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 Bridge Club 8:30AM Muffins 9AM Financial Lit. 10AM Yoga 11AM	Brain Game 8AM SEA MEET 8:15AM Nutritional Ed. 9AM SEA Bingo 10:30AM	Wellness Wednesday Brain Games 8AM BINGO 9AM	Brain Games 8AM Tech. Class 9:30AM Beyond Bingo	SEA Fun Friday! Brain Games 8AM Games 10AM Bingo 12:30PM	
08	**09**	**10**	**11**	**12**	**13**	**14**
	Brain Games 8AM Bridge Club 8:30AM Financial Lit. 10AM Yoga 11AM Cards/Pool 12:30PM	Brain Game 8AM SEA MEET 8:15AM SMP @ 10:30a SEA Bingo 10:30AM Crafts/Games 12:30PM	Wellness Wednesday Brain Games 8AM BINGO 9AM Games 12:30PM	Brain Games 8AM Tech. Class 9:30AM Beyond Bingo 10:30AM	SEA Fun Friday! Brain Games 8AM Games 10AM Bingo 12:30PM	
15	**16**	**17**	**18**	**19**	**20**	**Birthdays**
	Brain Games 8AM Bridge Club 8:30AM Muffins 9AM Financial Lit. 10AM Yoga 11AM	Brain Game 8AM SEA MEET 8:15AM Nutritional Ed. 9AM SEA Bingo 10:30AM Crafts/Games 12:30PM	Wellness Wednesday Brain Games 8AM BINGO 9AM Games 12:30PM	EBRCOA Thanksgiving Dinner	SEA Fun Friday! Brain Games 8AM Games 10AM Bingo 12:30PM	Betty W. – 8 Clara H. – 15 Shirley M. - 15
22	**23**	**24**	**25**	**26**	**27**	
	Brain Games 8AM Bridge Club 8:30AM Financial Lit. 9AM Library 10AM Yoga 11AM	Brain Game 8AM SEA MEET 8:15AM Nutritional Ed. 9AM SEA Bingo 10:30AM Crafts/Games 12:30PM	Wellness Wednesday Brain Games 8AM BINGO 9AM Games 12:30PM	THANKSGIVING HOLIDAY Centers Closed	THANKSGIVING HOLIDAY Centers Closed	
29	**30**					
	Brain Games 8AM Bridge Club 8:30AM Financial Lit. 10AM Yoga 11AM					

NOTES:

***Activity* Center**

Monday ~ Friday Daily Schedule

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

9:30AM - Inspirational Words

11:30AM – 1:00PM Lunch

Central Lotus

11111 Park Place Suite C

Central, LA 70818

Phone: 225-6158339

Hours: 8:00AM – 4:30PM