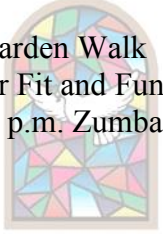



Gretna Senior and Wellness Center Calendar of Events for November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Served Daily : 8 9 a.m. Breakfast 11:30 a.m. 12:30 p.m. Lunch (Members Only)</p>			<p>8:30-9:30 a.m. Garden Walk 10-11 a.m. Senior Fit and Fun 11:05 a.m.-12:05 p.m. Zumba</p>  <p>All Saints Day</p>	<p>9:30-10:30 a.m. Line Dancing 12:00-2:15 p.m. Bingo</p>
<p>8:30-9:30 a.m. Garden Walk 9:30-10:30 a.m. Veterans Day Proclamation Celebration 12-2:15 p.m. Bingo</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>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>8:30-9:30 a.m. Garden Walk 10-11 a.m. Senior Fit and Fun 11:05 a.m.-12:05 p.m. Zumba</p>	<p>9:30-10:30 a.m. Line Dancing 10:45-11:45 a.m. Presentation: Understanding Dementia 12:30-2:30 p.m. Bingo</p>
<p>Center Closed</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>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>11:30 a.m.-1:30 p.m. Thanksgiving Celebration and Birthday Party (Members Only)</p>	<p>9:30-10:30 a.m. Line Dancing 12:00-2:15 p.m. Bingo</p>
<p>8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba and Flexibility 10:30-11:30 a.m. Computer Assistance 12-2:15 p.m. Bingo</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>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>Center Closed</p>  <p>Thanksgiving</p>	<p>Center Closed</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>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>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>8:30-9:30 a.m. Garden Walk 10-11 a.m. Senior Fit and Fun 11:05 a.m.-12:05 p.m. Zumba</p>	<p>9:30 a.m.-1:00 p.m. 4th Annual Fall Fest</p>