

**Wellness Programs & Centers**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo	<b>3</b> 8:30-9:30 a.m. Garden Walk 9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Indoor/Outdoor Silver Circuit	<b>4</b> <b>Closed</b> <b>Independence Day</b>	<b>5</b> 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba <b>10 a.m.-12 p.m. Pickleball at Mel Ott (Members Only)</b> 11:05 a.m.-12:05 p.m. Senior Fit and Fun	<b>6</b> 9:30-10:30 a.m. Line Dancing 12:00-2:15 p.m. Bingo
<b>9</b> 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo	<b>10</b> 8:30-9:30 a.m. Garden Walk 9:30-10:30 a.m. Line Dancing <b>10:30-11:30 a.m. Pro Bono Project</b> 10:35-11:35 a.m. Indoor/Outdoor Silver Circuit	<b>11</b> <b>9 a.m.-1 p.m. Blood Pressure Screenings</b> 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)	<b>12</b> 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba <b>10 a.m.-12 p.m. Pickleball at Mel Ott (Members Only)</b> 11:05 a.m.-12:05 p.m. Senior Fit and Fun	<b>13</b> <b>9 a.m. -1 p.m. Blood Pressure Screenings</b> <b>11:30 a.m.-1:00 p.m. Birthday Party (Members Only)</b>
<b>16</b> 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo	<b>17</b> 8:30-9:30 a.m. Garden Walk 9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Indoor/Outdoor Silver Circuit	<b>18</b> 9:30-10:30 a.m. Line Dancing <b>10:30 a.m.-12:00 p.m. Hearing Screenings</b> 10:35-11:35 a.m. Yoga 11:00 a.m.-12:45 p.m. Trolley to Grocery Store (Members Only)	<b>19</b> 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba <b>10 a.m.-12 p.m. Pickleball at Mel Ott (Members Only)</b> 11:05 a.m.-12:05 p.m. Senior Fit and Fun	<b>20</b> 9:30-10:30 a.m. Line Dancing 12:00-2:15 p.m. Bingo
<b>23</b> 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo	<b>24</b> 8:30-9:30 a.m. Garden Walk 9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Indoor/Outdoor Silver Circuit <b>11:05 a.m.-12:15 p.m. Computer Class</b>	<b>25</b> 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)	<b>26</b> <b>10 a.m.-12 p.m. Celebration of the Accreditation of the Gretna Senior and Wellness Center</b>	<b>27</b> 9:30-10:30 a.m. Line Dancing 12:00-2:15 p.m. Bingo
<b>30</b> 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo	<b>31</b> 8:30-9:30 a.m. Garden Walk 9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Indoor/Outdoor Silver Circuit <b>12:15-1:00 p.m. Drum Circles</b>			

**Served Daily :**  
**8 9 a.m. Breakfast**  
**11:30 a.m. 12:30 p.m. Lunch**  
**(Members Only):**