



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



March, 2023

Spring Time

337-312-1781

SUN	Mon	Tue	Wed	Thu	Fri	Sat
	Ruby Stoute Barbara Isom Robert Brice Rodney Comeaux		1 8am Dominoes 8:30am Walk away the pounds 9am-10am Chair Exer. 10am Beanbag Baseball	2 8am.-10am Dominoes 10am Bingo 11am The Price Is Right 	3 8am -until Dominoes & Breakfast with friends 8:30 Walk Exer. 9am Chair Exercise 10am Beanbag Baseball	
	6 8am Dominoes 8:30 am Walk away the pounds. 9am Chair Exer. 10am Beanbag Baseball	7 8am –10am Dominoes 9:30 am Bingo & Speaker W/ Amy from Evangeline Home Health 11am Pokeno 	8 8am-until Dominoes 8:30am-9am Walk Exer. 9am-10am Chair Exer. 10am Beanbag Baseball w/ Angela @ CPSO	9 8am-10am Dominoes 10am Bingo w/Dodie from Southern Home Health 11am 	10 <b>Fish Fry Fundraiser</b>	Biscuit & Coffee with Friends Every Friday
	13 8am Dominoes 8:30am-9am Walk away the pounds 9am-10am Chair Exer 10am Beanbag Baseball	14 8am—10am Dominoes 9:30 am– Bingo & Speaker w/Nicole from Christus Ochsner of Southwest La.	15 8am– Breakfast with our elected Officials 10am Beanbag Baseball	16 8am-10am Dominoes 10am Bingo 11am: Roll the Dice 	17 8am Dominoes & Breakfast with friends 8:30 Walk Exercise 9am Chair Exercise St Patrick's Day	
Spring is in the Air 	20 8am-until Dominoes 8:30am-9am Walk Exer. 9am-9:30am Chair Exer. 10am Beanbag Baseball Spring Begins	21 8am –10am Dominoes 10am Bingo w/ Veronica from Home Health 2000 11am Pokeno 	22 8am-until Dominoes 8:30am-9am Walk away the pounds 9am-10m Chair Exer. 10am Beanbag Baseball	23 <b>Senior Game Legacy Center</b> 700 E. McNeese St.	24 8am Dominoes & Breakfast with friends 8:30am Walk away the pounds 9am Chair Exercise	Bingo every Tuesday & Thursday
	27 8am-10am Dominoes 8:30 Advisory Council Meeting 8:30am-9am Walk Exer. 9am-10am Chair Exer	28 8am–10am Dominoes 9:30 – Speaker & Bingo w/ Angela @ Sheriff's Office 11am Pokeno Monthly Birthday Celebration	29 8am-until Dominoes 8:30am Walk away the pounds 9am– Chair Exercise 10am– Beanbag Baseball	30 8am-10am Dominoes 10 am Bingo with Jeree from Harbor Hospice 11am Wheel of Fortune 	31 8am Dominoes & Breakfast with friends 8:30am Walk away the pounds 9am—10am Chair Exercise	

MONDAY—FRIDAY 8am - 1pm