
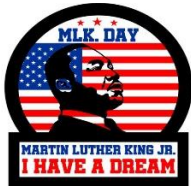


## Rosehouse Senior Center

### January 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 	2 Fitness Room 7:30am- 2:00pm  Color Craze 10:00am-12:00pm Line Dance 10:30am-12pm Games Galore 12:00pm-2:00pm	3 Fitness Room 7:30am- 11:30am  Yoga (tape) 8:15am-9:15am Aerobics(tape) 9:30am-10:30am Pitty Pat 9:30am-11:45am Aerobics(tape) 10:45am-11:45am  <b>Center closes at 11:45am</b>	4
5	6 Fitness Room 7:30am- 2:00pm  Yoga (tape) 8:15am-9:15am Aerobics (tape) 9:30am-10:30am Aerobics (tape) 10:45am11:45am Line Dance 12:00pm-1:30pm	7 Fitness Room 7:30am- 2:00pm  <b>Bidding Wars 10:00am-12:00pm</b>  Mexican Train 10:00am-2:00pm Games Galore 12:00pm-2:00pm	8 Fitness Room 7:30am- 2:00pm  Yoga (tape) 8:15am-9:15am Aerobics(tape) 9:30am- 10:30am Pitty Pat 10:00am-12:00pm Hand & Foot 10:30am- 2:00pm Aerobics(tape) 10:45am-11:45am Bingo 12:00pm-2:00pm	9 Fitness Room 7:30am- 2:00pm  Pokeno 2 10:00am-1:00pm Line Dance 10:30am-12pm Chair volleyball 12:00pm-2:00pm  Fitness room orientation by appt	10 Fitness Room 7:30am- 2:00pm  Yoga(tape) 8:15am-9:15am Aerobics(tape) 9:30am-10:30am Pitty Pat 9:30am-11:45am Aerobics(tape) 10:45am-11:45am Bingo 12:00pm-2:00pm	11
12	13 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	14 Fitness Room 7:30am- 2:00pm  Pokeno 1 10:00am-1:00pm Mexican Train 10:00am-2:00pm Games Galore 12:00pm-2:00pm	15 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	16 Fitness Room 7:30am- 2:00pm  <b>LSU-Ag 9:00am-10:00am Bioengineered Food</b>  Line Dance 10:30am-12:00pm  Fitness room orientation by appt	17 Fitness Room 7:30am- 2:00pm  Yoga (tape) 8:15am-9:15am Aerobics 9:30am-10:30am Pitty Pat 10:00am-12:00pm Aerobics 10:45am-11:45am Bingo 12:00pm-2:00pm	18
19	20 <b>Closed</b> 	21 Fitness Room 7:30am- 2:00pm  <b>AARP Safety Driving 8:00am-12:00pm Registration Required</b>  Puzzle Place 8:00am-2:00pm Mexican Train 10:00am-2:00pm	22 Fitness Room 7:30am- 2:00pm  Yoga (tape) 8:15am-9:15am Aerobics9Tape) 9:30am-10:30am Pitty Pat 10:00am-12:00pm Hand & Foot 10:30am- 2:00pm Aerobics (tape) 10:45am-11:45am Bingo 12:00pm-2:00pm	23 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	24 Fitness Room 7:30am- 2:00pm  Yoga (tape) 8:15am-9:15am Aerobics 9:30am-10:30am Pitty Pat 10:00am-12:00pm Aerobics 10:45am-11:45am Bingo 12:00pm-2:00pm	25
26	27 Fitness Room 7:30am- 2:00pm  Yoga (tape) 8:15am-9:15am Aerobics (tape) 9:30am-10:30am Aerobics (tape) 10:45am11:45am Line Dance 12:00pm-1:30pm	28 Fitness Room 7:30am- 2:00pm  POKENO 1 10:00am-1:00pm Color Craze 10:00am-12:00pm Mexican Train 10:00am-2:00pm Games Galore 12:00pm-2:00pm	29 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	30 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	31 Fitness Room 7:30am- 2:00pm  Yoga (tape) 8:15am-9:15am Aerobics 9:30am-10:30am Pitty Pat 10:00am-12:00pm Aerobics 10:45am-11:45am Bingo 12:00pm-2:00pm	