Movie Day</p>	<p><b>Center Information</b></p> <p>Site Coordinator: Kristie Scruggs, Linda Evans, Yolanda Barlow, Kanyra Hilton, Rachel Rhodes 1701 Main St. Baton Rouge, La 70802 Phone: (225) 663-2324 Hours- 8:00am-4:30pm</p>
<p><b>20</b></p> <p>8:00am: Coffee w/ Friends 9:00am: Lotus Gym/Word Search 10:00am: Fitness w/ Renaldo/Sewing/Crochet 11:30am: Lunch 1:00pm: Arts &amp; Crafts (Harbor) 2:00pm: Card Games</p>	<p><b>21</b></p> <p><b>Thanksgiving Dinner &amp; Dance</b></p> <p><b>(Limited Activities)</b></p>	<p><b>22</b></p> <p>8:00am: Coffee w/ Friends 9:00am: Lotus Gym/Word Search 10:00am: Computer Lab/Sewing 11:00am: Zumba 11:30am: Lunch 1:00pm: Movie Day</p>	<p><b>23</b></p> 	<p><b>24</b></p> 	<p><b>Center Announcements</b></p> <p>Please join us on November 10, 2023 at 10:00am as we honor our veterans!</p>
<p><b>27</b></p> <p>8:00am: Coffee w/ Friends 9:00am: Lotus Gym/Word Search 10:00am: Fitness w/ Renaldo/Sewing/Crochet 11:30am: Lunch 1:00pm: Dominoes/Card Games 2:00pm: Word Search</p>	<p><b>28</b></p> <p>8:00am: Java Talk 9:00am: Lotus Gym/Word Search 10:00am: BINGO/Sewing 11:30am: Lunch 1:00pm: Music Hour 2:00pm: Arts &amp; Crafts (Adult Coloring)</p>	<p><b>29</b></p> <p>8:00am: Coffee w/ Friends 9:00am: Lotus Gym/Word Search 10:00am: Crafts/Sewing 11:00am: Zumba 11:30am: Lunch 1:00pm: Movie Day</p>	<p><b>30</b></p> <p>8:00am: Coffee w/ Friends 9:00am: Lotus Gym/Word Search 10:00am: Move to the Music 10:30am: BINGO 11:30am: Lunch 1:00pm: Game of Choice 2:00pm: Dominoes</p>		<p><b>Center News:</b></p> <p>The Thanksgiving Dinner will take place on November 21, 2023. Speak with your Site Coordinator for details.</p>