



Iowa Senior Center
120E. 1st. Ave
Iowa, La. 70647



September 2021

Senior Center Month

337-312-1781

SUN	Mon	Tue	Wed	Thu	Fri	Sat
	<p><i>Judy Joubert</i> <i>John Fontenot</i> <i>Valla Johnson</i> <i>Floyd Fontenot</i></p>		<p>1 8am-untill Dominoes 8:30am-9am Walk away the pounds 9am-9:30am Chair Exer. 10am Beanbag Baseball</p>	<p>2 8am-10am Dominoes 10am-11am Bingo 11am -until Pokeno Pokeno</p>	<p>3 8am-untill Dominoes 8:30am-9am Walk away the pounds 9am-9:30am Chair Exer. Coffee with Friends</p>	
	<p>6 <i>Happy Labor Day</i> Closed IN OBSERVANCE OF LABOR DAY</p>	<p>7 8am -10am Dominoes 10am-11am Bingo 11am-untill Pokeno</p>	<p>8 8am-untill Dominoes 8:30am-9am Walk away the pounds 9am-9:30am Chair Exer. 10am Beanbag baseball</p>	<p>9 8am-10am Dominoes 10am-11am Bingo with Dodi @ Southern Home Health 11am-untill Pokeno</p>	<p>10 8am-untill Dominoes 8:30am -9am Exercise 9am-9:30am Chair Exercise Biscuit & Coffee with friends</p>	<p>Biscuit & Coffee with Friends Every Friday</p>
<p>Wear Your Mask</p>	<p>13 8am Dominoes 8:30am-9am Walk away the pounds 9am-9:30am Chair Exer 10am Crafts</p>	<p>14 8am-10am Dominoes 10am-11am Bingo with Jackie from Christus Speaker-Active Balance</p>	<p>15 8am-untill Dominoes 8:30-9am Walk away the pounds 9am- 9:30am Chair Exer. 10am Beanbag Baseball</p>	<p>16 8am-10am Dominoes 10am-11am Bingo 11am-untill Pokeno</p>	<p>17 8am-untli Dominoes 8:30am-9am Walking Exercise 9am-9:30am Chair Exer. Coffee with friends</p>	
	<p>20 8am-untill Domines 8:30am-9am Exercise 9am-9:30am Chair Exer.</p>	<p>21 8am -10am Dominoes 10am-11am Bingo with Scott from Christus Hospice Care</p>	<p>22 8am-untill Dominoes 8:30am-9am Walk away the pounds 9am-9:30am Chair Exer. 10am Beanbag Baseball</p>	<p>23 8am-10am Dominoes 10am-11am Bingo with Aet- na Speaker Medicare</p>	<p>24 Senior Center Month 50's Day Celebration Birthday Lunch with Hamburger, Hot Dogs Dress for the Fifties</p>	
	<p>27 8am-10am Dominoes 8:30am-9am Walk away the pounds 9am-9:30am Chair Exercise 10am Crafts</p>	<p>28 8am -10am Dominoes 10am-11am Bingo</p>	<p>29 8am- untill Dominoes 8:30-9am Walking Exer. 9am-9:30am Chair Exer 10am Beanbag Baseball</p>	<p>30 8am-10am Dominoes 10am -11am Bingo 11am-untill Pokeno</p>		

MONDAY-FRIDAY 8am - 1pm