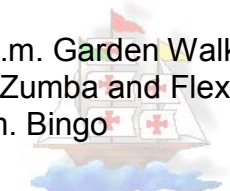


Gretna Senior and Wellness Center Calendar of Events for October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo	2 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	3 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)	4 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	5 9:30-10:30 a.m. Line Dancing 12:00-2:15 p.m. Bingo
8 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo  Columbus Day	9 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	10 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)	11 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	12 9:30-10:30 a.m. Line Dancing 12:00-2:15 p.m. Bingo
15 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo	16 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	17 9 a.m.-1 p.m. Blood Pressure Screenings 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)	18 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	19 9:30-10:30 a.m. Line Dancing 12:00-2:15 p.m. Bingo
22 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo	23 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	24 9 a.m.-1 p.m. Blood Pressure Screenings 9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Yoga 10:45 a.m.-12:30 p.m. Lunch Outing to Café Hope (Members Only)	25 8:30-9:30 a.m. Garden Walk 10-11 a.m. Senior Fit and Fun 11:00 a.m.-12:45 p.m. Trolley to Grocery Store (Members Only) 11:05 a.m.-12:05 p.m. Zumba	26 11:30 a.m.-1:00 p.m. Birthday Party (Members Only)
29 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo	30 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	31 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) Halloween		

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

