

# *The Rosehouse Health & Wellness Center*

## ***JULY 2010 EVENTS***

- MONDAY – 5<sup>th</sup>**                    **INDEPENDENCE DAY HOLIDAY-CENTER CLOSED.**
- TUESDAY – 6<sup>th</sup>**                    **PING PONG – 9:15 A.M. -** Would you like to learn how to play ping pong? It's time we clean the dust off the table and teach you how to play singles and doubles ping pong. Come out and enjoy one hour of intense fun.  
**PLEASE REGISTER BY FRIDAY, JULY 2<sup>nd</sup>.**
- THURSDAY – 8<sup>th</sup>**                    **GRISWOLD SPECIAL CARE – 9:30 A.M. –** Karen Rue, RN, Director, Griswold Special Care, will give a presentation on Keeping Your Mind Alert. She will talk about how to keep your memory fine tuned.  
**PLEASE REGISTER BY WEDNESDAY JULY 7<sup>th</sup>.**
- TUESDAY – 13<sup>th</sup>**                    **PING PONG –9:15 A.M. -** Would you like to learn how to play ping pong? We're rolling out the table to teach you how to play singles and doubles ping pong. Come out and enjoy one hour of intense fun.  
**PLEASE REGISTER BY MONDAY, JULY 12<sup>th</sup>.**
- THURSDAY – 15<sup>th</sup>**                    **BANKER'S LIFE LUNCHEON – 11:30 A.M. –** Julie Guilliot, CLTC, Bankers Life will be hosting the luncheon. A guest speaker will accompany her who is an attorney specializing in Elder Law/Estate Planning. The topic of discussion will be "How to Protect Wealth for the Life of Your Retirement". Lunch and refreshments will be provided.  
**PLEASE REGISTER BY WEDNESDAY, JULY 14<sup>th</sup>.**
- TUESDAY – 20<sup>th</sup>**                    **PING PONG –9:15 A.M. -** Would you like to learn how to play ping pong? Bring your competitive spirit with you to play singles and doubles ping pong. Come out and enjoy one hour of intense fun.  
**PLEASE REGISTER BY MONDAY, JULY 19<sup>th</sup>.**
- THURSDAY – 22<sup>nd</sup>**                    **BADMINTON – 10:00 A.M. –** Badminton anyone? Come join us for a game of badminton. If you don't know how, we will teach you.  
**PLEASE REGISTER BY WEDNESDAY, JULY 21<sup>st</sup>.**
- THURSDAY – 22<sup>nd</sup>**                    **ICE CREAM SOCIAL – 1:00-3:00 P.M. –** The Rosehouse will be hosting an ice cream social. This is an opportunity for you to bring another senior to tour the building and become a member of this active community.  
**PLEASE REGISTER BY WEDNESDAY, JULY 21<sup>st</sup>.**
- TUESDAY – 27<sup>th</sup>**                    **PING PONG –9:15 A.M. -** Would you like to learn how to play ping pong? Let's close out the month strong with a few games of singles and doubles ping pong. Come out and enjoy one hour of intense fun.  
**PLEASE REGISTER BY MONDAY, JULY 26<sup>th</sup>.**
- THURSDAY – 29<sup>th</sup>**                    **BADMINTON – 10:00 A.M. –** Badminton anyone? Come join us for a game of badminton. If you don't know how, we will teach you.  
**PLEASE REGISTER BY WEDNESDAY, JULY 28<sup>th</sup>.**

## **REGULARLY SCHEDULED PROGRAMS**

<b>Monday -</b>	8:15 AM	Modified Aerobics
	9:30 AM	Low-Impact Aerobics
	10:45 AM	Chair Aerobics
	1:00 PM	Poker
<b>Tuesday -</b>	8:15AM	Modified Aerobics
	10:30 AM	Beginners Line Dancing
	12:00 PM	Line Dancing
	1:30 PM	Zumba Gold
	2:15 PM	Zumba Gold
<b>Wednesday -</b>	8:20 AM	Yoga
	9:30 AM	Low-Impact Aerobics
	10:45 AM	Chair Aerobics
	1:00 PM	Poker
	1:00 PM	Bingo
<b>Thursday -</b>	8:15 AM	Modified Aerobics
<b>Friday -</b>	8:20 AM	Yoga
	9:30 AM	Low-Impact Aerobics
	10:45 AM	Chair Aerobics
	1:00 PM	Bingo

## **GOAL**

The goal of the Senior Centers is to meet the needs of elderly persons from various cultural, economic and ethnic backgrounds through the continuous development of a comprehensive program of activities.

## **MEMBERSHIP**

Membership is free and is open to persons who reside in Lafayette Parish and are 55 years of age and older.

## **CONTACT INFORMATION**

<b>Location:</b>	<b>120 Statesman Dr. Lafayette, LA 70506</b>	
<b>Phone:</b>	<b>(337) 291-5444</b>	<b>Fax: (337) 291-5447</b>
<b>Hours:</b>	<b>Monday - Friday 8:00 AM - 4:30 PM</b>	

***LAFAYETTE CONSOLIDATED GOVERNMENT  
COMMUNITY DEVELOPMENT DEPARTMENT  
HUMAN SERVICES DIVISION / SENIOR CENTERS  
<http://www.lafayettela.gov/cd/dpt842seniorcenter.asp>***