

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

**Wellness Programs & Centers**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b></p> <p><b>CLOSED</b></p> <p><b>LABOR DAY</b></p>	<p><b>4</b></p> <p>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><b>5</b></p> <p>9 a.m.-1 p.m. Blood Pressure Screenings                      9:30-10:30 a.m. Line Dancing                      10:30-11:00 a.m. Presentation by LSU Nursing Students                      10:35-11:35 a.m. Yoga                      11:00 a.m.-12:45 p.m. Trolley to Grocery Store (Members Only)</p>	<p><b>6</b></p> <p>8:30-9:30 a.m. Garden Walk                      10-11 a.m. Senior Fit and Fun                      10 a.m.-12 p.m. Pickleball at Mel Ott (Members Only)                      11:05 a.m.-12:05 p.m. Zumba</p>	<p><b>7</b></p> <p>9:30-10:30 a.m. Line Dancing                      12:00-2:15 p.m. Bingo</p>
<p><b>10</b></p> <p>8:30-9:30 a.m. Garden Walk                      10-11 a.m. Zumba and Flexibility                      11:05 a.m.-12:05 p.m. Presentation by Best Life Pharmacy &amp; Restaurant                      12:30-2:30 p.m. Bingo</p>	<p><b>11</b></p> <p>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><b>PATRIOT DAY</b></p>	<p><b>12</b></p> <p>9 a.m.-1 p.m. Blood Pressure Screenings                      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)                      2:30 p.m. Early Closure</p>	<p><b>13</b></p> <p>8:30-9:30 a.m. Garden Walk                      10-11 a.m. Senior Fit and Fun                      10 a.m.-12 p.m. Pickleball at Mel Ott (Members Only)                      11:05 a.m.-12:05 p.m. Zumba</p>	<p><b>14</b></p> <p>11:30 a.m.-1:30 p.m. Birthday Brunch (Members Only)</p>
<p><b>17</b></p> <p>8:30-9:30 a.m. Garden Walk                      10-11 a.m. Zumba and Flexibility                      12-2:15 p.m. Bingo</p>	<p><b>18</b></p> <p>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><b>19</b></p> <p>9 a.m.-1 p.m. Blood Pressure Screenings                      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><b>20</b></p> <p>8:30-9:30 a.m. Garden Walk                      10-11 a.m. Senior Fit and Fun                      10 a.m.-12 p.m. Pickleball at Mel Ott (Members Only)                      11:05 a.m.-12:05 p.m. Zumba</p>	<p><b>21</b></p> <p>9:30-10:30 a.m. Line Dancing                      12:00-2:15 p.m. Bingo</p>
<p><b>24</b></p> <p>8:30-9:30 a.m. Garden Walk                      10-11 a.m. Zumba and Flexibility                      12-2:15 p.m. Bingo</p>	<p><b>25</b></p> <p>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><b>26</b></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 Grocery Store (Members Only)</p>	<p><b>27</b></p> <p>9 a.m.-1 p.m. Health Fair</p>	<p><b>28</b></p> <p>9:30-10:30 a.m. Line Dancing                      12:00-2:15 p.m. Bingo</p>