

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Served Daily :</b> 8 9 a.m. Breakfast 11:30 a.m. 12:30 p.m. Lunch (Members Only)</p>		<p>1 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>2 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 12-1 p.m. 75<sup>th</sup> Anniversary of D-Day Electronic Field Trip</p>	<p>3 9:30-10:30 a.m. Line Dancing 12:00-2:15 p.m. Bingo</p>
<p>6 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>7 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>8 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>9 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 12:15-1:45 p.m. Online Banking Course</p>	<p>10 9:30-10:30 a.m. Line Dancing 10:45-11:15 a.m. "Arthritis and Joint Replacements" 12:00-2:15 p.m. Bingo</p>
<p>13 8:30-9:30 a.m. Garden Walk 9-10 a.m. Coffee and Games 10-11 a.m. Zumba and Flexibility 10:30-11:15 a.m. Art Class With Mr. Chester 12-2:15 p.m. Bingo</p>	<p>14 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</p>	<p>15 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)</p>	<p>16 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 12:15-1:45 p.m. Online Banking Course</p>	<p>17 9:30-10:30 a.m. Line Dancing 10:40-11:40 a.m. Tai Chi 12:00-2:15 p.m. Bingo</p>
<p>20 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>21 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>22 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>23 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 12:15-1:15 p.m. "Balance and Fall Prevention"</p>	<p>24 12-3 p.m. 5<sup>th</sup> Annual Luau and Birthday Party (Members Only)</p>
<p>27  <b>Closed</b> Memorial Day</p>	<p>28 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>29 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)</p>	<p>30 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>31 9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Intro to iPhones and iPads 12:00-2:15 p.m. Bingo</p>

