











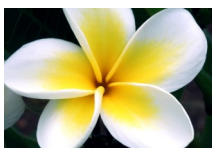


Iowa Senior Center  
120E. 1st. St.  
Iowa, La. 70647



May, 2023

Older American Month

337-312-1781

SUN	Mon	Tue	Wed	Thu	Fri	Sat
	1 8am Dominoes 8:30am-9am Walk away the pounds 9am-10am Chair Exercise	2 8-10am Dominoes 9:45 Speaker and Bingo w/Alana from Calcasieu Community Care 11am Pokeno	3 8am- Dominoes 8:30- 9am Walk Exer. 9:30am Bayou Rum Tour	4 8am- 10am Dominoes 10am Bingo 11am Dice Game	5 8am Dominoes Breakfast with friends 8:30-9am Walk away the pounds 9am-10am Chair Exer	
	8 8am Dominoes 8:30am-9am Walk away the pounds 9am -10am Chair Exer. 10am Crafts	9 8am -10am Dominoes 10am Bingo w/ Nicole From Christus Ochsner Southwest La. 11am Pokeno 	10 8am-until Dominoes 9am Cajun Music With James Dupre, John Leger & Friends	11 8am-10am Dominoes 10am Bingo with Dodie from Southern Home Health 11am The Price Is right 	12 8am Dominoes & Breakfast with friends 8:30-9am Walk away the pounds	Biscuit & Coffee with Friends Every Friday
Happy Mother's Day	15 8am Dominoes 8:30am-9am Walk away the pounds 9am-10am Chair Exer.	16 8am-10am Dominoes 9:30 Speaker & Bingo with Mark Judson Law Office 11am Pokeno 	17 8am-until Dominoes 8:30-9am Walk Exercise 9-10 am Chair Exer. 10am Beanbag Baseball	18 8am- 10am Dominoes 10am Bingo 11am: 	19 8am Dominoes & Breakfast 8:30 Walk Exercise 9am Chair Exercise 10am Stutes & Lavergne	Pokeno every Tuesday at 11am
	22 8am-until Dominoes 8:30am-9am Exercise 9am-9:30am Chair Exer. 10am Crafts	23 Older American Month Cajun Days Celebration With D.J Earl LaPointe	24 8am-until Dominoes 8:30am-9am Walk away the pounds 9am-10am Chair Exer. 10am Beanbag Baseball	25 8am -10am Dominoes 10am Bingo Barbeque, red beans & rice donated & cooked by Tommy Senegal 11am- Wheel 	26 8am Dominoes 8:30am Walk Exer. 9am Chair Exer. 9am Beanbag at Moss Bluff Senior Center	Bingo every Tuesday & Thursday
	Closed in Observance Of Memorial Day	30 8am -10am Dominoes 10am- Bingo 11am Pokeno	31 8am-until Dominoes 8:30am Walk away the pounds 9am- Chair Exercise 10am- Beanbag Baseball		Shirley Castille Eula Roussell	

MONDAY—FRIDAY 8am - 1pm