

Gretna Senior and Wellness Center

Let's Talk Wellness

APRIL 2015 ISSUE

April Holidays:

April 1

April Fools' Day

April 2

Holy Thursday

April 3

Good Friday

Passover Begins at Sundown

April 5

Easter Sunday

April 7

World Health Day

April 15

Income Taxes Due

April 20

Patriot's Day

April 22

Earth Day

April 24

Arbor Day

About the Gretna Senior and Wellness Center

Fitness. Friendship. Education. Music. Art.

In a joint effort with the Jefferson Council on Aging and the City of Gretna, Peoples Health brings the Gretna Senior and Wellness Center to you! Open to all seniors in the community, the center offers social, recreational and educational programs and services designed to help



seniors enjoy fulfilling lives. Join us! Check our calendar for upcoming events or just stop in and socialize. Take a step toward health and wellness!

Healthy Living for a Better Tomorrow

Here are a few tips that can improve the quality of your life. Even small lifestyle changes can have a big impact on your overall physical and mental well-being.

- See your doctor at least once a year for a wellness visit
- Eat a balanced diet that includes fruits and vegetables
- Participate in activities you enjoy, such as walking or gardening
- Challenge yourself with exercise and new hobbies
- Keep your mind sharp with games, like Sudoku or crossword puzzles
- Work something new into your daily routine
- Connect regularly with friends and family
- Consider adopting or fostering a pet
- Volunteer
- Find support groups during times of change



Inside this issue:

About the Center	1
Healthy Living	1
Calendar of Events	2 3
New Members	4
Birthdays	4
Healthy Recipe	4
Contact Us	4

Calendar of Events for April 2015

Monday	Tuesday	Wednesday	Thursday	Friday
		8-9 a.m. Breakfast 1 9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Low-Impact Yoga 12-1 p.m. Lunch 12-2 p.m. Bingo 1:30-3:30 p.m. Crocheting Class	8-9 a.m. Breakfast 2 10-11 a.m. Line Dancing 11:05 a.m.-12:05 p.m. Senior Fit & Fun 12-1 p.m. Lunch 1:30-2:30 p.m. Making Throw Blankets 2-3 p.m. Wii Games	3 Closed
8-9 a.m. Breakfast 6 9:30-10:30 a.m. Senior Fit & Fun 10:35-11:35 a.m. Low Impact Zumba 10:30 a.m.-12 p.m. Art With Sue 12-1 p.m. Lunch 12-2 p.m. Bingo	8-9 a.m. Breakfast 7 10-11 a.m. Line Dancing 11:05-12:05 a.m. Low Impact Pilates/Stretch 12-1 p.m. Lunch 12-2 p.m. Bingo 2-3 p.m. Bean Bag Baseball	8-9 a.m. Breakfast 8 9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Low-Impact Yoga 11:30 a.m.-1 p.m. Preparatory Lecture for <i>The Marriage of Figaro</i> 12-1 p.m. Lunch 1:30-3:30 p.m. Crocheting Class	8-9 a.m. Breakfast 9 10-11 a.m. Line Dancing 11:05 a.m.-12:05 p.m. Senior Fit & Fun 12-1 p.m. Lunch 1:30-2:30 p.m. Making Throw Blankets 2-3 p.m. Wii Games	8-9 a.m. Breakfast 10 9:30-10:30 a.m. Low-Impact Zumba 10:35-11:35 a.m. Senior Fit & Fun 12-1 p.m. Lunch 1-2 p.m. Wii Games
8-9 a.m. Breakfast 13 9:30-10:30 a.m. Senior Fit & Fun 10:35-11:35 a.m. Low Impact Zumba 10:30-11:30 a.m. Cholesterol Intake by Kim Hemenway 10:30 a.m.-12 p.m. Art With Sue 12-1 p.m. Lunch 12-2 p.m. Bingo 2-3 p.m. Loyola Music Therapy Students	8-9 a.m. Breakfast 14 10-11 a.m. Line Dancing 10:30-11:30 a.m. ProBono Lawyer (call ahead) 11:05-12:05 a.m. Low Impact Pilates/Stretch 12-1 p.m. Lunch 1-2 p.m. Wii Games 2-3 p.m. Bean Bag Baseball	8-9 a.m. Breakfast 15 9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Low Impact Yoga 11 a.m.-12 p.m. Conversational Spanish 12-1 p.m. Lunch 12-2 p.m. Bingo 1:30-3:30 p.m. Crocheting Class	8-9 a.m. Breakfast 16 10-11 a.m. Line Dancing 11 a.m.-12 p.m. Blood Pressure/ Blood Glucose Screenings 12-1 p.m. Allergy Lecture by Dr. Cherie Drez-Bragg 12-1 p.m. Lunch 1:30-2:30 p.m. Making Throw Blankets 2-3 p.m. Wii Games	8-9 a.m. Breakfast 17 9:30-10:30 a.m. Low Impact Zumba 10:35-11:35 a.m. Senior Fit & Fun 12-1 p.m. Lunch 1-2 p.m. Wii Games
8-9 a.m. Breakfast 20 9:30-10:30 a.m. Senior Fit & Fun 10:35-11:35 a.m. Low Impact Zumba 10:30 a.m.-12 p.m. Art With Sue 12-1 p.m. Lunch 12-2 p.m. Bingo 2-3 p.m. Loyola Music Therapy Students	8-9 a.m. Breakfast 21 10-11 a.m. Line Dancing 11:05-12:05 a.m. Low Impact Pilates/Stretch 12-1 p.m. Lunch 1-2 p.m. Wii Games 2-3 p.m. Bean Bag Baseball	8-9 a.m. Breakfast 22 9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Low Impact Yoga 12-1 p.m. Lunch 12-2 p.m. Bingo 1:30-3:30 p.m. Crocheting Class	8-9 a.m. Breakfast 23 10-11 a.m. Line Dancing 11:05 a.m.-12:05 p.m. Senior Fit & Fun 12-1 p.m. Lunch 1:30-2:30 p.m. Making Throw Blankets 2-3 p.m. Wii Games	8-9 a.m. Breakfast 24 9:30-10:30 a.m. Low Impact Zumba 10:35-11:35 a.m. Senior Fit & Fun 12-1 p.m. Lunch 1-2 p.m. Wii Games
8-9 a.m. Breakfast 27 9:30-10:30 a.m. Senior Fit & Fun 10:35-11:35 a.m. Low Impact Zumba 10:30 a.m.-12 p.m. Art With Sue 12-1 p.m. Lunch 12-2 p.m. Bingo 2-3 p.m. Loyola Music Therapy Students	8-9 a.m. Breakfast 28 10-11 a.m. Line Dancing 11:05-12:05 a.m. Low Impact Pilates/Stretch 12-1 p.m. Lunch 1-2 p.m. Wii Games 2-3 p.m. Bean Bag Baseball	8-9 a.m. Breakfast 29 9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Low Impact Yoga 11 a.m.-12 p.m. Conversational Spanish 12-1 p.m. Lunch 12-2 p.m. Bingo 1:30-3:30 p.m. Crocheting Class	8-9 a.m. Breakfast 30 10-11 a.m. Line Dancing 11:05 a.m.-12:05 p.m. Senior Fit & Fun 12-1 p.m. Lunch 1-3 p.m. Birthday Party! (members only)	Red: Change in schedule Orange: Art and crafts Blue: Educational Pink: Party Green: Field trip Purple: Music therapy classes

Spotlight on Upcoming Events!

Gretna Senior and Wellness Center Field Trip *The Marriage of Figaro*

Sunday, April 12, 12:30 to 6:25 p.m.

Join us for a trip to the opera! We will have lunch at the center before traveling to the Mahalia Jackson Theater for the Performing Arts for *The Marriage of Figaro*, presented by the New Orleans Opera Association.

There are limited tickets available. Visit the front desk to register or for more information.

We Had Fun in March!



On March 11, the West Bank Art Guild offered a two-hour watercolor class. Certified art instructor Deborah Kerwin (seated far left in the photo), provided one of her original paintings as inspiration.



On March 16, Dr. Neil Baum visited the center to talk to seniors about sex and intimacy during senior years.

Welcome, New Members!

Join us in welcoming
our newest members:

- Wilbert B.
- Maxine B.
- LaVerne C.
- Delores E.
- Grace F.
- Lynn O.
- Joan P.
- Charleene P.
- Betty T.



Healthy Recipe: Garlic Shrimp

Here's a simple recipe for a high-nutrition, low-fat shrimp dish that is wonderfully delicious, thanks to a burst of flavor from parsley.

Ingredients:

30 large raw shrimp, peeled
3 tablespoons chopped garlic, fresh or from a jar
1 cup fresh chopped parsley (or 1/2 cup dried)
2 teaspoons paprika
1/8 teaspoon salt
Fresh ground pepper, to taste
2 tablespoons olive oil
1 tablespoon butter



Directions:

1. In a large plastic freezer bag, mix everything except the butter and shake well to coat the shrimp.
2. Refrigerate for 1 hour.
3. Preheat a large heavy-bottomed pan on medium. Melt butter. Cook the shrimp for about 10 minutes until pink and lightly browned.

Serves: 5 (6 shrimp per serving).

Nutrition information per serving: 100 calories; 8g total fat; 6g protein; 0g fiber; 232mg sodium; 0g carbohydrates.

Birthdays

Join us in wishing a very
happy birthday to:

Helen S.
April 11

Antoinette B.
April 18

Mary H.
April 28



Contact Us

Gretna Senior and Wellness Center

476 Franklin St.
Gretna, LA 70053
Phone: 504-301-3743



Hours of Operation

Monday through Friday
8 a.m. to 4 p.m.



Directions

We're located in Gretna on the northeast corner of Franklin Street and McDonough Street, just south of U.S. Highway 90.



Email Us

Have a question or comment? We would love to hear from you!
Email us at phwellness@peopleshealth.com.

WE'RE ON THE WEB!

<http://www.peopleshealthwellnesscenter.com>