

Gretna Senior and Wellness Center Calendar of Events for March 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Served Daily : 8 9 a.m. Breakfast 11:30 a.m. 12:30 p.m. Lunch (Members Only):</p>			<p>8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba 10 a.m.-12 p.m. Pickleball at Mel Ott (Members Only) 11:05 a.m.-12:05 p.m. Senior Fit and Fun</p>	<p>9:30-10:30 a.m. Line Dancing 10:45-11:30 a.m. Presentation: Steps to Staying Young at Heart 12:00-2:15 p.m. Bingo 2:30-3:45 p.m. Senior Games and Fun</p>
<p>9:30-10:30 a.m. Zumba 10:35-11:35 a.m. Cardio-Strength and Flexibility 12-2:15 p.m. Bingo 2:30-3:45 p.m. Senior Games and Fun</p>	<p>8:30-9:30 a.m. Garden Walk 9:30-10:30 a.m. Cardio Dance 10:35-11:35 a.m. Indoor/Outdoor Silver Circuit 1-2 p.m. Beanbag Baseball 2-4 p.m. Senior Games and Fun</p>	<p>9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Yoga 11:00 a.m.-12:45 p.m. Trolley to Walmart (Members Only)</p>	<p>8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba 10 a.m.-12 p.m. Pickleball at Mel Ott (Members Only) 11:05 a.m.-12:05 p.m. Senior Fit and Fun</p>	<p>9:30-10:30 a.m. Line Dancing 12:00-2:15 p.m. Bingo 2:30-3:45 p.m. Senior Games and Fun</p>
<p>9:30-10:30 a.m. Zumba 10:35-11:35 a.m. Cardio-Strength and Flexibility 12-2:15 p.m. Bingo 2:30-3:45 p.m. Senior Games and Fun</p>	<p>8:30-9:30 a.m. Garden Walk 9:30-10:30 a.m. Cardio Dance 10:30-11:30 a.m. Pro Bono Project 10:35-11:35 a.m. Indoor/Outdoor Silver Circuit 1-2 p.m. Beanbag Baseball 2-4 p.m. Senior Games and Fun</p>	<p>9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Yoga 11:00 a.m.-12:45 p.m. Trolley to Rouses (Members Only)</p>	<p>8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba 10 a.m.-12 p.m. Pickleball at Mel Ott (Members Only) 11:05 a.m.-12:05 p.m. Senior Fit and Fun</p>	<p>9:30-10:30 a.m. Line Dancing 10:45-11:45 a.m. Bingo Style Presentation: Senior Medicare Patrol 12:15-2:15 p.m. Bingo 2:30-3:45 p.m. Senior Games and Fun</p>
<p>9:30-10:30 a.m. Zumba 10:35-11:35 a.m. Cardio-Strength and Flexibility 12-2:15 p.m. Bingo 2:30-3:45 p.m. Senior Games and Fun</p>	<p>8:30-9:30 a.m. Garden Walk 9:30-10:30 a.m. Cardio Dance 10:35-11:35 a.m. Indoor/Outdoor Silver Circuit 1-2 p.m. Beanbag Baseball 2-4 p.m. Senior Games and Fun First Day of Spring</p>	<p>9:30-10:30 a.m. Line Dancing 10:30 a.m.-12:00 p.m. Hearing Screenings 10:35-11:35 a.m. Yoga 11:00 a.m.-12:45 p.m. Trolley to Walmart (Members Only)</p>	<p>8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba 11:05 a.m.-12:05 p.m. Senior Fit and Fun</p>	<p>11:30 a.m.-2:00 p.m. Easter Celebration and Birthday Party (Members Only)</p>
<p>9:30-10:30 a.m. Zumba 10:35-11:35 a.m. Cardio-Strength and Flexibility 12-2:15 p.m. Bingo 2:30-3:45 p.m. Senior Games and Fun</p>	<p>8:30-9:30 a.m. Garden Walk 9:30-10:30 a.m. Cardio Dance 10:35-11:35 a.m. Indoor/Outdoor Silver Circuit 12:15-1:00 p.m. Drum Circles 1-2 p.m. Beanbag Baseball 2-4 p.m. Senior Games and Fun</p>	<p>9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Yoga 11:00 a.m.-12:45 p.m. Trolley to Rouses (Members Only)</p>	<p>8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba 10 a.m.-12 p.m. Pickleball at Mel Ott (Members Only) 11:05 a.m.-12:05 p.m. Senior Fit and Fun</p>	<p>Closed Good Friday</p>

