



# NOVEMBER – ZACHARY LOTUS ACTIVITY SENIOR CENTER

Monday	Tuesday	Wednesday	Thursday	Friday	Events/Holidays
		<p>1</p> <p>8:00am: Coffee w/ Friends 8:30am: Word Search 10:00am: Crocheting 11:30am: Lunch 1:00pm: Yoga w/ Ms. Carol 2:00pm: Billiards/Bowling</p> <p><i>*Spirit Week-Western Day*</i></p>	<p>2</p> <p>8:00am: Coffee w/ Friends 10:00am: Board Games 11:30am: Lunch 1:00PM: Chair Exercise 2:00pm: BINGO</p> <p><i>*Spirit Week-*Twin Day*</i></p>	<p>3</p> <p>8:00am: Coffee w/ Friends 10:00am: Bag Toss 11:30am: Lunch 12:00pm: Sports Friday Cheer 1:00pm: Fitness w/ Donald</p> <p><i>Spirit Week-COA Swag 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>6</p> <p>8:00am: Coffee w/ Friends 8:30am: Word Search 10:00am: Arts &amp; Crafts 11:30am: Lunch 12:30pm: Board Games 1:00pm: Walking Exercise 2:00pm: Billiards/Bowling</p>	<p>7</p> <p>8:00am: Coffee w/ Friends 8:30am: Word Search 10:00am: BINGO 11:30am: Lunch 1:00pm: Line Dancing 2:00pm: Board Games</p>	<p>8</p> <p>8:00am: Coffee w/ Friends 8:30am: Word Search 10:00am: Crocheting/Walking Exercise 11:30am: Lunch 1:00pm: Yoga w/ Ms. Carol 2:00pm: Popcorn &amp; a Movie</p>	<p>9</p> <p>8:00am: Coffee w/ Friends 10:00am: Board Games 11:30am: Lunch 1:00pm: Chair Exercise 2:00pm: BINGO</p> <p><i>*National Louisiana Day*</i></p>	<p>10</p> <p>8:00am: Coffee w/ Friends 10:00am: Sports Friday Cheer 11:30am: Lunch 1:00pm: Fitness w/ Donald 2:00pm: Music Hour</p>	<p><b>Happy Birthday!</b></p> <p>Darrell Collins-11/1 Donna Senter-11/5 Aldero Stevcnson-11/5 Lillian Kelly-11/9 Linda Ambrose-11/13</p>
<p>13</p> <p>8:00am: Coffee w/ Friends 8:30am: Word Search 10:00am: Arts &amp; Crafts 11:30am: Lunch 12:30pm: Board Games 1:00pm: Walking Exercise 2:00pm: Billiards/Bowling</p>	<p>14</p> <p>8:00am: Coffee w/ Friends 8:30am: Word Search 10:00am: BINGO 11:30am: Lunch 1:00pm: Line Dancing 2:00pm: Board Games</p> <p><i>*World Diabetes Day*</i></p>	<p>15</p> <p>8:00am: Coffee w/ Friends 8:30am: Word Search 10:00am: Crocheting 11:30am: Lunch 1:00pm: Yoga w/ Ms. Carol 2:00pm: Popcorn &amp; a Movie</p>	<p>16</p> <p>8:00am: Coffee w/ Friends 10:00am: Board Games 11:30am: Lunch 1:00pm: Chair Exercise 2:00pm: BINGO</p> <p><i>*World Pancreatic Day*</i></p>	<p>17</p> <p>8:00am: Coffee w/ Friends 10:00am: Sports Friday Cheer 11:30am: Lunch 1:00pm: Fitness w/ Donald 2:00pm: Music Hour</p>	<p><b>Happy Birthday!</b></p> <p>Cariola Johnson-11/17 Barbara Duncan-11/25 Pamela Flutte-11/26 Nadine Price-11/29 Paula Carter-11/29 Vera Decuir-11/30</p>
<p>20</p> <p>8:00am: Coffee w/ Friends 8:30am: Word Search 10:00am: Arts &amp; Crafts 11:30am: Lunch 12:30pm: Board Games 1:00pm: Walking Exercise 2:00pm: Billiards/Bowling</p>	<p>21</p> <p><b>Thanksgiving Dinner &amp; Dance at the Baker Municipal Auditorium 11:00am-1:00pm</b></p>	<p>22</p> <p>8:30am: Coffee w/ Friends 10:00am: Walking Exercise 11:30am: Lunch 1:00pm: Yoga w/ Carol 2:00pm: Popcorn &amp; a Movie</p>	<p>23</p> 	<p>24</p> 	<p><b>Center Information</b></p> <p>Site Coordinator: Kewann Gray &amp; Elaine Martin 6363 Main St. Suite L Zachary, La 70791 Phone: (225) 306-4102 Hours- 8:00am-4:30pm</p>
<p>27</p> <p>8:00am: Coffee w/ Friends 8:30am: Word Search 10:00am: Board Games 11:30am: Lunch 12:30pm: Board Games 1:00pm: Walking Exercise 2:00pm: Board Games</p>	<p>28</p> <p>8:00am: Coffee w/ Friends 8:30am: Word Search 10:00am: BINGO 11:30am: Lunch 1:00pm: Line Dancing 2:00pm: Board Games</p>	<p>29</p> <p>8:30am: Coffee w/ Friends 10:00am: Walking Exercise 11:30am: Lunch 1:00pm: Yoga w/ Carol 2:00pm: Popcorn &amp; a Movie</p>	<p>30</p> <p>8:00am: Coffee w/ Friends 9:00am: Board Games 10:30am: Senior Medicare Patrol Speaker 11:30am: Lunch 1:00pm: Chair Exercises 2:00pm: BINGO</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>