






NOVEMBER – ANTIOCH SENIOR CENTER

Monday	Tuesday	Wednesday	Thursday	Friday	Events/Holidays
		<p>1</p> <p>8:30am: Coffee w/ Friends 9:30am: Zumba w/ Donna 10:00am: Affirmations 11:00am: La. Cowboy Trivia 12:00pm: Lunch 1:00pm: Chess & Puzzles <i>*Spirit Week-Western Day*</i></p>	<p>2</p> <p>8:30am: Coffee w/ Friends 10:00am: Affirmations 11:00am: BINGO 12:00pm: Lunch 2:00pm: Billiards/Chess/Smooth Music Meditation <i>*Spirit Week-*Twin Day*</i></p>	<p>3</p> <p>8:30am: Coffee w/ Friends 10:00am: Affirmations 11:00am: BINGO 12:00pm: Lunch 1:00pm: Billiards/Puzzles <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>6</p> <p>8:30am: Coffee w/ Friends 10:00am: Fitness w/ Donald 11:00am: Affirmations 11:15am: Arts & Crafts 12:00pm: Lunch 2:00pm: Ping Pong/Puzzles/Music Meditation</p>	<p>7</p> <p>8:30am: Coffee w/ Friends 10:00am: Affirmations 11:00am: BAG BINGO 12:00pm: Lunch 2:00pm: Billiards & Puzzles/Music Meditation</p>	<p>8</p> <p>8:30am: Coffee w/ Friends 9:30am: Zumba w/ Donna 10:00am: Affirmations 11:00am: Word Cookie 12:00pm: Lunch 2:00pm: Ping Pong/Puzzles/Music Meditation</p>	<p>9</p> <p>8:30am: Coffee w/ Friends 10:00am: Book Club Hour 11:00am: BINGO 12:00pm: Lunch 1:00pm: Billiards & Puzzles <i>*National Louisiana Day*</i></p>	<p>10</p> <p>8:30am: Coffee w/ Friends 10:00am: Popcorn Social 11:00am: Veteran's Day Celebration 12:00pm: Lunch 2:00pm: Billiards & Chess/Music Meditation</p>	<p>Happy Birthday!</p> <p>Larnett Long-11/2 Jackie Maggio-11/8 Mylah Deliford-11/7 Wilson Doucet-11/14 Ruth Doucet-11/15 & Gloria Hebert-11/15 Clarico Bercegeay-11/17 Genny Cooper-11/22 Bruno Fontenot-11/23</p>
<p>13</p> <p>8:30am: Coffee w/ Friends 10:00am: Fitness w/ Donald 11:00am: Affirmations 11:15am: Cookie Word Game 12:00pm: Lunch 2:00pm: Ping Pong/Puzzles/Music Meditation</p>	<p>14</p> <p>8:30am: Coffee w/ Friends 10:00am: Affirmations 11:00am: BOX BINGO 12:00pm: Lunch 2:00pm: Billiards/Ping Pong/Music Meditation <i>*World Diabetes Day*</i></p>	<p>15</p> <p>8:30am: Coffee w/ Friends 9:30am: Zumba w/ Donna 10:00am: Affirmations 11:00am: Thanksgiving Trivia 12:00pm: Lunch 2:00pm: Ping Pong & Billiards/Music Meditation</p>	<p>16</p> <p>8:30am: Coffee w/ Friends 10:00am: Book Club Hour 11:00am: BINGO 12:00pm: Lunch 2:00pm: Billiards & Ping Pong/Music Meditation <i>*World Pancreatic Day*</i></p>	<p>17</p> <p>8:30am: Coffee w/ Friends 10:00am: Popcorn Social 11:00am: Jokes for Folks 12:00pm: Lunch 2:00pm: Billiards/Ping Pong/Music Meditation</p>	<p>Center Information</p> <p>-EBRCOA STAFF: Twinkle Daniels & Dorithia Akins 7140 Antioch Rd. BR, La 70817 (225) 960-1261 Hours: 8:30am-3:30pm</p>
<p>20</p> <p>8:30am: Coffee w/ Friends 10:00am: Fitness w/ Donald 11:00am: Affirmations 11:15am: Jokes for Folks 12:00pm: Lunch 2:00pm: Ping Pong/Puzzles/Music Meditation</p>	<p>21</p> <p>Thanksgiving Dinner & Dance (Limited Activities)</p>	<p>22</p> <p>8:30am: Coffee w/ Friends 9:30am: Zumba w/ Donna 10:00am: Affirmations 11:00am: Reflections of Thanksgiving 12:00pm: Lunch 2:00pm: Ping Pong/Puzzles</p>	<p>23</p> 	<p>24</p> 	<p>November Acknowledgments</p> <p>National Alzheimer's Disease Month National Family Caregiver Support Month National Georgia Pecan Month National Peanut Butter Lover's Month</p>
<p>27</p> <p>8:30am: Coffee w/ Friends 10:00am: Fitness w/ Donald 11:00am: Affirmations 11:15am: Crazy Coloring 12:00pm: Lunch 2:00pm: Billiards/Puzzles/Music Meditation</p>	<p>28</p> <p>8:30am: Coffee w/ Friends 10:00am: Affirmations 11:00am: BINGO 12:00pm: Lunch 2:00pm: Ping Pong & Puzzles</p>	<p>29</p> <p>8:30am: Coffee w/ Friends 9:30am: Zumba w/ Donna 10:00am: Affirmations 11:00am: Billiards 12:00pm: Lunch 2:00pm: Ping Pong/Puzzles</p>	<p>30</p> <p>8:30am: Coffee w/ Friends 10:00am: Book Club Hour 11:00am: BINGO 12:00pm: Lunch 2:00pm: Billiards & Ping Pong/Music Meditation</p>		<p>Center News:</p> <p>The Thanksgiving Dinner will take place on November 21, 2023. Speak with your Site Coordinator for details.</p>