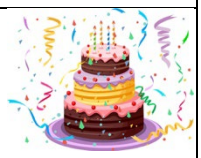
NOV2026

Alzheimer's Awareness Month

EBR Council on Aging
Supporting Independence ~ Serving Seniors

"Making aging engaging one activity at a time!"

SUN	MON	TUE	WED	THU	FRI	SAT
01 Daylight Saving Time Ends	**02** Brain Teasers 8A Financial Lit. 9A Beginner Sewing 9A Let's Get Moving 10:15 Table Activities 1P	**03** Brain Teasers 8A SEA Meet 8:15A Tuesday Tech 9A Nutritional Ed. 9:30A **SEA Bingo 10A**	**04** Wellness Wednesday Nat. Candy Day Brain Teasers 8A Health Ed 10:15A Arts & Crafts 10:15A	**05** Brain Teasers 8A Tech. Class 9A **Beyond Bingo 10AM** Mix & Mingle 1P	**06** SEA Fun Friday! Brain Teasers 8A Popcorn Social 10A Lotus Love Bingo 10:30A	**07** National Peanut Butter Lovers Month
08 World Kindness Week 8-14	**09** Brain Teasers 8am Beginner Sewing 9A Financial Lit. 9A Fitness 10:15A Table Social & Fun 1P	**10** Brain Teaser 8A SEA Meet 8:15A Tuesday Tech 9A Nutritional Ed 9:30A **SEA Bingo 10A** Line Dancing 11A	**11** Wellness Wednesday Brain Teasers 8A Health Ed 10:15A Arts & Crafts 10:15A Table Social & Fun 1P	**12** Brain Teasers 8A Tech. Class 9A Beyond Bingo 10AM Table Social 1P Fitness 1:30P	**13** SEA Fun Friday! Brain Teasers 8A Popcorn Social 10A Lotus Love Bingo 10:30A Movie 1P	**14** 
15	**16** Brain Teasers 8am Beginner Sewing 9A Financial Lit. 10A Fitness 10:15A Table Activities 1P	**17** Brain Teasers 8A SEA Meet 8:15A Tuesday Tech 9A Nutritional Ed 9:30A **SEA Bingo 10A** Line Dancing 11A	**18** Wellness Wednesday Brain Teasers 8A Health Ed 10:15A Arts & Crafts 10:15A Table Social & Fun 1P	**19** **EBRCOA Thanksgiving Dinner**	**20** SEA Fun Friday! Brain Teasers 8A Popcorn Social 10A Line Dance 1PM BD Celebration Lotus Love Bingo	**Birthdays** Birthdays Ceola M 1 Tam my D 2 Lesley H 2 Diane B 3 Amanda B 3 Verna B 11 Sharon E 13 Tyrone T 16 Rena M 23 Linda W 25 Beverly P 26
22 Nat. Family Week 22-28	**23** Brain Teasers 8am Beginner Sewing 9A Financial Lit. 10A Fitness 10:15A Table Social & Fun 1P	**24** Brain Teasers 8A SEA Meeting 8:15A Tuesday Tech 9A Nutritional Ed 9:30A SEA Bingo 10A Line Dancing 11A	**25** Wellness Wednesday Brain Teasers 8A Health Ed 10:15A Arts & Crafts 10:15A Mix & Mingle 1P	**26** THANKSGIVING HOLIDAY Centers Closed	**27** THANKSGIVING HOLIDAY Centers Closed	
29	**30** Brain Teasers 8am Beginner Sewing 9A Financial Lit. 10A Fitness 10:15A					

NOTES:

Monday ~ Friday Daily Schedule

8:00AM – 9:30AM – Coffee & Conversation

9:30AM - Inspirational Words

11:30AM – 12:30PM Lunch

Lotus Senior Center

Baton Rouge, LA 70802

Phone: 225.923-8000

Hours: 8AM-4:30PM