



Gretna Senior and Wellness Center Calendar of Events for February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:30-10:30 a.m. Line Dancing 12:00-2:15 p.m. Bingo
4 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo	5 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	6 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.-1:30 p.m. Lunch Outing to Gattuso's (Members Only)	7 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 12 p.m.-1 p.m. Book Club Launch Discussion	8 9:30-10:30 a.m. Line Dancing 12:00-2:15 p.m. Bingo
11 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba and Flexibility 11:15 a.m.-12:00 p.m. "Overcoming Depression" 12:30-2:30 p.m. Bingo	12 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 *Please call to register. 10:35-11:35 a.m. Indoor/Outdoor Silver Circuit 1-2 p.m. Beanbag Baseball	13 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)	14 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 Valentine's Day	15 11 a.m.-1 p.m. Mardi Gras/Birthday Party (Members Only)
18 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba and Flexibility 11:15 a.m.-12:15 p.m. "Winter Veggies" 12:30-2:30 p.m. Bingo Presidents Day	19 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	20 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 *Please call to register. 10:35-11:35 a.m. Yoga 11:00 a.m.-12:45 p.m. Trolley to Grocery Store (Members Only)	21 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	22 9:30-10:30 a.m. Line Dancing 12:00-2:15 p.m. Bingo
25 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo	26 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	27 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)	28 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	Served Daily: 8 9 a.m. Breakfast 11:30 a.m. 12:30 p.m. Lunch (Members Only)

