



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) Open play 1pm-3:30pm **Basketball**



Sun

Mon



Tue

Wed

Thu

Fri

Sat

	<p>1 Free Seniors stretch chair class 10:30-11:30</p> <p>Zydeco Aerobics 5-6 \$1</p> <p>AAU Practice</p>	<p>2 Seniors Bean—Bag– Baseball 10:30-11:30</p> <p>Zydeco Aerobics 5-6 \$1</p>	<p>3 Seniors Walk away the pounds 11-12</p> <p>Zydeco Aerobics 5-6 \$1</p>	<p>4 Seniors sit & fit class 11-12</p> <p>Devotion 11:30-12:30</p> <p>Rev. Owens</p> <p>Zydeco Aerobics 5-6 \$1</p> <p>AAU Practice</p>	<p>5 Mental Health Event 9-12</p> <p>Open play 1:30-3:30</p>	<p>6</p> <p>Close</p>
<p>7</p> <p>Close</p>	<p>8 Free Seniors stretch chair class 10:30-11:30</p> <p>Zydeco Aerobics 5-6 \$1</p> <p>AAU Practice</p>	<p>9 Senior Bean Bag baseball 10:30-11:30</p> <p>Zydeco Aerobics 5pm-6pm</p>	<p>10 Seniors Walk away the pounds 11-12</p> <p>AAU Practice</p>	<p>11 Seniors sit & fit 11-12 (Dinner)</p> <p>Devotion 11:30-12:20</p> <p>Rev. Owens</p> <p>Zydeco Aerobics 5pm-6pm \$1</p> <p>AAU Practice</p>	<p>12 Seniors event 10-12</p> <p>Open play 1:30-3:30</p>	<p>13</p> <p>Close</p>
<p>14</p> <p>Close</p> 	<p>15 Free Seniors stretch chair class 10-30-11:30</p> <p>Zydeco Aerobics 5-6 \$1</p> <p>AAU Practice</p>	<p>16 Senior Bean Bag baseball 10:30-11:30</p> <p>Zydeco Aerobics 5-6 \$1</p>	<p>17 Seniors Walk away the pounds 11-12</p> <p>AAU Practice</p>	<p>18 Seniors sit & fit class 11-12</p> <p>Devotion 11:30-12:30</p> <p>Rev. Owens</p> <p>Zydeco Aerobics 5pm-6pm</p> <p>AAU Practice</p>	<p>19 Seniors Art & Craft 10:30– 12:00</p> <p>Open play 1-3:30pm</p>	<p>20</p> <p>Close</p>
<p>21</p> <p>Close</p>	<p>22 Free Seniors stretch chair class 10:30-11:30</p> <p>Zydeco Aerobics 5-6 \$1</p> <p>AAU Practice</p>	<p>23 Senior Bean Bag baseball 10:30-11:30</p> <p>Zydeco Aerobics 5pm-6pm</p>	<p>24 Seniors Walk away the pounds 11-12</p> <p>AAU Practice</p>	<p>25 Senior sit & fit class 11-12</p> <p>Devotion 11:30-12:30</p> <p>Rev. Owens</p> <p>Zydeco Aerobics 5pm-6pm \$1</p> <p>AAU Practice</p>	<p>26 Seniors Art & Craft 10:30– 12:00</p> <p>Open play 1-3:30</p>	<p>27</p> <p>Close</p>
<p>28</p> <p>Close</p>	<p>29 Close</p> 	<p>30 Senior talk with Humana 10-11:30</p> <p>Zydeco Aerobics 5pm-6pm</p>	<p>31 Seniors Walk away the pounds 11-12</p> <p>AAU Practice</p>			