

# Gretna Senior and Wellness Center Calendar of Events for August 2018

**Wellness Programs & Centers**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Served Daily :</b> 8 9 a.m. Breakfast 11:30 a.m. 12:30 p.m. Lunch (Members Only)</p>		<p>1 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)</p>	<p>2 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>3 <b>Jefferson Parish Senior Citizen Dance Gala (Alario Center)</b> 9:30-10:30 a.m. Line Dancing 12:00-2:15 p.m. Bingo</p>
<p>6 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo</p>	<p>7 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 1-2 p.m. Beanbag Baseball</p>	<p>8 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)</p>	<p>9 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>10 9:30-10:30 a.m. Line Dancing 10:35 a.m.-12:00 p.m. Presentation by JenCare 12:30-2:30 p.m. Bingo</p>
<p>13 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo</p>	<p>14 8:30-9:30 a.m. Garden Walk 9:30-10:30 a.m. Line Dancing 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</p>	<p>15 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)</p>	<p>16 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>17 9:30-10:30 a.m. Line Dancing 12:00-2:15 p.m. Bingo</p>
<p>20 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo</p>	<p>21 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 1-2 p.m. Beanbag Baseball</p>	<p>22 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)</p>	<p>23 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>24 <b>11:30 a.m.-1:30 p.m. Birthday Party (Members Only)</b></p>
<p>27 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba and Flexibility 11:15-11:35 a.m. Presentation by Bayside Healthcare Center 12-2:15 p.m. Bingo</p>	<p>28 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 12:15-1:00 p.m. Drum Circles 1-2 p.m. Beanbag Baseball</p>	<p>29 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)</p>	<p>30 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>31 9:30-10:30 a.m. Line Dancing 12:00-2:15 p.m. Bingo</p>

