
















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



October, 2023

FALL IS IN THE AIR

337-312-1781

SUN	Mon	Tue	Wed	Thu	Fri	Sat
<p>Wear Pink IN OCTOBER for</p>	<p>2 8am-10am Dominoes 8:30-9am Walk Exercise 9am-10am Chair Exercise 10am Beanbag Baseball</p>	<p>3 8am -10am Dominoes 10am Bingo w/Alana from Calcasieu Comm. Care 11am Pokeno</p>	<p>4 8am-until Dominoes 8:30am-9am Walk Exer. 9am Chair Exer. 10m Beanbag Baseball</p>	<p>5 8am-10am Dominoes 9:30 am Fire Safety w/ Iowa Fire Dept. 10am Bingo Game</p> 	<p>6 8am Dominoes & Breakfast with friends 8:30 am Walk Exer. 9am-10am Chair Exer.</p>	
	<p>9 8am—until Dominoes 8:30am-9am Walk away the pounds 9am -10am Chair Exer. 10am Crafts</p>	<p>10 8am -10am Dominoes 9:45am Speaker & Bingo w/ Chelsea from Compass Health 11am Pokeno</p> 	<p>11 8am-10am Dominoes 8:30- 10am Exercise 11am Lunch At Roy's Catfish Hut in Kinder</p>	<p>12 8am-10am Dominoes 9:30 Speaker and Bingo w/ Dodie from Southern Home Health Wear Pink Day! 11am Game</p>	<p>13 Beanbag Baseball Tournament Starts at 9am Iowa City Park</p>	<p>Biscuit & Coffee with Friends Every Friday</p>
	<p>16 8am -until Dominoes 8:30am-9am Walk away the pounds 10am Beanbag with Lake Charles Center</p>	<p>17 8am—10am Dominoes 10am Bingo and speaker w/ Shatania from Harbor Hospice 11am Pokeno</p> 	<p>18 8am-until Dominoes 8:30-9am Walk Exercise 9-10 am Chair Exer. 10am Beanbag Baseball</p>	<p>19 8am-10am Dominoes 10am Bingo with Mandi From Humana 11am: Wear Pink Day!</p> 	<p>20 8am Dominoes & Breakfast with friends 8:30- 9am Walk away the pounds 9am-10am Chair Exercise</p>	
	<p>23 8am-until Dominoes 8:30am-9am Walk away the pounds 9am-9:30am Chair Exer. 10am Crafts</p>	<p>24 8am-10am Dominoes 10am Bingo with Candice From CenterWell Monthly Birthday Cel. 11am Pokeno</p>	<p>25 8am-until Dominoes 8:30am-9am Walk away the pounds 9am-10am Chair Exer. 10am Beanbag Baseball</p>	<p>26 Fall Fest Carnival Halloween Dress up Contest 9am- 12pm w/ Kalab Brinkley</p>	<p>27 8am -12:30 pm AARP Smart Drivers</p>	<p>Bingo every Tuesday & Thursday</p>
	<p>30 8am -until Dominoes 8:30am-9am Walk away the pounds 9am -10am Chair Exer 10am Beanbag Baseball</p>	<p>31 Senior Center's Halloween BBQ and Costume Contest At Freedom Hall In Westlake 8am— 1pm</p>	<p>Happy Birthday</p> 	<p>Joyce Lisotta Bessie LeDoux Colleen Johnson Elaine Savoy Barbara Sweeney Vernon Hidalgo</p>	<p>Happy Birthday</p> 	

MONDAY—FRIDAY 8am - 1pm