



**Bienville Basin- Iberville**  
**October 2018 Calendar of Events**  
 (All events are free) Cheers to a healthy life!!!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday	Sunday
1 Wellness Series: <b>HIIT@6-7pm</b> Duncan Plaza	2 Wellness Series: <b>Meditation @12:15-12:45pm</b> <b>Yogalates @ 5:30-6:30pm</b>	3 Greenway <b>Hip Hop Kickboxing @ 6pm</b> N. Prier and N. Roman	4 Wellness Series: <b>Cardio Blast @5:30p-6:30pm</b> Duncan Plaza	5 <b>Free Indoor Rock Climbing</b> @ NOBL, 1746 Tchoupitoulas and 2360 St. Claude.	6 City Park: <b>Free Zumba Class</b> , near Dreyfous and Anseman@ 8:00-8:45am	7 <b>Encouraging:</b> Family Engagement Time 1-2pm
8 Wellness Series: <b>HIIT@6-7pm</b> Duncan Plaza	9 Wellness Series: <b>Meditation @12:15-12:45pm</b> <b>Yogalates @ 5:30-6:30pm</b>	10 Greenway <b>Hip Hop Kickboxing @ 6pm</b> N. Prier and N. Roman	11 Wellness Series: <b>Cardio Blast @5:30p-6:30pm</b> Duncan Plaza <b>Senior Commodity Day 9-930am</b>	12 WWII Air, Sea & Land Festival 2018 New Orleans Lake Front Airport (All Day)	13 City Park: <b>Free Zumba Class</b> , near Dreyfous and Anseman@ 8:00-8:45am	14 <b>Encouraging:</b> Family Engagement Time 1-2pm
15 Wellness Series: <b>HIIT@6-7pm</b> Duncan Plaza	16 Wellness Series: <b>Meditation @12:15-12:45pm</b> <b>Yogalates @ 5:30-6:30pm</b> <b>Community Meeting 5:30-7pm</b>	17 Wellness Series: <b>Bounce Ya Brass@530p-630p</b> Duncan Plaza	18 Wellness Series: <b>Cardio Blast @5:30p-6:30pm</b> Duncan Plaza	19	20 City Park: <b>Free Zumba Class</b> , near Dreyfous and Anseman@ 8:00-8:45am	21 <b>Encouraging:</b> Family Engagement Time 1-2pm
22 Wellness Series: <b>HIIT@6-7pm</b> Duncan Plaza	23 Wellness Series: <b>Meditation @12:15-12:45pm</b> <b>Yogalates @ 5:30-6:30pm</b>	24 Wellness Series: <b>Bounce Ya Brass@530p-630p</b> Duncan Plaza	25 Wellness Series: <b>Cardio Blast @5:30p-6:30pm</b> Duncan Plaza	26 Lafreniere <b>Park-A-Boo Halloween Fest 26<sup>th</sup> -28<sup>th</sup></b> 2 years and under is free Teen Halloween Dance NORD, 624 Louisiana Ave, Free (Ages, 12-17)	27 City Park: <b>Free Zumba Class</b> , near Dreyfous and Anseman@ 8:00-8:45am	28 <b>Encouraging:</b> Family Engagement Time 1-2pm
29 Wellness Series: <b>HIIT@6-7pm</b> Duncan Plaza	30 Wellness Series: <b>Meditation @12:15-12:45pm</b> <b>Yogalates @ 5:30-6:30pm</b> Duncan P	31 Every Wednesdays 3 <sup>rd</sup> -17 <sup>th</sup> , <b>Prime Time Family Reading Night</b> will be held 216 N. Villere St (Parents are strongly encouraged to attend). 5-6:30pm.	Every Thursday, 12:15-12:45pm, <b>Meditation and Yoga</b> Duncan Plaza	Monday-Thursday, 4:30-6:30pm, we are <b>seeking Math, English, Science, &amp; Art teacher volunteers.</b> Call Melissa@504-309-7685, if you're interested.		

