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 *Yoga-9:30* *Kindness 101 -10:15*	Nutrition Ed. 9AM SEA Meet 9:30AM **SEA Bingo 10AM** **Sock, Hat, Coat**	Wellness Wednesday Brain Games 8AM Line Dance 9:30AM EBR Library @10am	\ **Beyond Bingo 10AM**	SEA Fun Friday! **Mix & Mingle 9AM** **Sip n Paint Fall Pt.1**	
08	**09**	**10**	**11**	**12**	**13**	**14**
	Brain Gaam Financial Lit. 10AM *Yoga-9:30* *Craft-10:15* *Painting-1pm*	Nutrition Ed. 9AM SEA Meet 9:30AM **SEA Bingo 10AM** Sewing	Wellness Wednesday Brain Games 8AM Line Dance 9:30AM Veteran's Day Celebration	Fall Bingo Fall Fest Day 1	SEA Fun Friday! Fall Fest Day 2	
15	**16**	**17**	**18**	**19**	**20**	**Birthdays**
	Brain Games 8am Financial Lit. 10AM *Yoga-9:30* *Craft-10:15*	Nutrition Ed. 9AM SEA Meet 9:30AM **SEA Bingo 10AM** Sewing	Wellness Wednesday Brain Games 8AM Line Dance 9:30AM Breakfast with the Coordinator	**EBRCOA Thanksgiving Dinner**	SEA Fun Friday! Brain Games Sip n Paint Pt. 2 BD Celebration	Mary Armstead-7th Catherine Jackson-8th Barbara Evans-9th
22	**23**	**24**	**25**	**26**	**27**	
	Brain Games 8am Financial Lit. 10AM *Yoga-9:30* *Craft-10:15* *Painting-1pm*	Nutrition Ed. 9AM SEA Meet 9:30AM **SEA Bingo 10AM** Game Choice 1PM Nutrition with SU	Wellness Wednesday Line Dance@ 9:30 Fall Trivia -10:15 Thanksgiving Bingo	THANKSGIVING HOLIDAY Centers Closed	THANKSGIVING HOLIDAY Centers Closed	
29	**30**					
	Brain Games 8am Financial Lit. 10AM Yoga-9:30 Craft-10:15					

NOTES:

Monday ~ Friday Daily Schedule

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

9:30AM - Inspirational Words

11:30AM – 12:30PM Lunch

Perkins Road Senior Center

7122 Perkins Road

Baton Rouge, La 70808

Hours: 8:00AM – 3:00PM