















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



November, 2021

337-312-1781

| SUN  | Mon   | Tue   | Wed   | Thu   | Fri   | Sat   |
|--|---|---|---|---|---|---|
|    | <p>1 8am-until Dominoes<br/>8:30am-9am Walk away the pounds<br/>9am-10am Chair Exercise</p>       | <p>2 8am- until Dominoes<br/>10am-11am Bingo<br/>Pizza Party</p>                 | <p>3 8am-until Dominoes<br/>8:30am-9am Walk away the pounds<br/>9am-10am Chair Exer.<br/>10am Beanbag Baseball</p>  | <p>4 8am-until Dominoes<br/>Speaker 9:45am Sheena @ On Call Lab and Bingo with Sheena 10am –11am<br/>11am-until Pokeno</p>                                  | <p>5 8am-until Dominoes &amp; Coffee with friends<br/>8:30am-9am Walk away the pounds<br/>9am-10am Chair Exer.</p>    |                                        |
|  | <p>8 8am Dominoes<br/>8:30am-9am Walk away the pounds<br/>9am-10am Chair Exer<br/>10am Crafts</p> | <p>9 8am –10am Dominoes<br/>10am-11am Bingo with Jackie @ Christus Home Health</p>  | <p>10 8am-until Dominoes<br/>8:30am-9am Walk away the pounds<br/>9am-10am Chair Exer.<br/>10am Beanbag Baseball</p> | <p>11 8am–10am Dominoes<br/>10am-11am Bingo With Dodie@ Southern Home Health<br/>11am-until Pokeno</p>  | <p>12 8am-Dominoes &amp; coffee 8:30am Walk Exer.<br/>9am Chair Exer.<br/>Open Enrollment for Medicare with Tammy</p> | <p>Biscuit &amp; Coffee with Friends Every Friday</p>   |
|   | <p>15 8am Dominoes<br/>8:30am-9am Walk away the pounds<br/>9am-10am Chair Exer</p>                | <p>16 8am—10am Dominoes<br/>10am-11am Bingo with Scott @ Christus Hos Care</p>  | <p>17 8am-until Dominoes<br/>8:30-9am Walk away the pounds<br/>9am– 10am Chair Exer.<br/>10am Beanbag Baseball</p>  | <p>18 8am—10am Dominoes<br/>10am–11am Bingo<br/>11am– until Pokeno</p>  | <p>19 Thanksgiving Lunch And Monthly Birthday Celebration</p>   | <p>Pokeno every Thursday at 11am</p>  |
|  | <p>22 8am- until Domines<br/>8:30am-9am Exercise<br/>9am-9:30am Chair Exer.<br/>10am Crafts</p>   | <p>23 8am –10am Dominoes<br/>9:45am Speaker Sheriff's Office Safety and Scams<br/>10am-11am Bingo</p>   | <p>24 8am-until Dominoes<br/>8:30am-9am Walk away the pounds<br/>9am-10m Chair Exer.<br/>10am Beanbag Baseball</p>  | <p>25 Closed in Observance Of Thanksgiving</p>                         | <p>26 Closed in Observance of Thanksgiving</p>  |   |
|  | <p>29 8am-10am Dominoes<br/>8:30am-9am Walk away the pounds<br/>9am-10am Chair Exer</p>           | <p>30 8am –10am Dominoes<br/>10am-11am Popcorn Bingo</p>                       |   |    | <p>Glynn Portie<br/>Katherine Charles<br/>Freddie Augustine</p>   |                                      |

MONDAY—FRIDAY 8am - 1pm