

NOV2024



Alzheimer's Awareness Month

"Making aging engaging one activity at a time!"

SUN	MON	TUE	WED	THU	FRI	SAT
					01	02
					Family Lit. Day SEA Fun Friday Movie & Popcorn 1:00pm	
03	04	05	06	07	08	09
	Brain Games 8:Am Beginner's Sewing 9AM Fitness Class 10:AM Water Painting 1:PM 	Natl. Donut Day Brain Games 8:AM Sea Bingo 10:AM Uno 1:pm ~Election Day~	Natl. Nachos Day BRAIN GAMES 8:AM SEA MEETING ADV. SEWING 9:A ZUMBA 11:AM	Brain Games 8:A Yoga 10:AM Beyond Bingo 10:30 AM Dominoes 1:PM	Natl. Jersey Day SEA Fun Friday Movie & Popcorn 1:00pm	
10	11	12	13	14	15	Birthdays
	Natl. Sundaes Day Veteran's Day Brain Games 8am Fitness 10am	EBRP Book Mobile Brain Games 8:AM Sea Bingo 10:AM Crochet Class 9:AM Black Out 1:30PM	Brain Games 8:Am Adv. Sewing 9:Am Fitness Gym 9AM Zumba 11:AM Activity of Choice 1:PM	BEYOND BINGO Alzheimer's Awareness Day! Yoga 10:AM Beyond Bingo 10:30 AM Checkers 1:PM	Natl. BUNDT Day SEA Fun Friday SEA MEETING Movie & Popcorn 1:00pm BD CELEBRATIONS!	C. Moore 1 A. Butler 3
17	18	19	20	21	22	
	Brain Games 8:Am Beginner's Sewing 9AM Fitness Class 10:AM Water Painting 1:PM	EBRP Book Mobile Brain Games 8:AM Sea Bingo 10:AM Crochet Class 9:AM Black Out 1:30PM	SEA Thanksgiving Program/Dinner @ Centers	Brain Games 8:AM Yoga 10:AM Beyond Bingo 10 Activity Choice 1p	SEA Fun Friday! Movie & Popcorn 1:00pm	
24	25	26	27	28	29	
	Brain Games 8:Am Beginner's Sewing 9AM Fitness Class 10:AM Water Painting 1:PM	EBRP Book Mobile Brain Games 8:AM Sea Bingo 10:AM Crochet Class 9:AM Black Out 1:30PM	BRAIN GAMES 8:AM SEA MEETING ADV. SEWING 9:A ZUMBA 11:AM	THANKSGIVING HOLIDAY Centers Closed	THANKSGIVING HOLIDAY Centers Closed	

Notes:

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

The Lotus Center Senior Center

1701 Main Street
 Baton Rouge, LA 70802
 Phone: 225.923.8000
 Hours: 8:00AM – 4:30PM