

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:30-9:30 a.m. Garden Walk  <b>9:30-10:30 a.m. Zumba and Flexibility</b>            10:45-11:45 a.m. "Benefits of a Plant-Based Diet"  <b>12:30-2:30 p.m. Bingo</b></p> <p><b>APRIL FOOLS DAY</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>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  <b>11:00 a.m.-12:45 p.m. Trolley to Grocery Store (Members Only)</b></p>	<p>8:30-9:30 a.m. Garden Walk            9-10 a.m. Coffee and Games            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            12:00-2:15 p.m. Bingo</p>
<p>8:30-9:30 a.m. Garden Walk            9-10 a.m. Coffee and Games            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  <b>10:30-11:30 a.m. Pro Bono Project</b>  <i>*Please call to register.</i>            10:35-11:35 a.m. Indoor/Outdoor Silver Circuit  <b>11:45 a.m.-12:45 p.m. Chair Volleyball</b>            1-2 p.m. Beanbag Baseball</p>	<p><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  <b>11:00 a.m.-12:45 p.m. Trolley to Grocery Store (Members Only)</b>  <b>12:30-1:30 p.m. Focus Group</b></p>	<p>8:30-9:30 a.m. Garden Walk            9-10 a.m. Coffee and Games            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  <b>10:45-11:45 a.m. "Advantages of Medicare Advantage"</b>  <b>12:30-2:30 p.m. Bingo</b></p>
<p>8:30-9:30 a.m. Garden Walk            9-10 a.m. Coffee and Games            10-11 a.m. Zumba and Flexibility            12-2:15 p.m. Bingo</p> <p><b>FEDERAL TAX DAY</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>9:30-10:30 a.m. Line Dancing            10:35-11:35 a.m. Yoga  <b>11:00 a.m.-12:45 p.m. Trolley to Grocery Store (Members Only)</b></p>	<p>8:30-9:30 a.m. Garden Walk            9-10 a.m. Coffee and Games            10-11 a.m. Senior Fit and Fun            11:05 a.m.-12:05 p.m. Zumba  <b>12:15-1:30 p.m. Craft: "Message in a Bottle"</b></p>	<p><b>Center Closed</b></p> <p><b>GOOD FRIDAY</b>  <b>PASSOVER BEGINS (SUNDOWN)</b></p>
<p>8:30-9:30 a.m. Garden Walk            9-10 a.m. Coffee and Games            10-11 a.m. Zumba and Flexibility            12-2:15 p.m. Bingo</p> <p><b>EARTH DAY</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>9:30-10:30 a.m. Line Dancing            10:35-11:35 a.m. Yoga  <b>11:00 a.m.-12:45 p.m. Trolley to Grocery Store (Members Only)</b>  <b>11:45 a.m.-12:45 p.m. Computer Class</b></p>	<p>8:30-9:30 a.m. Garden Walk            9-10 a.m. Coffee and Games            10-11 a.m. Senior Fit and Fun            11:05 a.m.-12:05 p.m. Zumba  <b>12:15-1:15 p.m. "Emotional Wellness"</b></p>	<p><b>11 a.m.-1 p.m. Birthday Party (Members Only)</b></p> <p><b>NATIONAL ARBOR DAY</b></p>
<p>8:30-9:30 a.m. Garden Walk            9-10 a.m. Coffee and Games            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  <b>12:15-1:00 p.m. Drum Circles</b>            1-2 p.m. Beanbag Baseball</p>	<p><b>Served Daily:</b>  <b>8 9 a.m. Breakfast</b>  <b>11:30 a.m. 12:30 p.m. Lunch (Members Only)</b></p>		