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 *Arts/Craft 9:00AM* Financial Lit. 10AM *Quilting 10:30AM*	Nutrition Ed. 9AM SEA Meet 9:30AM **SEA Bingo10:30AM** Game of Choice	Wellness Wed. Brain Games 8AM Chair Exercise 9:30AM Quilting 10AM	Brain Games 8AM Tech. Class 9AM **Beyond Bingo10:30AM**	SEA Fun Friday! **Mix & Mingle 9AM** Cards/Games10AM Fitness 11AM	
08	**09**	**10**	**11**	**12**	**13**	**14**
	Brain Games 8AM *Arts/Craft 9:00AM* Financial Lit. 10AM *Quilting 10:30AM*	Brain Games 8AM Nutrition Ed. 9AM SEA Meet 9:30AM **SEA Bingo10:30AM** Game of Choice	Wellness Wednesday Brain Games 8AM Chair Exercise 9:30AM Quilting 10AM	Brain Games 8AM Tech. Class 9AM **Beyond Bingo10:30AM**	SEA Fun Friday Brain Games 8AM **Mix & Mingle 9AM** Cards/Games10AM Fitness 11AM	
15	**16**	**17**	**18**	**19**	**20**	**Birthdays**
	Brain Games 8AM *Arts/Craft 9:00AM* Financial Lit. 10AM *Quilting 10:30AM*	Brain Games 8AM Nutrition Ed. 9AM SEA Meet 9:30AM **SEA Bingo10:30AM** Game of Choice	Wellness Wednesday Brain Games 8AM Chair Exercise 9:30AM Quilting 10AM YOGA 11AM	**EBRCOA Thanksgiving Dinner**	SEA Fun Friday! Brain Games 8AM **MIX & Mingle** 9AM FITNESS 11AM Movie/Popcorn 1PM	Eva R. – 1 George R. – 9 Marjie R . - 15 Clarance S. - 16 Freddie L. - 21 Adain T. - 22 Karen N. – 28
22	**23**	**24**	**25**	**26**	**27**	
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29	**30**					
	Brain Games 8AM *Arts/Craft 9:00AM* Financial Lit. 10AM *Quilting 10:30AM*					

NOTES:

Chaneyville Senior Center

Monday ~ Friday Daily Schedule

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

9:30AM - Inspirational Words

11:30AM – 12:30PM Lunch

13211 Jackson Road
Zachary, LA 70791
Phone: 225.286.4101
Hours: 8:00AM – 2:00PM