

December 2018



**Hours of Operation**  
**Mon-Fri 8 AM - 1 PM**  
**Saturday Closed on Sundays Closed**  
**University Park**  
**1001 Central Parkway**  
**LakeCharle, LA.70601**

[www.lcward3recreation.com](http://www.lcward3recreation.com)

337 475-2431

**December 31<sup>st</sup> 2018 will be  
the last(Free Chair Class)  
Starting January 2019 all  
exercise classies  
will be \$1**

**Arts & Craft / Computer class  
Movie & Popcorn are Free**

Sun.	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
Closed						1 Closed
2 Closed	3 9:00am-10:00am Flexibility, Balance  10:00am-11:00am Free Chair class  11:05- - 1:00 noon Senior Bingo only for U.P. ( Exercisers )	4 8:30am-9:30am Zumba gold  coffee talk  11:30am-12:30 noon Zydeco line dance	5 9:00am-10:00am Flexibility, Balance  10:00am-11:00am Free chair class, safety fall  <b>Christmas hot chocolate Movie and Popcorn</b>	6 9:00am- 10:00am Pilates  10:00am- -11:00am Walk away the pounds tape	7 9:00am-10:00am Line dance  10:00am-11:00am Flexibility, Balance  11:05am-12:05pm Free Chair class,safety fall	8 Closed Please Go Out An Vote
9 Closed	10 9:00am-10:00am Flexibility, Balance  10:00am-11:00am Free chair class  11:05am-1:00pm (free) Christmas Arts & Craft class	11 8:30am-9:30pm Zumba gold  coffee talk  11:30am-12:30 noon Zydeco line dance	12 9:00am-10:00am Flexibility, Balance  10:10am-11:00am Free Chair exercise  11:30am-1:00pm (free) Christmas Arts& Crafts class	13 9:00am-10:00am Pilates  10:00am-11:00am Walk away the pounds tape	14 9:00am-10:00am Line dance  10:00am-11:00am Flexibility,Balance  11:05am-12:05pm Free chair exercise	15 Closed
16 Closed	17 9:00am-10:00am Flexibility , Balance  10:00am-11:00am Free Chair exercise  11:05am-1:00pm (free) Christmas Arts and Craft	18 8:30am-9:30am Zumba gold  coffee talk  11:30am-12:30 noon zydeco line dance	19 9:00am-10:00am Flexibility, Balance  10:00am-11:00am Free Chair exercise  11:05am-1:00pm noon <b>Christmas &amp; Birthday lunch</b>	20 9:00am-10:00am Pilates  10:00am-11:00am Walk away the pounds tape	21 9:00am-10:00am Line Dance  10:00am-11:00am Flexibility, Balance  11:00am-12:00 Free Chair class	22 Closed
23 Closed  30 closed	24 Christmas Eve Closed <b>31<sup>st</sup></b> New Years Eve  <b>Closed</b>	25 <b>Merry Christmas To you and your Family Closed</b>	26 9:00am-10:00am Flexibility, Balance  10:00am-11:00am Free chair exercise 11:05am-12:05pm Free Arts and Craft	27 9:00am-10:00am Piatas  10:00am-11:00am Walk away the pounds tape	28 9:00am-10:00am Line dance  10:00am-11:am Flexibility, Balance  11:05am-12:05noon Free Chair class	29 Closed

