

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo	2 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo	3 8:30-9:30 a.m. <i>Walking With Ease</i> 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	4 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. <i>Walking With Ease</i> Garden Walk 10-11 a.m. Senior Fit and Fun 11:05 a.m.-12:05 p.m. Zumba	6 9:30-10:30 a.m. Line Dancing 12-2:15 p.m. Bingo	7
8 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo Daylight Saving Time Begins	9 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo Purim Begins	10 8:30-9:30 a.m. <i>Walking With Ease</i> 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 12-1 p.m. Beanbag Baseball	11 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) 12-2 p.m. Paint Party with Jen Care	12 8:30-9:30 a.m. <i>Walking With Ease</i> Garden Walk 10-11 a.m. Senior Fit and Fun 11:05 a.m.-12:05 p.m. Zumba	13 9:30-10:30 a.m. Line Dancing 12-2 p.m. Birthday Party (Members Only)	14
15 8:30-9:30 a.m. Conversational Spanish Class 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo	16 8:30-9:30 a.m. Conversational Spanish Class 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo	17 8:30-9:30 a.m. <i>Walking With Ease</i> Garden Walk 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 St. Patrick's Day	18 8:30-9:30 a.m. Conversational Spanish Class 9 a.m.-1 p.m. Blood Pressure Screenings 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. <i>Walking With Ease</i> Garden Walk 8:30-9:30 a.m. Conversational Spanish Class 10-11 a.m. Senior Fit and Fun 11 a.m.-1:30 p.m. Lunch Outing: New Orleans Food And Spirits (Members Only) *Pick-up at 10:30 a.m. Spring Begins	20 8:30-9:30 a.m. Conversational Spanish Class 9:30-10:30 a.m. Line Dancing 12 p.m. Early Closure	21
22 9-11 a.m. Community Listening Session: Justice for All 12-2:15 p.m. Bingo	23 8:30-9:30 a.m. <i>Walking With Ease</i> 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 p.m.-2 p.m. Beanbag Baseball	24 8:30-9:30 a.m. <i>Walking With Ease</i> Garden Walk 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 12-1 p.m. Blackout Bingo: Senior Medicare Patrol 11:00 a.m.-12:45 p.m. Trolley to Grocery Store (Members Only)	25 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 12-1 p.m. Blackout Bingo: Senior Medicare Patrol 11:00 a.m.-12:45 p.m. Trolley to Grocery Store (Members Only)	26 8:30-9:30 a.m. <i>Walking With Ease</i> Garden Walk 10-11 a.m. Senior Fit and Fun 11:05 a.m.-12:05 p.m. Zumba	27 9:30-10:30 a.m. Line Dancing 10:40 a.m.-12:00 p.m. Tech Q&A With Paige, Peoples Health 12-2:15 p.m. Bingo	28
29 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo	30 8 a.m.-1:30 p.m. Jefferson Parish Senior Expo (Members Only) (Pontchartrain Center) *Pick-up at 7 a.m. 9:30-10:30 a.m. Line Dancing 12-1 p.m. Beanbag Baseball	31	<h1>March 2020</h1> <h2>Gretna Senior and Wellness Center</h2>			