


Rosehouse Senior Center

MARCH 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 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		5 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	6 Fitness Room 7:30am- 2:00pm Pokeno 2 10:00am-1:00pm 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(Tape) 9:30am-10:30am Pitty Pat 10:00am-12:00pm Aerobics 10:45am-11:45am NO Bingo	8
9	10 Fitness Room 7:30am- 2:00pm Yoga (tape) 8:15am-9:15am Aerobics 9:30am-10:30am Aerobics 10:45am11:45am Line Dance 12:00pm-1:30pm	11 Fitness Room 7:30am- 2:00pm French Club 9:00am-10:00am Scrabble Club- 10:00am-12:00pm Pokeno 1 10:00am-1:00pm Mexican Train 10:00am-2:00pm Games Galore 12:00pm-2:00pm	12 Fitness Room 7:30am- 2:00pm Yoga (tape) 8:15am-9:15am Aerobics 9:30am-10:30am Pitty Pat 10:00am-12:00pm Hand & Foot 10:30am- 2:00pm Aerobics 10:45am-11:45am Bingo 12:00pm-2:00pm	13 Fitness Room 7:30am- 2:00pm Color Craze 10:00am-12:00pm 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 Pitty Pat 10:00am-12:00pm Aerobics 10:45am-11:45am Bingo 12:00pm-2:00pm Silly Sock Bingo	15
16	17 Fitness Room 7:30am- 2:00pm Yoga (tape) 8:15am-9:15am Aerobics 9:30am-10:30am Aerobics 10:45am11:45am Line Dance 12:00pm-1:30pm	18 Fitness Room 7:30am- 2:00pm Mystery Theater- Who did it? 11:00am-1:00pm Scrabble Club- 10:00am-12:00pm Mexican Train 10:00am-2:00pm Games Galore 12:00pm-2:00pm	19 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	20 Fitness Room 7:30am- 2:00pm LSU-AG 9:00am-10:00am Nutrition Seminar Pokeno 2 10:00am-1:00pm 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 Pitty 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 10:45am11:45am Line Dance 12:00pm-1:30pm	25 Fitness Room 7:30am- 2:00pm French Club 9:00am-10:00am Scrabble Club- 10:00am-12:00pm Pokeno 1 10:00am-1:00pm Mexican Train 10:00am-2:00pm Games Galore 12:00pm-2:00pm	26 Fitness Room 7:30am- 2:00pm Yoga (tape) 8:15am-9:15am Aerobics 9:30am-10:30am Pitty 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 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 9:30am-10:30am Pitty Pat 10:00am-12:00pm Aerobics 10:45am-11:45am Bingo 12:00pm-2:00pm	29
30	31 Fitness Room 7:30am- 2:00pm Yoga (tape) 8:15am-9:15am Aerobics 9:30am-10:30am Aerobics 10:45am11:45am Line Dance 12:00pm-1:30pm	Center Coordinator: Kristy D. Hayes 120 Statesman Drive Lafayette, LA 70506 337-291-5444				

