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	02	03	04	05	06	07
	Brain Games 8am Financial Lit. 10AM *Arts & Crafts 1pm*	Brain Games 8AM SEA Meet 9:30AM **SEA Bingo 10AM** Fitness 11am	Wellness Wednesday Brain Games 8am Walking Exercise 9am Boots on the Ground 1pm	**Beyond Bingo 9AM** **Brain Games 10am** **Tech Class 1pm**	SEA Fun Friday! Brain Games 8am Chair Exercise 9am Bingo 10am	
08	09	10	11	12	13	14
	Brain Games 8am Financial Lit. 10AM *Arts & Crafts 1pm*	Brain Games 8AM SEA Meet 9:30AM **SEA Bingo 10AM** Fitness 11am **Nutritional Ed. 1pm**	Wellness Wednesday Brain Games 8am Walking Exercise 9am Boots on the Ground 1pm	Brain Games 8AM **Beyond Bingo 9AM** SU Nutritionist 10am **Tech Class 1pm**	SEA Fun Friday! Brain Games 8am Chair Exercise 9am Bingo 10am Senior Talk 1pm	
15	16	17	18	19	20	Birthdays
	Brain Games 8am Financial Lit. 10AM *Arts & Crafts 1pm*	Brain Games 8AM SEA Meet 9:30AM **SEA Bingo 10AM** Fitness 11am **Nutritional Ed. 1pm**	Wellness Wednesday Brain Games 8am Walking Exercise 9am Boots on the Ground 1pm	**EBRCOA Thanksgiving Dinner**	SEA Fun Friday! Brain Games 8am Chair Exercise 9am Bingo 10am Senior Talk 1pm	B. Spland- 16 G. Trent- 22
22	23	24	25	26	27	
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29	30					
	Brain Games 8am Financial Lit. 10AM *Arts & Crafts 1pm*					

NOTES:

Monday ~ Friday Daily Schedule

8:00AM – 9:30AM – Coffee & Conversation
9:30AM - Inspirational Words
11:30AM – 1:00PM Lunch

Greater King David Senior Center

131 Elmer Ave.
Baton Rouge, LA 70807
Phone: 225.775.4996
Hours – 8:00AM – 2:00PM