

+++FREE FUN At the Bayou Vista Community Center GYM

More Info: Call Calley Williams 985-518-7397

Join Bayou Vista Agin' Cajuns on Facebook and see our schedule daily



MONDAY September 18, 2023

9:00-11:00 Fairview

11:00-12:00 Claire House

12:00-12:30 Walk in the A/C GYM, Ride Stationary Bike or Walk the Bleachers

12:30-2:30 SEQUENCE and Double Solitaire...We will teach YOU how to play!

12:30-1:00 **Pickleball Warm Up:** 10 Minutes – Slowly....Move arms, legs, ankles, knees, arms, fingers, , shoulders, bend sideways – forward and back, move neck down back and sideways.

Pickleball Drills: 15 Minutes...Serve Intentionally – Intentionally select a purple dot. Intentionally decide how hard or soft you will hit the serve. Intentionally move thru the motions and then intentionally SERVE—BE Intentional. 😊 Serve and hit different dots. Discover YOUR style and what feels comfortable. Most of all---Enjoy your time playing and laughing with others.

1:00-3:30 Pickleball: Beginners, Intermediate & Advanced



WEDNESDAY September 20, 2023

9:00-11:00 Fairview

11:00-12:30 Chair Exercises: Please tell me if you would like to HELP lead a few of the exercises.

12:30-2:30 FREE Corn Hole Lessons/Practice for next week's Corn Hole Tournament
REMINDER: Wed Sept 27 FREE Corn Hole Tournament in the GYM –
Sign Up: 12:00-12:30 Warm-Up: 12:30-1:00 Tournament: 1:00-3:00 Awards: 3:15
Invite your friends!! You can bring your boards and bags.

2:00-3:30 Beachball Volleyball Games, Shoot Basketball Cards: BooRay



THURSDAY September 21, 2023

9:00-11:00 Fishing Practice/Lessons for next week's Fishing Tournament in the GYM – Rod and reels provided or bring your own fresh water rod and reel.

REMINDER: Thursday Sept 28 Fishing Tournament: 10:00-12:00 Awards 12:15
Experienced Help Welcomed 😊 Come to play or come to see this...
Awesome Challenging Game!

10:00-12:30 UNO – We will teach you!

12:30-1:00 Walk in A/C GYM, Use Stationary Bike or Walk the Bleachers

12:30-1:00 Pickleball Serving Practice – Serve Intentional---Same as Monday's Lesson

1:00-3:30 Pickleball Play - Beginners, Intermediate and Advance Play

***Agin' Cajuns T-Shirts will be sold every day. \$10.00**

TOGETHER WE CAN MAKE THIS AWESOME, FUN AGIN' CAJUN GAMES THE BEST!!!

Come PLAY, HANG OUT with US, WATCH or VISIT ANY TIME.

It will take OUR Village to spread the Good News about our Agin' Cajun Games.

Please help US spread The GOOD NEWS!!!!

I am here to serve YOU, so PLEASE communicate to me HOW I CAN HELP YOU!



@BAYOU VISTA AGIN' CAJUNS