

| Sun. | Mon. | Tue. | Wed. | Thurs. | Fri. | Sat. |
|---|---|--|--|--|---|--------------|
| Closed | | | | 1 9:00am-10:00am Pilates 10:00am-11:00am Walk away the pound | 2 9:00am-10:00am Line dance 10:00am-11:00am Flexibility, Balance 11:00am-12:00 noon Free chair class | 3 Closed |
| 4 Closed Day light Saving Time | 5 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Free Chair class 11:05- - 1:00 noon Senior Bingo only for UP (Exercisers) | 6 Election Day 8:30am-9:30am Zumba gold coffee talk 11:30am-12:30 noon Zydeco line dance | 7 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Free chair class, safty falling Birthday Cake | 8 9:00am- 10:00am Pilates 10:00am- -11:00am Walk away the pounds | 9 9:00am-10:00am Line dance 10:00am-11:00am Flexibility, Balance 11:05am-12:05pm Free Chair class,safty falling | 10 Closed |
| 11 Closed Veterans Day | 12 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Free Chair class 11:05am-12:05pm Free Arts and Craft | 13 8:30am-9:30pm Zumba gold coffee talk 11:30am-12:30 noon Zydeco line dance | 14 9:00am-10:00am Flexibility, Balance 10:10am-11:00am Free Chair exercise 11:30am-1:00pm Thanksgiving Lunch | 15 9:00am-10:00am Pilates 10:00am-11:00am Walk away the pounds | 16 9:00am-10:00am Line dance 10:00am-11:00am Flexibility,Balance 11:05am-12:05pm Free chair exercise | 17 Closed |
| 18 Closed | 19 9:00am-10:00am Flexibility , Balance 10:00am-11:00am Free Chair exercise 11:05am-1:00pm Free Arts and Craft | 20 8:30am-9:30am Zumba gold coffee talk 11:30am-12:30 noon zydeco line dance | 21 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Free Chair exercise 11:05am-1:00pm noon Movie and popcorn | 22 Closed Thanksgiving | 23 Closed Thanksgiving | 24 Closed |
| 25 Closed | 26 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Free Chair class 11:05am-12:25 pm Free computer class | 27 8:30am-9:30am Zumba gold Giving Tuesday 11:30am-12:30pm zydeco line dance | 28 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Free chair exercise | 29 9:00am-10:00am Piates 10:00am-11:00am Walk away the pounds | 30 9:00am-10:00am Line dance 10:00am-11:am Flexibility, Balancce 11:05am-12:05noon Free Chair class | |

November 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

337 475-2431

