












May 2019

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



Activity Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>Daily Devotions</p> 			<p>1</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>2</p> <p>Donuts & Devotion 9-10am Lunch & Learn Workshop 10-12N 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>3</p> <p>Weight Room/Walking Track 6am-6:45 pm Open Play (Basketball Computer & Game Room) 8am-6:45pm</p>	<p>4</p> 
<p>5</p> 	<p>6</p> <p>Weight Room/Walking Track 6am-6:45 pm Open Play (Basketball Computer & Game Room) 8am-6:45pm Basic Sewing 3:00-6:30 pm Yoga Class 5:30-6:30 pm</p>	<p>7</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 Popcorn Tuesday – 12:30-2:30</p>	<p>8</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>9</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>10</p> <p>Weight Room/Walking Track 6am-6:45 pm Open Play (Basketball Computer & Game Room) 8am-6:45pm</p>	<p>11</p> 
<p>12</p> 	<p>13</p> <p>Weight Room/Walking Track 6am-6:45 pm Open Play (Basketball Computer & Game Room) 8am-6:45pm Basic Sewing 3-6:30 pm Yoga Class 5:30-6:30 pm</p>	<p>14</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 Popcorn Tuesday 12:30-2:30</p>	<p>15</p> <p>Retired Teachers 12-2:30pm 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>16</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 5:30-6:30pm</p>	<p>17</p> <p>Weight Room/Walking Track 6am-6:45 pm Open Play (Basketball Computer & Game Room) 8am-6:45pm</p>	<p>18</p>  <p>POPCORN TUESDAYS</p>
<p>19</p> 	<p>20</p> <p>Bingo 10-11:30 Weight Room/Walking Track 6am-6:45 pm Open Play (Basketball Computer & Game Room) 8am-6:45pm Basic Sewing 3-6:30pm Yoga Class 5:30-6:30 pm</p>	<p>21</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 Popcorn Tuesday – 12:30-2:30</p>	<p>22</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>23</p> <p>Donuts & Devotion 9-10 am Sr. Bingo & Health Fair 9:00 am – 1:00 pm 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>24</p> <p>Weight Room/Walking Track 6am-6:45 pm Open Play (Basketball Computer & Game Room) 8am-6:45pm AARP – 1 - 3</p>	<p>25</p>  <p>-OVER-</p>

<p>26</p> 	<p>27</p>  <p>CLOSED</p>	<p>28</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 Popcorn Tuesday – 12:30-2:30</p>	<p>29</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>30</p> <p>Donuts & Devotion 9-10 am Sr. Bingo & Health Fair 9:00 am – 1:00 pm 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>31</p> <p>Weight Room/Walking Track 6am-6:45 pm Open Play (Basketball Computer & Game Room) 8am-6:45pm</p>	
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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
- Open Play – 8:00 am – 7:00 pm
- Saturday – 8:00 am – 2:00 pm