





















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



May, 2022

Older American Month

337-312-1781

SUN	Mon	Tue	Wed	Thu	Fri	Sat
 <p>2 8am-until Dominoes 8:30am-9am Walk away the pounds 9am-10am Chair Exercise 10am Crafts</p>	<p>2 8am-until Dominoes 8:30am-9am Walk away the pounds 9am-10am Chair Exercise 10am Crafts</p>	<p>3 8am- Dominoes 9:30 Speaker: Caleb with Acadian On Call 10am- Bingo (Chicken 11am Pokeno Salad)</p>	<p>4 8am-until Dominoes 8:30am-9am Walk away the pounds 9am-10am Chair Exer. 10am Beanbag Baseball</p>	<p>5 8am-until Dominoes Speaker 9:45am Sheena @ On Call Lab and Bingo & Celebrating our Mother's 11am</p> 	<p>6 CCOA Age my way Day in the Park at Pinederosa Park Westlake 9am-1pm</p> 	
 <p>9 8am Dominoes 8:30am-9am Walk away the pounds 9am-10am Chair Exer</p>	<p>9 8am Dominoes 8:30am-9am Walk away the pounds 9am-10am Chair Exer</p>	<p>10 8am-10am Dominoes 10am- Bingo with Jackie @ Christus Home Health & Birthday Celebration 11am Pokeno</p>	<p>11 8am-until Dominoes 8:30am-9am Walk away the pounds 9am-10am Chair Exer. 10am Beanbag Baseball</p>	<p>12 Older American Month Western Hoedown With D.J. Earl LaPointe & Bar-b-que Lunch</p>	<p>13 8am-Dominoes Breakfast with friends &:30am Walk away the pounds 9am Chair Exer.</p> 	
<p>16 8am Dominoes 8:30am-9am Walk away the pounds 9am-10am Chair Exer 10am Crafts</p>	<p>16 8am Dominoes 8:30am-9am Walk away the pounds 9am-10am Chair Exer 10am Crafts</p>	<p>17 8am-10am Dominoes 9:45 Speaker Tamela @ CCOA Nutrition & Bingo 11am Pokenc</p> 	<p>18 8am-until Dominoes 8:30-9am Walk away the pounds 9am- 10am Chair Exer. 10am Beanbag Baseball</p>	<p>19 8am-10am Dominoes 10:30 Senior Center Lunch at Fausto's Kinder La.</p>	<p>20 8am-until Dominoes & Breakfast with friends 8:30am Walk away the pounds 9am Chair Exer.</p> 	
 <p>23 8am-until Domines 8:30am-9am Exercise 9am-9:30am Chair Exer. 10am Hope @ Reids Massage Day</p>	<p>23 8am-until Domines 8:30am-9am Exercise 9am-9:30am Chair Exer. 10am Hope @ Reids Massage Day</p>	<p>24 8am -10am Dominoes 10am- Speaker & Bingo w/Lawanna @ Bridge Hospice</p> 	<p>25 8am-until Dominoes 8:30am-9am Walk away the pounds 9am-10m Chair Exer. 10am Beanbag Baseball</p>	<p>26 8am-until Dominoes 9:45 Speaker & Bingo W/ Veronica Home Health 2000 11am</p> 	<p>27 8am-Dominoes Breakfast with friends 8:30am Walk away the pounds. 9am Chair Exer.</p> 	
 <p>30 Closed</p> 	<p>30 Closed</p> 	<p>31 8am-10am Dominoes 10am- Bingo 11am-Pokeno</p> 		<p>Shirley Castille</p> 		

MONDAY-FRIDAY 8am - 1pm