











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



December, 2022

Merry Christmas

337-312-1781

SUN	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Florida Arabie Julia Rocca Jane Reed Vickie Martin</p>		<p>Earlene Williams Russell Leonard Buddy Mott</p>		<p>1 8-10am Dominoes 10am Bingo 11am The Price Is Right</p> 	<p>2 8am -until Dominoes & Breakfast with friends 8:30 Walk away the pounds 9-10am Chair Exercise</p>	
 <p>5 -10am Dominoes 8:30 Walking exercise 9-10am Chair exercise 10am Beanbag Baseball</p>	8	6 8am -10am Dominoes 10am Bingo 11am Pokeno	7 8am-until Dominoes 8:30am-9am Walk away the pounds 9am-10am Chair Exer. 10am Beanbag Baseball	8 8am-10am Dominoes 9am Blood Presser Check 9:45 Speaker & Bingo w/ Dodie @ Southern Home Health	9 8am-Dominoes & Breakfast with friends 8:30am Walk Exercise 9-10am Chair Exercise	Biscuit & Coffee with Friends Every Friday
 <p>12 8am Dominoes 8:30am-9am Walk away the pounds 9am-10am Chair Exer 10am Crafts</p>		13 8am-10am Dominoes 10am- Bingo 11am Pokeno	14 8am-until Dominoes 8:30-9am Walk away the pounds 9am- 10am Chair Exer. 10am Beanbag Baseball	15 8am-10am Dominoes 10am Bingo & Ugly Sweater Contest 11am GAME	16 8am Dominoes & Breakfast with friends 8:30 Walk away the the pounds 9-10am Chair Exercise	Pokeno every Tuesday at 11am
 <p>19 8am-until Domines 8:30am-Walk away the pounds 9am -Chair Exercise 10am Beanbag Baseball</p>		20 9am-12pm Christmas Party With D.J. Earl	21 8am-until Dominoes 8:30am-9am Walk away the pounds 9am-10m Chair Exer. 10am Beanbag Baseball	22 8am-10am Dominoes 10am- Bingo and Monthly Birthday with pizza 11am GAME	23 Closed Merry Christmas	Bingo every Tuesday & Thursday
 <p>26 Closed MERRY CHRISTMAS</p>		27 8am-10am Dominoes 10am -Bingo 11am Pokeno	28 8am-until Dominoes 8:30am Walk away the pounds 9am- Chair Exercise 10am- Beanbag Baseball	29 8am Dominoes 10am Bingo 11am	30 8am Dominoes & Breakfast with friends 8:30 Walk away the pounds 9-10am Chair Exercise	Happy New Years

MONDAY-FRIDAY 8am - 1pm