



Rosehouse Senior Center

August 2026

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- 1:45pm AARP Defensive Driving 8am- 12pm Registration Required Mexican Train 10:00am-1:45pm	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 Matter of Balance 9am-10am Registration closed week 5 Pokeno 2 10:00am-1:00pm Line Dance 10:30am-11:45am Fitness room orientation by appt	7 Fitness Room 7:30am- 1:45pm 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-1:45pm 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 Matter of Balance 9am-10am Registration closed week 6 Line Dance 10:30am-11:45am Chair volleyball 12pm – 2pm Fitness room orientation by appt	14 Fitness Room 7:30am- 1:45pm Yoga 8:00am-9:00am Aerobics 9:30am-10:30am Pitty Pat 10:00am-12:00pm Aerobics 10:45am-11:45am Bingo 12:00pm-1:45pm	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- 1:45pm Wake Up and Walk 8:00am- 9:30am Mexican Train 10:00am-1:45pm Games Galore 12:00pm-1:45pm	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 Fitness Room 7:30am- 2:00pm Matter of Balance 9am-10am Registration closed week 7 Line Dance 10:30am-11:45am Pokeno 2 10:00am-1:00pm Fitness room orientation by appt	21 Fitness Room 7:30am- 1:45pm Yoga 8:00am-9:00am Aerobics 9:30am-10:30am Pitty Pat 10:00am-12:00pm Aerobics 10:45am-11:45am Bingo 12:00pm-1:45pm	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-1:45pm 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 Fitness Room 7:30am- 2:00pm Matter of Balance 9am-10am Week 8 Last Class Line Dance 10:30am-11:45am Fitness room orientation by appt	28 Fitness Room 7:30am- 1:45pm Yoga 8:00am-9:00am Aerobics 9:30am-10:30am Pitty Pat 10:00am-12:00pm Aerobics 10:45am-11:45am Bingo 12:00pm-1:45pm	29
30	31 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	Center Coordinator: Kristy Hayes 120 Statesman Drive Lafayette, LA 70506 337-291-5444 Center Hours 7:30 am – 2:00pm				