



# Gretna Senior and Wellness Center Calendar of Events for January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>  <b>CLOSED</b> New Year's Day	<b>2</b> 10:35-11:35 a.m. Yoga 11:00 a.m.-12:45 p.m. Trolley to Grocery Store (Members Only)	<b>3</b> 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	<b>4</b> 9:30-10:30 a.m. Line Dancing 12:00-2:15 p.m. Bingo
<b>7</b> 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba and Flexibility <b>11:30 a.m.-1:00 p.m. Bingo</b> <b>2 p.m. Early Closure</b>	<b>8</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 1-2 p.m. Beanbag Baseball	<b>9</b> 9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Yoga <b>11 a.m.-2 p.m. Lunch Outing to Piccadilly And Dollar Tree (Members Only)</b>	<b>10</b> 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	<b>11</b> 9:30-10:30 a.m. Line Dancing <b>10:45 a.m.-11:45 a.m. Presentation: Glaucoma/Visual Awareness</b> <b>12:30-2:30 p.m. Bingo</b>
<b>14</b> 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo	<b>15</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 1-2 p.m. Beanbag Baseball	<b>16</b> <b>9 a.m.-1 p.m. Blood Pressure Screenings</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>17</b> 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	<b>18</b> 9:30-10:30 a.m. Line Dancing 12:00-2:15 p.m. Bingo
<b>21</b>  <b>CLOSED</b>  <b>Martin Luther King Jr. Day</b>	<b>22</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 1-2 p.m. Beanbag Baseball	<b>23</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>24</b> 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	<b>25</b> <b>11:30 a.m.-1:30 p.m. Birthday Party (Members Only)</b>
<b>28</b> 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo	<b>29</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 1-2 p.m. Beanbag Baseball	<b>30</b> <b>9 a.m.-1 p.m. Blood Pressure Screenings</b> 9:30-10:30 a.m. Line Dancing <b>10:30 a.m.-11:00 a.m. Presentation by LSU Nursing Students</b> 10:35-11:35 a.m. Yoga 11:00 a.m.-12:45 p.m. Trolley to Grocery Store (Members Only)	<b>31</b> 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	<b>Served Daily:</b> <b>8 9 a.m. Breakfast</b> <b>11:30 a.m. 12:30 p.m. Lunch</b> <b>(Members Only)</b>