





Ward 3 Martin Luther King Community Center
 2009 N. Simmons Street
 Lake Charles, LA. 70601
 Phone: 337 990-5320
 Business hours: Mon– Fri. 6am-8pm closed Saturday & Sunday
 (www.lcward3recreation) (All Senior classes or Free)



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-------------|---|--|--|--|---|---|
| | | | <p>1 Free Senior s sewing classes 10-12 Walk away the pounds 10-12 Open play 1-3:30 Youth Practices 4-8</p> | <p>2 Free Seniors sit & fit class 11-12 Devotion 1pm-2pm Rev Owens/ Van Johnson (Every Thursday) Zydeco Aerobics 5pm-6pm \$1 Youth practices 4-8</p> | <p>3 Free baby Shower give away 10-12 By Sorority's Open play 1-3:30 Youth Practices 4-8</p> | <p>4 Youth Basketball Games 7am-2pm</p> |
| 5 Close | <p>6 Free Seniors stretch chair class 10-11 Open play 1-3:30 Zydeco Aerobics 5-6 \$1 Youth practices 4-8</p> | <p>7 Free Seniors Hip Hop ABS 10-11 Zydeco Aerobics 5pm-6pm Youth practices 4-8</p> | <p>8 Free Seniors sewing classes 10-12 Walk away the pounds 10-12 Youth Practices 4-8</p> | <p>9 Donald Thomas Senior 50 plus 10-12  Zydeco Aerobics 5pm-6pm \$1</p> | <p>10 Senior Arts & Craft 10-11 Open play 1-3:30 Youth Practices 4-8</p> | <p>11 Youth Basketball Games 7am-2 pm</p> |
| 12 Close | <p>13 Free Seniors stretch chair class 10-11 Zydeco Aerobics 5-6 \$1 Youth practices 4-8</p> | <p>14 Home Health 2000 Health talk and Breakfast 10-11 Seniors Open play 1-3:30 Zydeco Aerobics 5-6 \$1 Youth Practices 4-8</p> | <p>15 Free Seniors sewing classes 10-12 Walk away the pounds 10-12 Youth Practices 4-8</p> | <p>16 Seniors sit & fit class 11-12 Zydeco Aerobics 5pm-6pm \$1 Youth practices 4-8</p> | <p> Seniors wear Green 10-12 Open play 1-3 Youth Practices 4-8</p> | <p>18 Youth Basketball Games 7am-2 pm</p> |
| 19 Close | <p>20 Free Seniors stretch chair class 10-11 Zydeco Aerobics 5-6 \$1 Youth practices 4-8</p> | <p>21 Free Seniors Movie & Popcorn 11-12 Zydeco Aerobics 5pm-6pm Youth practices 4-8</p> | <p>22 Free Seniors sewing classes 10-12 Walk away the pounds 10-12 Youth Practices 4-8</p> | <p>23 Senior sit & fit class 11-12 Zydeco Aerobics 5pm-6pm \$1 Youth practices 4-8</p> | <p>24 Seniors Hip Hop ABS 10-11 Open play 1-3:30 Youth Practices 4-8</p> | 25 |
| 26 Close | <p>27 Free Seniors stretch chair class 10-11 Zydeco Aerobics 5-6 \$1 Youth practices 4-8</p> | <p>28 LA, day for seniors Regional Weeks (Scam talk) 10-12 Seniors Zydeco Aerobics 5pm-6pm Youth practices 4-8</p> | <p>29 Free Seniors sewing classes 10-12 Walk away the pounds 10-12 Youth Practices 4-8</p> | <p>30 Senior sit & fit class 11-12 Zydeco Aerobics 5pm-6pm \$1 Youth practices 4-8</p> | <p>31 Seniors BD By Humana 10-11 Open play 1-3:30 Youth Practices 4-8</p> | |

March 2023

MLK Seniors Citizens Classes

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|---|--|---|--|-----|
| | | | <i>1 Sewing Classes 10:00-11:00 Pitre & Brown Walk Away The Pounds 11:00-12:00 Deneen Sweet</i> | <i>2 Sit & Fit 11:00-12:00 Printes Jackson</i> | <i>3 Community Baby Shower Zeta Phi Beta Sorority 10:00-1200</i> | 4 |
| 5 | <i>6 Chair Dancing 10:00-11:00 Shelia Washington</i> | <i>7 Hip Hop Abs 10:00-11:00 Marie Nance</i> | <i>8 Sewing Classes 10:00-11:00 Pitre & Brown Walk Away The Pounds 11:00-12:00 Deneen Sweet</i> | <i>9 Donald Thomas Bingo For Seniors 10:00 -12:30</i> | <i>10 Art Class 10:00-11:00 Lilly Dennis</i> | 11 |
| 12 | <i>13 Chair Dancing 10:00-11:00 Shelia Washington</i> | <i>14 Home Health 2000 Breakfast Veronica Lubin 10:00-11:00</i> | <i>15 Sewing Classes 10:00-11:00 Pitre & Brown Walk Away The Pounds 11:00-12:00 Deneen Sweet</i> | <i>16 Sit & Fit 11:00-12:00 Michael Hanney</i> | <i>17 St. Patrick's Day Wear Green 10:00-11:00 Shelia Washington</i> | 18 |
| 19 | <i>20 Chair Dancing 10:00-11:00 Shelia Washington</i> | <i>21 Movie & Popcorn 10:00-12:00 Shelia Washington</i> | <i>22 Sewing Classes 10:00-11:00 Pitre & Brown Walk Away The Pounds 11:00-12:00 Deneen Sweet</i> | <i>23 Sit & Fit 11:00-12:00 Printes Jackson</i> | <i>24 Hip Hop Abs 10:00-11:00 Marie Nance</i> | 25 |
| 26 | <i>27 Chair Dancing 10:00-11:00 Shelia Washington</i> | <i>28 Reggie Weeks Scams LA Day 10:00-12:00</i> | <i>29 Sewing Classes 10:00-11:00 Pitre & Brown Walk Away The Pounds 11:00-12:00 Deneen Sweet</i> | <i>30 Sit & Fit 11:00-12:00 Michael Hanney</i> | <i>31 Birthday Party 10:00-12:00 Mandi Burks Humana</i> | |