


## Rosehouse Senior Center

October 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Center Coordinator: Kristy Hayes 120 Statesman Drive Lafayette, LA 70506 (337) 291-5444	\$ Activities with cost \$ Yoga \$ Aerobics \$ Line Dance \$ Bingo \$AARP Defensive Driving	1 Fitness Room 7:30am- 2:00pm Yoga 8:00am-9:00am 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	2 Fitness Room 7:30am- 2:00pm Pokeno 2 10:00am-1:00pm Line Dance 10:30am-11:45am Fitness room orientation by appt	3 Fitness Room 7:30am- 2:00pm Yoga 8:00am-9:00am Aerobics 9:30am-10:30am Aerobics 10:45am-11:45am <b>NO Bingo</b> <b>Center closes at 11:45am</b>	4
5	6 Fitness Room 7:30am- 2:00pm Yoga 8:00am-9:00am Aerobics 9:30am-10:30am Aerobics 10:45am-11:45am Line Dance 12:00pm-1:30pm	7 Fitness Room 7:30am- 2:00pm <b>Medicare/ Medicaid Changes</b> <b>"What to Expect"</b> <b>Seminar Jewell LTD</b> <b>10:00am-11:00am</b> Mexican Train 10:00am-1:45pm	8 Fitness Room 7:30am- 2:00pm Yoga 8:00am-9:00am 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	9 Fitness Room 7:30am- 2:00pm Line Dance 10:30am-11:45am Pokeno 2 10:00am-1:00pm Chair volleyball 12:00pm-2:00pm Fitness room orientation by appt	10 Fitness Room 7:30am- 2:00pm Yoga 8:00am-9:00am Aerobics 9:30am-10:30am Pitty Pat 10:00am-12:00pm Aerobics 10:45am-11:45am Bingo 12:00pm-2:00pm	11
12	13 Fitness Room 7:30am- 2:00pm Yoga 8:00am-9:00am Aerobics 9:30am-10:30am Aerobics 10:45am-11:45am Line Dance 12:00pm-1:30pm	14 Fitness Room 7:30am- 2:00pm French club 9:00am- 10:00am Pokeno 1 10:00am-1:00pm Mexican Train 10:00am-1:45pm	15 Fitness Room 7:30am- 2:00pm Yoga 8:00am-9:00am 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 Line Dance 10:30am-11:45am Ping Pong 12:00pm – 2:00pm Fitness room orientation by appt	17  <b>PARC Goes PINK</b> <b>Girard Park 11am-1pm</b> <b>Center Closed</b>	18
19	20 Fitness Room 7:30am- 2:00pm Yoga 8:00am-9:00am Aerobics 9:30am-10:30am Aerobics 10:45am-11:45am Line Dance 12:00pm-1:30pm	21 Fitness Room 7:30am- 2:00pm Mexican Train 10:00am-2:00pm Games Galore 12:00pm-1:45pm	22 Fitness Room 7:30am- 2:00pm Yoga 8:00am-9:00am 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	23 Fitness Room 7:30am- 2:00pm Line Dance 10:30am-11:45am Pokeno 2 10:00am-1:00pm Chair volleyball 12:00pm-2:00pm Fitness room orientation by appt	24 Fitness Room 7:30am- 2:00pm Yoga 8:00am-9:00am 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 8:00am-9:00am Aerobics 9:30am-10:30am Aerobics 10:45am-11:45am Line Dance 12:00pm-1:30pm	28 Fitness Room 7:30am- 2:00pm French club 9:00am- 10:00am Pokeno 1 10:00am-1:00pm Mexican Train 10:00am-1:45pm	29 Fitness Room 7:30am- 2:00pm Yoga 8:00am-9:00am 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 Line Dance 10:30am-11:45am Ping Pong 12:00pm – 2:00pm Fitness room orientation by appt	31 Fitness Room 7:30am- 2:00pm Yoga 8:00am-9:00am Aerobics 9:30am-10:30am Pitty Pat 10:00am-12:00pm Aerobics 10:45am-11:45am Bingo 12:00pm-2:00pm  <b>Costume BINGO</b>	