December 2019

Gretna Senior and Wellness Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	**2** 8:30-9:30 a.m. Conversational Spanish Class 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo	**3** 8:30-9:30 a.m. Conversational Spanish Class 9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Indoor/Outdoor Silver Circuit 12-1 p.m. Beanbag Baseball	**4** 8:30-9:30 a.m. Conversational Spanish Class 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)	**5** 8:30-9:30 a.m. Conversational Spanish Class 10-11 a.m. Senior Fit and Fun 11:05 a.m.-12:05 p.m. Zumba	**6** 8:30-9:30 a.m. Conversational Spanish Class 10-11 a.m. Senior Fit and Fun 11:05 a.m.-12:05 p.m. Zumba	**7**
8	**9** 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo	**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 10:35-11:35 a.m. Indoor/Outdoor Silver Circuit 12:15-1:00 p.m. Drum Circles 1-2 p.m. Chair Volleyball	**11** 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) 1-2 p.m. JCOA Presentation: MIPPA	**12** 8:30-9:30 a.m. Garden Walk 10-11 a.m. Senior Fit and Fun 10 a.m.-1:30 p.m. Outing: Holiday Shopping at Oakwood Mall & IHOP (Members Only) 11:05 a.m.-12:05 p.m. Zumba	**13** **11 a.m.-1 p.m. Holiday/Birthday Party (Members Only)**	**14**
15	**16** 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo	**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 11:30 a.m.-2:00 p.m. New Orleans Senior Christmas Shindig: Pontchartrain Center (Members Only for Trolley)	**18** 9:30-10:30 a.m. Line Dancing 10:30 a.m.-12:00 p.m. Hearing Screenings 10:35-11:35 a.m. Yoga 11:00 a.m.-12:45 p.m. Trolley to Grocery Store (Members Only)	**19** 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 11:30 a.m.-12:45 p.m. Gift Wrap Social	**20** 9:30-10:30 a.m. Line Dancing 10:45-11:45 a.m. Presentation by Belle Vie: Diabetes & Foot Care 12:30-2:30 p.m. Bingo	**21** Winter Begins
22	**23** 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo First Day of Hanukkah	**24** Center Closed	**25** Center Closed Christmas	**26** 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 Kwanzaa Begins	**27** 9:30-10:30 a.m. Line Dancing 12-2:15 p.m. Bingo	**28** **RED**: Changes in the schedule **ORANGE**: Art and crafts **BLUE**: Educational **PINK**: Parties and events **PURPLE**: Music Therapy classes **GREEN**: Field Trips **BROWN**: Trolley
29	**30** 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo	**31** Center Closed New Year's Eve				