

Rosehouse Senior Center

NOVEMBER 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 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	4 Fitness Room 7:30am- 2:00pm Mexican Train 10:00am-1:45pm Color Craze 11:00am-1:00pm	5 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	6 Fitness Room 7:30am- 2:00pm Pokeno 2 10:00am-1:00pm Line Dance 10:30am-11:45am Ping Pong 12:00pm- 1:30pm Fitness room orientation by appt	7 Fitness Room 7:30am- 2:00pm Yoga 8:00am-9:00am Aerobics 9:30am-10:30am Aerobics 10:45am-11:45am NO Bingo Center closes at 11:45am	8
9	10 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	11 Fitness Room 7:30am- 2:00pm French Club 9:00am- 10:00am Pokeno 1 10:00am-1:00pm Mexican Train 10:00am-1:45pm	12 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	13 Fitness Room 7:30am- 2:00pm 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 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	15
16	17 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	18 Fitness Room 7:30am- 2:00pm Thanks for Giving Day Chase Bank Financial Seminar 9:30am-10:30am Senior Fun & Games 10:45am-11:45am Must be registered to attend Limited Seating	19 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	20 Center Closed Senior Citizens @ MLK Center Must be 62 + ID needed 8am- 4pm Must be registered to attend Deadline to register 11/14/25 337-510-0109	21 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	22
23	24 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	25 Fitness Room 7:30am- 2:00pm French club 9:00am- 10:00am Pokeno 1 10:00am-1:00pm Mexican Train 10:00am-1:45pm	26 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	27 Center Closed 	28 Center Closed Acadian Day	Activities with Cost \$ Yoga \$ Aerobics \$ Line Dance \$ Bingo \$ AARP Defensive Driving
30	Center Coordinator: Kristy Hayes 120 Statesman Drive Lafayette, LA 70506 (337) 291-5444 Center Hours 7:30am- 2:00pm Monday – Friday Call for more information					

