



ROSEHOUSE SENIOR CENTER

◀ Jun 2024

July 2024

Aug 2024 ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Fitness Room 7:30am- 2:00pm Yoga (tape) 8:15am-9:15am Aerobics 9:30am-10:30am Bouree 10:00am-1:00pm Aerobics 10:45am-11:45am Line Dance 12:00pm-1:30pm	2 Fitness Room 7:30am- 2:00pm Puzzle Place 8:00am-2:00pm Mexican Train 10:00am-2:00pm Humana "Battling Dementia" Ice Cream Social 10:00am – 11:30am	3 Fitness Room 7:30am- 2:00pm Yoga (tape) 8:15am-9:15am Aerobics (tape) 9:30am-10:30am Bouree 10:00am-1:00pm Pitty Pat 10:00am-12:00pm Hand & Foot 10:00am- 2:00pm Aerobics (tape) 10:45am-11:45am Bingo 12:00pm-2:00pm	4 	5 Fitness Room 7:30am- 2:00pm Yoga (tape) 8:15am-9:15am Aerobics(tape) 9:30am-10:30am Bouree 10:00am-1:00pm Pitty Pat 10:00am-12:00pm Hand & Foot 10:00am- 2:00pm Aerobics(tape) 10:45am-11:45am Bingo 12:00pm-2:00pm	6
7	8 Fitness Room 7:30am- 2:00pm Yoga (tape) 8:15am-9:15am Aerobics 9:30am-10:30am Bouree 10:00am-1:00pm Aerobics 10:45am-11:45am Line Dance 12:00pm-1:30pm	9 Fitness Room 7:30am- 2:00pm Mexican Train 10:00am-2:00pm Pokeno 10:00am-2:00pm	10 BINGO Sponsor Fitness Room 7:30am- 2:00pm Yoga (tape) 8:15am-9:15am Aerobics 9:30am-10:30am Bouree 10:00am-1:00pm Pitty Pat 10:00am-12:00pm Hand & Foot 10:00am- 2:00pm Aerobics (tape) 10:45am-11:45am Bingo 12:00pm-2:00pm	11 Fitness Room 7:30am- 2:00pm Color Craze 10:00am-12:00pm Line Dance 10:30am-11:45am Games Galore 12:00pm-2:00pm Chair volleyball 12:00pm-2:00pm Fitness room orientation by appt	12 Fitness Room 7:30am- 2:00pm Yoga (tape) 8:15am-9:15am Aerobics 9:30am-10:30am Bouree 10:00am-1:00pm Pitty Pat 10:00am-12:00pm Aerobics 10:45am-11:45am Bingo 12:00pm-2:00pm	13
14	15 Fitness Room 7:30am- 2:00pm Yoga (tape) 8:15am-9:15am Aerobics 9:30am-10:30am Bouree 10:00am-1:00pm Aerobics 10:45am-11:45am Line Dance 12:00pm-1:30pm	16 Fitness Room 7:30am- 2:00pm Puzzle Place 8:00am-2:00pm Mexican Train 10:00am-2:00pm *New Programming 9:00am-12pm Proposed Painting	17 Fitness Room 7:30am- 2:00pm Yoga (tape) 8:15am-9:15am Aerobics 9:30am-10:30am Bouree 10:00am-1:00pm Pitty Pat 10:00am-12:00pm Hand & Foot 10:00am- 2:00pm Aerobics (tape) 10:45am-11:45am Bingo 12:00pm-2:00pm	18 Fitness Room 7:30am- 2:00pm Color Craze 10:00am-12:00pm Line Dance 10:30am-11:45am Games Galore 12:00pm-2:00pm Fitness room orientation by appt	19 Fitness Room 7:30am- 2:00pm Yoga (tape) 8:15am-9:15am Aerobics 9:30am-10:30am Bouree 10:00am-1:00pm Pitty Pat 10:00am-12:00pm Aerobics 10:45am-11:45am Bingo 12:00pm-2:00pm	20
21	22 Fitness Room 7:30am- 2:00pm Yoga (tape) 8:15am-9:15am Aerobics 9:30am-10:30am Bouree 10:00am-1:00pm Aerobics 10:45am-11:45am Line Dance 12:00pm-1:30pm	23 Fitness Room 7:30am- 2:00pm Mexican Train 10:00am-2:00pm Pokeno 10:00am-2:00pm	24 Fitness Room 7:30am- 2:00pm Yoga (tape) 8:15am-9:15am Aerobics 9:30am-10:30am Bouree 10:00am-1:00pm Pitty Pat 10:00am-12:00pm Hand & Foot 10:00am- 2:00pm Aerobics (tape) 10:45am-11:45am Bingo 12:00pm-2:00pm	25 Volleyball Sponsor Fitness Room 7:30am- 2:00pm Color Craze 10:00am-12:00pm Line Dance 10:30am-11:45am Games Galore 12:00pm-2:00pm Chair volleyball 12:00pm-2:00pm Fitness room orientation by appt	26 BINGO Sponsor Fitness Room 7:30am- 2:00pm Yoga (tape) 8:15am-9:15am Aerobics 9:30am-10:30am Bouree 10:00am-1:00pm Pitty Pat 10:00am-12:00pm Aerobics 10:45am-11:45am Bingo 12:00pm-2:00pm	27
28	29 Fitness Room 7:30am- 2:00pm Yoga (tape) 8:15am-9:15am Aerobics 9:30am-10:30am Bouree 10:00am-1:00pm Aerobics 10:45am-11:45am Line Dance 12:00pm-1:30pm	30 Fitness Room 7:30am- 2:00pm Puzzle Place 8:00am-2:00pm Mexican Train 10:00am-2:00pm *New Programming 9:00am-12pm Proposed Painting	31 Fitness Room 7:30am- 2:00pm Yoga (tape) 8:15am-9:15am Aerobics 9:30am-10:30am Bouree 10:00am-1:00pm Pitty Pat 10:00am-12:00pm Hand & Foot 10:00am- 2:00pm Aerobics (tape) 10:45am-11:45am Bingo 12:00pm-2:00pm	Notes: Coordinator-Kristy Hayes Rosehouse Senior Center 120 Statesman Drive Lafayette, LA 70506 (337) 291-5444 Fitness room orientation on Thursdays call to schedule		