



September 2026						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 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	2 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	3 Fitness Room 7:30am- 2:00pm Pokeno 2 10:00am-1:00pm Line Dance 10:30am-11:45am Fitness room orientation by appt	4 Fitness Room 7:30am- 11:30am Yoga 8:00am-9:00am Aerobics 9:30am-10:30am Aerobics 10:45am-11:45am Center closes at 11:45am Monthly Staff Meeting	5
6	7 Center Closed	8 Fitness Room 7:30am-1:45pm French Club 9:00am- 10:00am Pokeno 1 10:00am-1:00pm Mexican Train 10:00am-1:45pm	9 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	10 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	11 Fitness Room 7:30am- 2:00pm Yoga 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	12
13	14 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	15 Fitness Room 7:30am- 1:45pm Mexican Train 10:00am-1:45pm Senior Medicare Patrol 10:00am-11:30am	16 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	17 Fitness Room 7:30am- 2:00pm Pokeno 2 10:00am-1:00pm Line Dance 10:30am-11:45am Fitness room orientation by appt	18 Fitness Room 7:30am- 2:00pm Yoga 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	19
20	21 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	22 Fitness Room 7:30am-1:45pm French Club 9:00am- 10:00am Pokeno 1 10:00am-1:00pm Mexican Train 10:00am-1:45pm	23 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	24 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	25 Fitness Room 7:30am- 2:00pm Yoga 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	26
27	28 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	29 Fitness Room 7:30am- 1:45pm Mexican Train 10:00am-1:45pm Will, Trusts, Estate Planning 3 Part Series Pt (1)	30 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			
		Kristy Hayes- Center Coordinator Rosehouse Senior Center 120 Statesman Drive Lafayette, La 70506 337-291-5444				