
















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



September, 2022

National Senior Center Month

337-312-1781

SUN	Mon	Tue	Wed	Thu	Fri	Sat
	<p>Judy Joubert John Fontenot Valla Johnson Floyd Fontenot Dorothy LaFosse</p>		<p>Fall Is in the air!!</p>	<p>1 8am Dominoes 10am Bingo 11am Wheel of Fortune</p> 	<p>2 8am -until Dominoes & Breakfast with friends 8:30 Walk away the pounds 9am Chair Exercise</p>	
	<p>5 Closed in Observance or Labor Day</p>	<p>6 8am -10am Dominoes 9:30 Speaker -Amy Guidry w/ Iowa Medical Clinic 10am Bingo with Amy 11am Pokeno</p>	<p>7 8am-until Dominoes 8:30am-9am Walk away the pounds 9am-10am Chair Exer. 10am Beanbag Baseball</p>	<p>8 Senior Center Month 1950's Day Celebration With D.J. Earl And a Cake Walk</p>	<p>9 8am-Dominoes & Breakfast with friends 8:30am Walk away the pounds 9am Chair Exercise</p>	<p>Biscuit & Coffee with Friends Every Friday</p>
	<p>12 8am Dominoes 8:30am-9am Walk away the pounds 9am-10am Chair Exer 10am Crafts</p>	<p>13 8am-10am Dominoes 10am- Bingo 11am Pokeno</p> 	<p>14 8am-until Dominoes 8:30-9am Walk away the pounds 9am- 10am Chair Exer. 10am Beanbag Baseball</p>	<p>15 8am-10am Dominoes 10am Bingo w/ Chelsea @ Heart of Hospice 11am:</p> 	<p>16 8am Dominoes & Breakfast with friends 8:30 Walk away the pounds 9am Chair Exercise</p>	<p>Pokeno every Tuesday at 11am</p> 
	<p>19 8am-until Domines 8:30am-9am Exercise 9am-9:30am Chair Exer.</p>	<p>20 8am -10am Dominos 10am Bingo w/ Ashlee- from Sage Oak 11am Pokeno</p>	<p>21 1st Day of Fall 8am-until Dominoes 8:30am-9am Walk Exer. 9am-10m Chair Exer. 10am Beanbag Baseball</p>	<p>22 8am -10am Dominoes 9:30am Speaker Tammy W/ CCOA on Sr. RX & Bingo 11am- Family Feud</p> 	<p>23 8am Dominoes & Breakfast wit friends 8:30am Walk away the pounds 9am Chair Exercise</p>	<p>Bingo every Tuesday & Thursday</p>
	<p>26 8am-10am Dominoes 8:30am-9am Walk away the pounds 9am-10am Chair Exer 10am Crafts</p>	<p>27 8am-10am Dominoes 9:45- Speaker & Bingo W/ Lawanna @ Brighten Bridge Monthly Birthday Celebration with</p>	<p>28 8am-until Dominoes 8:30am Walk away the pounds 9am- Chair Exercise 10am- Beanbag Baseball</p>	<p>29 8am-10am Dominoes 10am Bingo w/ Amy from Evangeline Home Health 11am Wheel of Fortune</p>	<p>30 8am-until Dominoes & Breakfast with friends 8:30am-9am Walk away the pounds 9am- Chair Exercise</p>	

MONDAY-FRIDAY 8am - 1pm