

Gretna Senior and Wellness Center Calendar of Events for May 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	1 GiveNOLA Day 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	2 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 Grocery Store (Members Only)	3 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 12:15-2:15 p.m. Talent Show Rehearsal	4 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
7 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo 2:30-3:45 p.m. Senior Games and Fun	8 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	9 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 Grocery Store (Members Only)	10 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 12:15-2:00 p.m. Talent Show Final Rehearsal	11 <p style="text-align: center;">11 a.m.-1 p.m. Talent Show and Birthday Party (Members Only)</p>
14 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba and Flexibility 11:05-11:35 a.m. Hospice Education With St. Margaret's Hospice 12-2:15 p.m. Bingo 2:30-3:45 p.m. Senior Games and Fun	15 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	16 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 Grocery Store (Members Only)	17 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 11:05 a.m.-12:05 p.m. Computer Class 2 p.m. Early Closure	18 Fundraiser Friday 9:30-10:30 a.m. Line Dancing 10 a.m.-2 p.m. Senior Day at Lakeside Mall (Metairie) 12:00-2:15 p.m. Bingo 2:30-3:45 p.m. Senior Games and Fun
21 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo 2:30-3:45 p.m. Senior Games and Fun	22 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	23 9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Yoga 10:45 a.m.-1:45 p.m. Common Grounds & Amore Bakery (Members Only)	24 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba 11:00 a.m.-12:45 p.m. Trolley to Grocery Store (Members Only) 11:05 a.m.-12:05 p.m. Senior Fit and Fun	25 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
28 <p style="text-align: center;">Center Closed</p> <p style="text-align: center;">Memorial Day</p>	29 8:30-9:30 a.m. Garden Walk 9:30-10:30 a.m. Cardio Dance 10:30 a.m.-12:00 p.m. Online Banking Course with Capital One 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	30 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 Grocery Store (Members Only)	31 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) 10:30 a.m.-12:00 p.m. Online Banking Course with Capital One 11:05 a.m.-12:05 p.m. Senior Fit and Fun	<p style="text-align: center;">Served Daily :</p> <p style="text-align: center;">8 9 a.m. Breakfast</p> <p style="text-align: center;">11:30 a.m. 12:30 p.m. Lunch</p> <p style="text-align: center;">(Members Only):</p>

