


Rosehouse Senior Center

February 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Coordinator: Kristy Hayes 120 Statesman Drive Lafayette, LA 70506 PHONE #:337-291-5444 Fitness Room Orientation on Thursday only, call to schedule					1
2	3 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	4 Fitness Room 7:30am- 2:00pm Valentine's Painting with the Stars 10:00am-12:00pm Scrabble Club- 10:00am-12:00pm Mexican Train 10:00am-2:00pm Games Galore 12:00pm-2:00pm	5 Fitness Room 7:30am- 2:00pm Yoga (tape) 8:15am-9:15am Aerobics (Tape) 9:30am-10:30am Pity Pat 10:00am-12:00pm Hand & Foot 10:30am- 2:00pm Aerobics (tape) 10:45am-11:45am Bingo 12:00pm-2:00pm	6 Fitness Room 7:30am- 2:00pm Color Craze 10:00am-12:00pm Line Dance 10:30am-12:00pm Games Galore 12:00pm-2:00pm Fitness room orientation by appt	7 Fitness Room 7:30am- 2:00pm Yoga (tape) 8:15am-9:15am Aerobics 9:30am-10:30am Pity Pat 10:00am-12:00pm Aerobics 10:45am-11:45am Center closes at 11:45am	8
9	10 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	11 Fitness Room 7:30am- 2:00pm Pokeno 1 10:00am-1:00pm Mexican Train 10:00am-2:00pm Scrabble Club- 10:00am-12:00pm Games Galore 12:00pm-2:00pm	12 Fitness Room 7:30am- 2:00pm Yoga (tape) 8:15am-9:15am Aerobics 9:30am-10:30am Aerobics 10:45am-11:45am Sound Therapy 12pm-2pm Shannon Ozene	13 Fitness Room 7:30am- 2:00pm Color Craze 10:00am-12:00pm Pokeno 2 10:00am-1:00pm Line Dance 10:30am-11:45am Chair volleyball 12:00pm-2:00pm Fitness room orientation by appt	14 Fitness Room 7:30am- 2:00pm Yoga (tape) 8:15am-9:15am Aerobics 9:30am-10:30am Pity Pat 10:00am-12:00pm Aerobics 10:45am-11:45am Bingo 12:00pm-2:00pm Valentine's Bingo	15 
16	17 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	18 Fitness Room 7:30am- 2:00pm AARP Safety Driving 8:00am-12:00pm Registration Required Puzzle Place 8:00am-2:00pm Scrabble Club 10:00am-12:00pm Mexican Train 10:00am-2:00pm	19 Fitness Room 7:30am- 2:00pm Yoga (tape) 8:15am-9:15am Aerobics 9:30am-10:30am Pity Pat 10:00am-12:00pm Hand & Foot 10:30am- 2:00pm Aerobics 10:45am-11:45am Bingo 12:00pm-2:00pm	20 Fitness Room 7:30am- 2:00pm Color Craze 10:00am-12:00pm Line Dance 10:30am-12:00pm Games Galore 12:00pm-2:00pm Fitness room orientation by appt	21 Fitness Room 7:30am- 2:00pm Yoga (tape) 8:15am-9:15am Aerobics 9:30am-10:30am Pity Pat 10:00am-12:00pm Aerobics 10:45am-11:45am Bingo 12:00pm-2:00pm	22
23	24 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	25 Fitness Room 7:30am- 2:00pm Pokeno 1 10:00am-1:00pm Mexican Train 10:00am-2:00pm Scrabble Club- 10:00am-12:00pm Games Galore 12:00pm-2:00pm	26 Fitness Room 7:30am- 2:00pm Yoga (tape) 8:15am-9:15am Aerobics 9:30am-10:30am Pity Pat 10:00am-12:00pm Hand & Foot 10:30am- 2:00pm Aerobics 10:45am-11:45am Bingo 12:00pm-2:00pm	27 Fitness Room 7:30am- 2:00pm Color Craze 10:00am-12:00pm Pokeno 2 10:00am-1:00pm Line Dance 10:30am-11:45am Chair volleyball 12:00pm-2:00pm Fitness room orientation by appt	28 Fitness Room 7:30am- 2:00pm Yoga (tape) 8:15am-9:15am Aerobics (Tape) 9:30am-10:30am Pity Pat 10:00am-12:00pm Aerobics (tape) 10:45am-11:45am Bingo 12:00pm-2:00pm	