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 *Fitness 11AM* *Dominos or Pluck 1PM*	Nutrition Ed. 9AM SEA Meet 8:15AM Fitness 9:30AM **SEA Bingo 10AM**	Wellness Wednesday Brain Games 8AM Yoga 9:30AM Arts&Crafts 10:30AM	Tech. Class 9am **Beyond Bingo 10AM** Toss the Bean Bag 1PM	SEA Fun Friday! Soul Train w/Afros **Mix & Mingle 9AM** Movie/Popcorn 10AM Game of Choice 1PM	
08	**09**	**10**	**11**	**12**	**13**	**14**
	Brain Games 8am Financial Lit. 10AM *Fitness 11AM* *Dominos or Pluck 1PM*	Nutrition Ed. 9AM SEA Meet 8:15AM Fitness 9:30AM **SEA Bingo 10AM**	Wellness Wednesday Brain Games 8AM Yoga 9:30AM Arts&Crafts 10:30AM	Tech. Class 9am **Beyond Bingo 10AM** Toss the Bean Bag SMP @ 10:30a	SEA Fun Friday! **Mix & Mingle 9AM** Movie/Popcorn 10AM Game of Choice 1PM	
15	**16**	**17**	**18**	**19**	**20**	**Birthdays**
	Brain Games 8am Financial Lit. 10AM *Fitness 11AM* *Dominos or Pluck 1PM*	Nutrition Ed. 9AM SEA Meet 8:15AM Fitness 9:30AM **SEA Bingo 10AM**	Wellness Wednesday Brain Games 8AM Yoga 9:30AM Arts&Crafts 10:30AM	**EBRCOA Thanksgiving Dinner**	SEA Fun Friday! **Mix & Mingle 9AM** Movie/Popcorn 10AM Game of Choice 1PM	Mary C – 6th Glenda S – 8th Theresa B – 8th J.P. Davis - 11th Laura K – 12th Yvonne L – 13th Patricia M – 16th Eunice T – 26th
22	**23**	**24**	**25**	**26**	**27**	
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29	**30**					
	Brain Games 8am Financial Lit. 10AM *Fitness 11AM* *Dominos or Pluck 1PM*					

NOTES:

Jewel J. Newman

Senior Center

Monday ~ Friday Daily Schedule

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

9:30AM - Inspirational Words

11:30AM – 1:00PM Lunch

2013 Central Rd

Baton Rouge, LA 70807

Phone: 225.775.3935

Hours: 8:00AM – 2:00PM