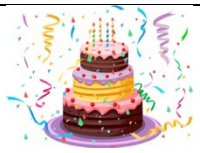
NOV2026

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. 9:45AM *Fitness 10AM* *Dominos or Pluck 1PM*	**Brain Game 8AM** **SEA Meet 8:15AM** **Nutrition Ed. 9AM** **SUAG 10AM** **SEA Bingo 10:30AM**	Brain Games 8AM Wellness Wed. 9:00AM Chair Exercise 10:30AM Arts & Crafts 11:00AM Socializing 1:00PM	Brain Games 8AM Tech. Class 9AM Fitness 10AM **B**eyond Bingo 10:30AM Mix & Mingle 1:00PM	**Brain Games 8AM** **SEA Fun Friday!** Pokeno/Popcorn 10AM Socializing1PM	
08	**09**	**10**	**11**	**12**	**13**	**14**
	Brain Games 8am Financial Lit. 9:45AM *Fitness 10AM* *Dominos or Pluck 1PM*	**Brain Games 8AM** **SEA Meet 8:15AM** **Nutrition Ed. 9AM** SEA Bingo 10AM Game of Choice 1PM	Brain Games 8AM Wellness Wed. 9AM Chair Exercise 10AM Games of Choice 11:00AM	Brain Games 8AM Tech. Class 9am Fitness 10AM **Beyond Bingo 10:30AM** Socializing 1:00pm	**Brain Games 8AM** **SEA Fun Friday!** **Pokeno/Popcorn 10AM** **Mix & Mingle 1:00PM**	
15	**16**	**17**	**18**	**19**	**20**	**Birthdays**
	Brain Games 8am Financial Lit. 9:45AM *Fitness 10AM* *Dominos or Pluck 1PM*	**Brain Games 8AM** **SEA Meet 8:15AM** **Nutrition Ed. 9AM** **Bookmobile 10AM** SEA Bingo 10:30AM Game of Ch	Brain Games 8AM Wellness Wed. 9AM Chair Exercise 10AM Arts & Crafts 10:30AM Game of Choice 1PM	**EBRCOA Thanksgiving Dinner**	**Brain Games 8AM** **SEA Fun Friday!** Family Feud 10AM BD Celebration Mix & Mingle 1PM	K. Nguyen 12 S. Manning 22 O. Divittorio 29 G. Alexander 30
22	**23**	**24**	**25**	**26**	**27**	
	Brain Games 8am Financial Lit. 9:45AM *Fitness 10AM* Arts & Crafts 11AM Mix & Mingle 1PM	**Brain Games 8AM** **SEA Meet 8:15AM** **Nutrition Ed. 9AM** SEA Bingo 10:30AM Game of Choice 1PM	Brain Games 8AM Wellness Wed. 9AM Class 9AM Checkers/Bean Bag Toss 10AM Mix & Mingle 1PM	THANKSGIVING HOLIDAY Centers Closed	THANKSGIVING HOLIDAY Centers Closed	
29	**30**					
	Brain Games 8am Financial Lit. 9:45AM *Fitness 10AM*					

NOTES:

Senior Center

Monday ~ Friday Daily Schedule

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

9:30AM - Inspirational Words

11:30AM – 12:30PM Lunch

Dumas House

1313 N. Sherwood Forest

Baton Rouge, LA. 70815

Phone: 225-388-5646

Hours: 8:00AM – 3:30PM