













Iowa Senior Center  
9120E. 1st. Ave  
Iowa, La. 70647



December, 2021

Merry Christmas

337-312-1781

SUN	Mon	Tue	Wed	Thu	Fri	Sat
	Margie Morgan Julia Rocca Florida Arabie Russell Leonard 		<b>1 8am-untill Dominoes</b> <b>8:30am-9am Walk away the pounds</b> <b>9am-10am Chair Exer.</b> <b>10am Beanbag Baseball</b>	<b>2 8am-untill Dominoes</b> <b>Speaker 9:45am Sheena @ On Call Lab and Bingo with Sheena 10am –11:30 am</b> <b>Saran Wrap Surprise</b>	<b>3 8am-untill Dominoes &amp; Coffee with friends</b> <b>8:30am-9am Walk away the pounds</b> <b>9am-10am Chair Exer.</b>	
	<b>6 8am Dominoes</b> <b>8:30am-9am Walk away the pounds</b> <b>9am-10am Chair Exer</b> <b>10am Crafts</b>	<b>7 8am –10am Dominoes</b> <b>10am-11am Bingo</b> <b>11am– untill Pokeno</b>	<b>8 8am-untill Dominoes</b> <b>8:30am-9am Walk away the pounds</b> <b>9am-10am Chair Exer.</b> <b>10am Beanbag Baseball</b>	<b>9 8am–10am Dominoes</b> <b>10am-11:30 am Bingo With Dodie@ Southern Home Health</b> 	<b>10 Biscuits &amp; Coffee 8am– untill Dominoes</b> <b>8:30am Walk Exer.</b> <b>9am Chair Exer.</b>	<b>Biscuit &amp; Coffee with Friends Every Friday</b>
	<b>13 8am Dominoes</b> <b>8:30am-9am Walk away the pounds</b> <b>9am-10am Chair Exer</b> <b>10am– untill Crafts</b>	<b>14 8am–10am Dominoes</b> <b>10am-11am Bingo with Jackie for Christus Ho Health</b> 	<b>15 8am-untill Dominoes</b> <b>8:30-9am Walk away the pounds</b> <b>9am– 10am Chair Exer.</b> <b>10am Beanbag Baseball</b>	<b>16 8am– 10am Dominoes</b> <b>10am–11:30 am Bingo and Saran Wrap Surprise</b>	<b>17 Christmas Lunch And Monthly Birthday Celebration</b>	<b>Pokeno every Tuesday at 11am</b> 
	<b>20 8am-untill Domines</b> <b>8:30am-9am Exercise</b> <b>9am-9:30am Chair Exer.</b> <b>10am Crafts</b>	<b>21 8am –10am Dominoes</b> <b>9:45am Speaker Sheriff's Office Safety and Scams</b> <b>10am-11am Bingo</b> <b>11am untill Pokeno</b>	<b>22 8am-untill Dominoes</b> <b>8:30am-9am Walk away the pounds</b> <b>9am-10m Chair Exer.</b> <b>10am Beanbag Baseball</b>	<b>23 8am-10am Dominoes</b> <b>10am-11:30 am Bingo</b>	<b>24 Closed In Observance of Christmas</b>	<b>Merry Christmas</b>
	<b>27 8am-10am Dominoes</b> <b>8:30am-9am Walk away the pounds</b> <b>9am-10am Chair Exer</b>	<b>28 8am –10am Dominoes</b> <b>10am-11am Pokeno</b>	<b>29 8am-untill Dominoes</b> <b>8:30am-9am Walk away the pounds</b> <b>9am-10am Chair Exercise</b> <b>10am Beanbag Baseball</b>	<b>30 8am-10am Dominoes</b> <b>10am-11:30 Bingo</b>		

MONDAY—FRIDAY 8am - 1pm