






January 2019

LC Ward 3 Recreation-MLK Center
2009 North Simmons Street 337-491-1497



Activity Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Daily Devotions</p>		<p>HOLIDAY 1</p>	<p>2</p> <p>Basic Sewing 10-1:30 pm Weight Room/Walking Track 6am-6:45 pm Open Play (Basketball Computer & Game Room) 8am-6:45pm Yoga Class 5:30-6:30 pm</p>	<p>3</p> <p>Donuts & Devotion 9-10am Modern Quilting 10-1:30pm Weight Room/Walking Track 6am-6:45 pm Open Play (Basketball Computer & Game Room) 8am-6:45pm Chair Aerobics 5:30-6:30 pm</p>	<p>4</p> <p>Rental (*) 6-10 pm Weight Room/Walking Track 6am-6:45 pm Open Play (Basketball Computer & Game Room) 8am-6:45pm</p>	<p>5</p> <p>Rental</p> <p>FITNESS EXTRAVAGANZA @ POWER CENTRE – 10:00 AM</p>
<p>6</p> 	<p>7</p> <p>Weight Room/Walking Track 6am-6:45 pm Open Play (Basketball Computer & Game Room) 8am-6:45pm Yoga Class 5:30-6:30 pm</p>	<p>15</p> <p>Weight Room/Walking Track 6am-6:45 pm Open Play (Basketball Computer & Game Room) 8am-6:45pm Chair Aerobics 5:30-6:30 pm</p>	<p>9</p> <p>Basic Sewing 10-1:30 pm Weight Room/Walking Track 6am-6:45 pm Open Play (Basketball Computer & Game Room) 8am-6:45pm Yoga Class 5:30-6:30 pm</p>	<p>10</p> <p>Donuts & Devotion 9-10am Modern Quilting 10-1:30pm Weight Room/Walking Track 6am-6:45 pm Open Play (Basketball Computer & Game Room) 8am-6:45pm Chair Aerobics 5:30-6:30 pm</p>	<p>11</p> <p>Rental (*) 6-10 pm Weight Room/Walking Track 6am-6:45 pm Open Play (Basketball Computer & Game Room) 8am-6:45pm</p>	<p>12</p>
<p>13</p> 	<p>14</p> <p>Bingo 10-11:30am Weight Room/Walking Track 6am-6:45 pm Open Play (Basketball Computer & Game Room) 8am-6:45pm Yoga Class 5:30-6:30 pm</p>	<p>15</p> <p>Weight Room/Walking Track 6am-6:45 pm Open Play (Basketball Computer & Game Room) 8am-6:45pm Chair Aerobics 5:30-6:30 pm</p>	<p>16</p> <p>Retired Teachers 12-2:30pm Basic Sewing 10-1:30 pm Weight Room/Walking Track 6am-6:45 pm Open Play (Basketball Computer & Game Room) 8am-6:45pm Yoga Class 5:30-6:30 pm</p>	<p>17</p> <p>Donuts & Devotion 9-10 am Planning Ahead Seminar 10-11am Modern Quilting 10-1:30pm Weight Room/Walking Track 6am-6:45 pm Open Play (Basketball Computer & Game Room) 8am-6:45pm Chair Aerobics 5:30-6:30 pm</p>	<p>18</p> <p>Weight Room/Walking Track 6am-6:45 pm Open Play (Basketball Computer & Game Room) 8am-6:45pm</p>	<p>19</p> <p>Rental</p>
<p>20</p> 	<p>21</p> <p>HOLIDAY</p>	<p>22</p> <p>Weight Room/Walking Track 6am-6:45 pm Open Play (Basketball Computer & Game Room) 8am-6:45pm Chair Aerobics 5:30-6:30 pm</p>	<p>23</p> <p>Basic Sewing 10-1:30 pm Weight Room/Walking Track 6am-6:45 pm Open Play (Basketball Computer & Game Room) 8am-6:45pm Yoga Class 5:30-6:30 pm</p>	<p>24</p> <p>Donuts & Devotion 9-10 am Modern Quilting 10-1:30pm Weight Room/Walking Track 6am-6:45 pm Open Play (Basketball Computer & Game Room) 8am-6:45pm Chair Aerobics 5:30-6:30 pm</p>	<p>25</p> <p>Weight Room/Walking Track 6am-6:45 pm Open Play (Basketball Computer & Game Room) 8am-6:45pm</p>	<p>26</p> <p>Rental</p> <p>-OVER-</p>

<p style="text-align: center;">27</p> 	<p style="text-align: right;">28</p> <p>Weight Room/Walking Track 6am-6:45 pm Open Play (Basketball Computer & Game Room) 8am-6:45pm Yoga Class 5:30-6:30 pm</p>	<p style="text-align: right;">29</p> <p>Weight Room/Walking Track 6am-6:45 pm Open Play (Basketball Computer & Game Room) 8am-6:45pm Chair Aerobics 5:30-6:30 pm Adult Basketball 6pm-</p>	<p style="text-align: right;">30</p> <p>Weight Room/Walking Track 6am-6:45 pm Open Play (Basketball Computer & Game Room) 8am-6:45pm Yoga Class 5:30-6:30 pm</p>	<p style="text-align: right;">31</p> <p>Donuts & Devotion 9-10 am Modern Quilting 10-1:30pm Weight Room/Walking Track 6am-6:45 pm Open Play (Basketball Computer & Game Room) 8am-6:45pm Chair Aerobics 5:30-6:30 pm Adult Basketball 6pm-</p>		

WINTER HOURS: Monday – Friday – Weight Room/Walking Track – 6:00 am – 7:00 pm
– Open Play – 8:00 am – 7:00 pm

SUMMER HOURS: Monday – Friday – Weight Room/Walking Track – 6:00 am – 7:00 pm / Saturday – 8:00 am – 2:00 pm
- Open Play – 8:00 am – 7:00 pm