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* *Board Games 1PM*	Nutrition Ed. 9AM SEA Meet 9:30AM **SEA Bingo 10AM**	Wellness Wednesday Brain Games 8AM Chair Yog9:30AM Arts&Crafts 10AM &	Tech. Class 9am **Beyond Bingo 10AM** Toss the Bean Bag	SEA Fun Friday! **Brain Game 8 am** Pokeno & Popcorn 10am Music Time 1pm	
08	**09**	**10**	**1**	**12**	**13**	**14**
	Brain Games 8am Financial Lit. 10AM *Fitness 11AM* *Toss Bean Bag 1PM*	Nutrition Ed. 9AM SEA Meet 9:30AM **SEA Bingo 10AM** Mix and Minge1PM	Wellness Wednesday Brain Games 8AM Chair Exercise 9:30AM Sip and Paint 10AM & 1PM	Tech. Class 9am **Beyond Bingo 10AM** Toss the Bean Bag 1PM	SEA Fun Friday! **Mix & Mingle 9AM** Pokeno/Popcorn 10AM Game of Choice 1PM	
15	**16**	**17**	**18**	**19**	**20**	**Birthdays**
	Brain Games 8am Financial Lit. 10AM *Fitness 11AM* *Game of Choice 1PM*	Nutrition Ed. 9AM SEA Meet 9:30AM **SEA Bingo 10AM** Game of Choice	Wellness Wednesday Brain Games 8AM Chair Yoga 9:30AM Game of Choice 1PM	**EBRCOA Thanksgiving Dinner**	SEA Fun Friday! Brain Games 8AM Pokeno/Popcorn 10AM Line Dance 1PM BD Celebration	No Birthdays
22	**23**	**24**	**25**	**26**	**27**	
	Brain Games 8am Financial Lit. 10AM *Fitness 11AM* *Discussing Christmas Party1PM*	Nutrition Ed. 9AM SEA Meet 9:30AM **SEA Bingo 10AM** Walking With Joy 1PM	Wellness Wednesday THANKSGIVING PARTY AND LINE DANCING 10am – 2pm	THANKSGIVING HOLIDAY Centers Closed	THANKSGIVING HOLIDAY Centers Closed	
29	**30**					
	Brain Games 8am Financial Lit. 10AM *Fitness 11AM*					

NOTES

MONDAY ~Friday Daily Schedule
8:00AM -9:30AM -Coffee &Conversation
11Am_ Inspirational Words
11:30AM- 1:00PM Lunch

HIGHLAND ROAD SENIOR CENTER

14024 North Amiss Road
Baton Rouge LA 70810
Phone: 225. 287.4867
Hours _8:00AM _ 2:00 PM