

ROSEHOUSE SENIOR CENTER

◀ Nov 2024 **December 2024** Jan 2025 ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Fitness Room 7:30am- 2:00pm Yoga (tape) 8:15am-9:15am Aerobics 9:30am-10:30am Aerobics 10:45am-11:45am Line Dance 12:00pm-1:30pm	3 Fitness Room 7:30am- 2:00pm Mexican Train 10:00am-2:00pm Safety for Seniors Seminar 1:00pm-2:00pm Michael Tatum Fussell Group	4 Fitness Room 7:30am- 2:00pm Yoga (tape) 8:15am-9:15am Aerobics 9:30am-10:30am Pitty Pat 10:00am-12:00pm Hand & Foot 10:30am- 2:00pm Aerobics 10:45am-11:45am Bingo 12:00pm-2:00pm	5 Fitness Room 7:30am- 2:00pm POKENO 2 10:00am-1:00pm Line Dance 10:30am-12pm Chair volleyball 12:00pm-2:00pm	6 Fitness Room 7:30am- 2:00pm Yoga (tape) 8:15am-9:15am Aerobics 9:30am-10:30am Pitty Pat 9:30am-11:45am Aerobics 10:45am-11:45am Bingo 12:00pm-2:00pm	7
8	9 Fitness Room 7:30am- 2:00pm Yoga (tape) 8:15am-9:15am Aerobics 9:30am-10:30am Aerobics 10:45am-11:45am Line Dance 12:00pm-1:30pm	10 Fitness Room 7:30am- 2:00pm Wake Up & Walk 7:30am-9:00am Mexican Train 10:00am-1:00pm Pokeno 1 10:00am-1:00pm	11 Center closed Join us at the Greenhouse 11-1:30pm For Zydeco Christmas 	12 Fitness Room 7:30am- 2:00pm Line Dance 10:30am-12pm Chair volleyball 12:00pm-2:00pm	13 Fitness Room 7:30am- 2:00pm Yoga (tape) 8:15am-9:15am Aerobics 9:30am-10:30am Pitty Pat 9:30am-11:45am Aerobics 10:45am-11:45am Bingo 12:00pm-2:00pm	14
15	16 Fitness Room 7:30am- 2:00pm Yoga (tape) 8:15am-9:15am Aerobics 9:30am-10:30am Aerobics 10:45am-11:45am Line Dance 12:00pm-1:30pm	17 Fitness Room 7:30am- 2:00pm Mexican Train 10:00am-1:00pm Cookies, Cocoa and Caroling Oak Street Health 10am – 12pm	18 Fitness Room 7:30am- 2:00pm Yoga (tape) 8:15am-9:15am Aerobics 9:30am- 10:30am Pitty Pat 10:00am-12:00pm Hand & Foot 10:30am- 2:00pm Aerobics 10:45am-11:45am Bingo 12:00pm-2:00pm Ugly Sweater Bingo	19 Fitness Room 7:30am- 2:00pm Christmas Jingle Line Dance Party 10:00am-12:00pm Pokeno 2 10:00am- 1:00pm Christmas Set Up – 12pm-3:00pm	20 Fitness Room 7:30am- 2:00pm How the Grinch Borrowed Christmas Aerobics Party Closed Group 9:00am-11:30am Pitty Pat 9:30am-11:45am Bingo 12:00pm-2:00pm	21
22	23 Fitness Room 7:30am- 2:00pm Yoga (tape) 8:15am-9:15am Aerobics (tape) 9:30am-10:30am Aerobics (tape) 10:45am-11:45am Line Dance 12:00pm-1:30pm	24 	25 MERRY CHRISTMAS!	26 Fitness Room 7:30am- 2:00pm Color Craze 10:00am-12:00pm Games Galore 12:00pm-2:00pm	27 Fitness Room 7:30am- 2:00pm Yoga (tape) 8:15am-9:15am Aerobics(tape) 9:30am-10:30am Pitty Pat 10:00am-12:00pm Aerobics(tape) 10:45am-11:45am Bingo 12:00pm-2:00pm	28
29	30 Fitness Room 7:30am- 2:00pm Yoga(tape) 8:15am-9:15am Aerobics(tape) 9:30am-10:30am Aerobics (tape) 10:45am-11:45am Line Dance 12:00pm-1:30pm	31 Fitness Room 7:30am- 2:00pm 	Notes: Coordinator-Kristy Hayes Rosehouse Senior Center 120 Statesman Dr. Lafayette, LA 70506 (337) 291-5444			