

## West Ouachita Senior Center's Daily Activity Schedule

### Monday

Ceramics Class with Virginia Terry	8:00 - 1:00
Beginner's Yoga Class with Dawn Eakin	11:00 - 12:15
Friendly Crocheters Class	8:00 - 12:00
Southern Sass Dance Group Practice	10:00 - 11:00
Oxycise with Teddy Varino	2:00 - 3:00
Zumba with Teddy Varino	3:15 - 4:15

### Tuesday

Art Class with Debra Heard	9:00 - 2:00
Beginner's Step Class (not on 2nd Tues)	9:00 - 10:00
Intermediate Spanish Class	9:30 - 10:30
Computer and Technology Tutorial	10:00 - 11:00
Beginner's Spanish Class	10:30 - 11:30
Forever Young Chair Aerobics (Vantage)	1:00 - 2:00
In Slow Motion Dance Class (age 80+)	2:00 - 2:30
Ballroom Dance Class with Mike Sullivan	2:30 - 3:30

### Wednesday

Zumba with Teddy Varino	9:00 - 10:00
Quilting Group	9:00 - 12:00
Friendly Crocheters Class	8:00 - 12:00
Yoga with Vantage Wellness	11:30 - 12:30
Mexican Train Dominoes	12:00 - 4:30
Oxycise with Teddy Varino	2:00 - 3:00

### Thursday

Bridge Group	8:30 - 12:30
Ceramics Class	8:00 - 1:00
Quilting Group	9:00 - 12:00
Beginner's Line Dance Class with Darlene Tippen	9:00 - 10:00
Bible Study with Mateki Nelson	10:00 - 11:00
Intermediate Line Dance Class with Darlene Tippen	10:00 - 11:00
Gospel Singing	12:30 - 2:00
Laughter Therapy (1st & 3rd Thurs)	1:00 - 2:00
"Pep In Your Step" Dance Class with Ray Jones and Linda Ricks	2:15 - 3:15

### Friday

Friendly Crocheters Class	8:00 - 12:00
Art Class with Patti Guerriero	8:00 - 12:00
Computer and Technology Class	12:00 - 4:00
Mexican Train Dominoes	12:00 - 4:30
Bob's Bridge Group	12:00 - 4:00

## Additional Monthly Club Meetings and "After Hours" Activities

Happy Wheels Card Club	10:00	1st Mon
Ponytail Ladies Canasta	11:30	1st & 3rd Mon
Second Monday Pokeno	11:30	2nd Mon
Friends Forever Pokeno	10:00	3rd Mon
Morning Star Quilters	9:00	1st Tues
American Legion	6:00	1st Tues
Disabled Veterans	6:30	1st Tues
Scrabble	1:00	2nd Tues
Quilters Playday	9:00	3rd Tues
Bears for Kids Club	9:00	3rd Tues
Red Hat Senioritas	11:00	4th Tues
LA Appligators	1:00	1st Wed
Bell South Retirees	11:00	2nd Tues
Ladies Canasta	9:00	4th Wed
Monthly Birthday Party	2:00	1st Thurs
Good Times Pokeno	10:30	2nd Thurs
Claiborne Pokeno Club	10:30	3rd Thurs
Ouachita Parish Sheriff's Bingo	10:00	2nd Fri
Bingo Bash	10:00	Last Frid
Purple Heart Veterans	9:00	2nd Sat
Gospel Singing	12:30	Every Thurs
AARP - Calhoun Chapter	3:00	3rd Thurs

**Would you like to start a new  
activity at WOSC?**

**Would your senior adult table game group,  
book club, etc., like to reserve a room in the  
Senior Center? Please let us know!**



**Canasta ~ Rook ~ Scrabble  
Bridge ~ Dominoes ~ Uno  
Mexican Train ~ Skip Bo  
Book Clubs ~ Study Groups**

**Call Cynthia Holland, Program Manager,  
at 324-1280 to ask about room space. She  
would love to discuss possibilities with you!**