

Gretna Senior and Wellness Center Calendar of Events for June 2019

Wellness Programs & Centers

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</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>4</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 11:45 a.m.-12:45 p.m. Chair Volleyball 1-2 p.m. Beanbag Baseball</p>	<p>5</p> <p>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>6</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>D-Day, World War II</p>	<p>7</p> <p>9:30-10:30 a.m. Line Dancing 12:00-2:15 p.m. Bingo</p>
<p>10</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>11</p> <p>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 <i>*Please call to register.</i> 10:35-11:35 a.m. Indoor/Outdoor Silver Circuit 12-1 p.m. Beanbag Baseball</p>	<p>12</p> <p>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>13</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>14</p> <p>8:30 a.m.-1:30 p.m. Outing to the Jefferson Parish Senior Expo (Members Only for Trolley) 9:30-10:30 a.m. Line Dancing 12:00-2:15 p.m. Bingo</p> <p>Flag Day</p>
<p>17</p> <p>8:30-9:30 a.m. Garden Walk 9-10 a.m. Coffee and Games 10-11 a.m. Zumba and Flexibility 11:15 a.m.-12:15 p.m. "High Blood Pressure Awareness" 12:30-2:30 p.m. Bingo</p>	<p>18</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 12-1 p.m. Beanbag Baseball</p>	<p>19</p> <p>9:30-10:30 a.m. Line Dancing 10:30 a.m.-12:00 p.m. Hearing Screenings <i>*Please call to register.</i> 10:35-11:35 a.m. Yoga 11:00 a.m.-12:45 p.m. Trolley to Grocery Store (Members Only)</p>	<p>20</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 12:15-1:15 p.m. "Healthy Ways to Manage and Reduce Stress"</p>	<p>21</p> <p>11 a.m.-1 p.m. Birthday Party (Members Only)</p> <p>First Day of Summer</p>
<p>24</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>25</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 11:30 a.m. Taco Tuesday Fundraiser 12:15-1:00 p.m. Drum Circles 1-2 p.m. Beanbag Baseball</p>	<p>26</p> <p>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>27</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 10:30 a.m.-1:00 p.m. Lunch Outing to Nine Roses (Members Only) 11:05 a.m.-12:05 p.m. Zumba</p>	<p>28</p> <p>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>

