


Gretna Senior and Wellness Center Calendar of Events for September 2019

Wellness Programs & Centers

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>CLOSED</p> <p>LABOR DAY</p>	<p>2 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>3 9 a.m.-1 p.m. Blood Pressure Screenings 9:30-10:30 a.m. Line Dancing 10:30-11:00 a.m. Presentation by LSU Nursing Students 10:35-11:35 a.m. Yoga 11:00 a.m.-12:45 p.m. Trolley to Grocery Store (Members Only)</p>	<p>4 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>5 9:30-10:30 a.m. Line Dancing 12-2:15 p.m. Bingo</p>
<p>9 8:30-9:30 a.m. Garden Walk 9-10 a.m. Coffee and Games 10-11 a.m. Zumba and Flexibility 10:45-11:45 a.m. "Back Pain" 12:30-2:30 p.m. Bingo</p>	<p>10 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 11:45 a.m.-12:45 p.m. "What You Should Know About Dementia" 1-2 p.m. Chair Volleyball</p>	<p>11 9 a.m.-1 p.m. Blood Pressure Screening 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>Patriot Day</p>	<p>12 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>13 11:00 a.m.-1:00 p.m. New Orleans Saints Themed Birthday Party (Members Only)</p>
<p>16 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>17 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. Tai Chi 1-2 p.m. Beanbag Baseball</p>	<p>18 9 a.m.-1 p.m. Blood Pressure Screening 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>19 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>20 9:30-10:30 a.m. Line Dancing 10:35 a.m.-12:00 p.m. Computer Class 12-2:15 p.m. Bingo</p>
<p>5-Year Anniversary of The Gretna Senior and Wellness Center</p> <p>23 8:30-9:30 a.m. Garden Walk 9-10 a.m. Tai Chi 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo</p>	<p>24 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. Chair Volleyball</p>	<p>25 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>26 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>27 10 a.m.-2 p.m. Health Fair</p>
<p>30 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>				