NOV 2026

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 9:00 am Thankful Moments 10:00 am Wii Bowling 12:30 pm	Brain Games 9:00 am SEA Meet 8:15 am Nutritional Ed. 10:30 am **SEA Bingo 12:30 pm**	**Wellness Wednesday** Brain Games 8:30 am LSU Ag 9:30 am Wii Bowling 12:30 pm	Brain Game 8:30 am Movie/Popcorn 9:30 a **Beyond Bingo** **12:30 pm**	**SEA Fun Friday!** **Exercise 9:30 am** Brain Games 11:00 am Billiards 12:30 pm	
08	09	10	11	12	13	14
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15	16	17	18	19	20	**Birthdays**
	Brain Games 9:00 am Thankful Moments 10:00 am Billiards 12:30 pm	Brain Games 9:00 am SEA Meet 8:15 am Nutritional Ed. 10:30 am **SEA Bingo 12:30 pm**	**Wellness Wed.** Chair Exercise 9 am Arts & Crafts 9:30 am Centerwell 10:00 am Brain Game 12:30 pm	s am **EBRCOA Thanksgiving Dinner**	**SEA Fun Friday!** **Exercise 9:30 am** Brain Games 11:00 am Billards 12:30 pm	T. Sanders 6 C. Woods 9 K. Dandridge 11 D. Johnson 16 A. Coleman 20 R. Doolittle 23 G. Sanders 29 A. Douglas 30
22	23	24	25	26	27	
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29	30					
	Brain Games 9:00 am Thankful Moments 10:00 am					

NOTES:

Monday ~ Friday Daily Schedule

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

Baker Senior Center
3334 Jefferson Street
Baker, LA 70714
Phone: 225. 366.6432