













Iowa Senior Center

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



October, 2021

337-312-1781

| SUN | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|--|---|---|---|---|
|  | <p>Joyce Lisotta Janine Smith Stella Broussard Colleen Johnson</p> | <p>Elaine Savoy Betty Buquet Vernon Hidalgo Nelda Monk</p> | <p>Verlin Sonnier McInnis Smith</p>  | | <p>1 8am-untill Dominoes & coffee with friends 8:30am-9am Walk away the pounds 9am-10am Chair Exer.</p> | |
| <p>Fall is in the Air</p>  | <p>4 8am Dominoes 8:30am-9am Walk away the pounds 9am-9:30am Chair Exer</p> | <p>5 8am – 10am Dominoes 10am-11am Bingo</p>  | <p>6 8am-untill Dominoes 8:30am-9am Walk away the pounds 9am-9:30am Chair Exer. 10am Beanbag Baseball</p> | <p>7 8am– 10am Dominoes 10am-11am Bingo 11am-untill Pokeno</p>  | <p>8 8am-untill Dominoes and Coffee with friends 8:30am-9am Walk away the pounds 9am-10am Chair Exer.</p> | <p>Biscuit & Coffee with Friends Every Friday</p> |
| | <p>11 8am Dominoes 8:30am-9am Walk away the pounds 9am-9:30am Chair Exer 10am Crafts</p> | <p>12 8am—10am Dominoes 10am-11am Bingo with Jackie from Christ Home Health</p>  | <p>13 8am-untill Dominoes 8:30-9am Walk away the pounds 9am– 9:30am Chair Exer. 10am Beanbag Baseball</p> | <p>14 8am—10am Domi- noes 10am–12pm Bingo at the KC Hall with Sheriff Tony Mancuso</p> | <p>15 8am-untill Dominoes Coffee with friends 8:30am-9am Walk away the pounds 9am-10am Chair Exer</p> | |
| | <p>18 8am- untill Domines 8:30am-9am Exercise 9am-9:30am Chair Exer.</p> | <p>19 8am –10am Dominoes 10am– 11am Bingo Speaker Scott @ Christus Hospice Care Honoring our Veterans</p> | <p>20 8am-untill Dominoes 8:30am-9am Walk away the pounds 9am-9:30am Chair Exer. 10am Beanbag Baseball</p> | <p>21 8am-10am Dominoes Speaker Iowa Fire Dept. Fire Safety 11am Bingo 11am-untill Pokeno</p>  | <p>22 9am—12pm Halloween Dress up Contest and our monthly lunch and Birthday Celebration</p> | |
|  | <p>25 8am-10am Domi- noes 8:30am-9am Walk away the pounds 9am-9:30am Chair Exer</p> | <p>26 8am –10am Dominoes 10am-11am Popcorn Bingo</p>  | <p>27 8am-untill Dominoes 8:30-9am Walk away the pounds 9am-9:30am Chair Exer 10am– Beanbag Baseball</p> | <p>28 8am- 10am Dominoes 10am-11am Bingo with Brent Stantz 11am-untill Pokeno</p> | <p>29 8am Dominoes an Coffee with friends 8:30-9am walk away the pounds 9am-10am Chair Exer.</p> |  |

MONDAY—FRIDAY 8am - 1pm