

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Seniors must sign up for fitness, Art and Music Therapy classes by calling the center directly. Seniors must register online for all virtual wellness events at www.peopleshealth.com</p> <p>Masks and being socially distant are required if you are NOT fully vaccinated.</p>	<p>9:30-10 a.m. breakfast snack</p> <p>10-11 a.m. Indoor/Outdoor Circuit</p> <p>10:30-11 a.m. Garden Walk</p> <p>11-11:30 a.m. Lunch</p> <p>11:30-12:15 p.m. "I Remember When" Social Hour</p>	<p>9:30-10 a.m. breakfast snack</p> <p>10:30-11 a.m. Garden Walk</p> <p>11-11:30 a.m. Lunch</p> <p>12:15-1:15 p.m. Bean Bag Baseball</p>	<p>9:30-10 a.m. breakfast snack</p> <p>10-11 a.m. Zumba</p> <p>10:30-11 a.m. Garden Walk</p> <p>10 a.m.-12 p.m. Trolley Trip</p> <p>11-11:30 a.m. Lunch</p>	<p>9:30-10 a.m. breakfast snack</p> <p>10-11 a.m. Senior Fit and Fun</p> <p>10:30-11 a.m. Garden Walk</p> <p>11-11:30 a.m. Lunch</p>	<p>9:30-10 a.m. breakfast snack</p> <p>10-11 a.m. Zumba with Lisette</p> <p>10:30-11 a.m. Garden Walk</p> <p>11-11:30 a.m. Lunch</p> <p>11:45 a.m.-12:15 p.m. Senior Medicare Patrol</p> <p>12:30-2:30 p.m. Bingo</p>	
	<p>9:30-10 a.m. breakfast snack</p> <p>10-11 a.m. Indoor/Outdoor Circuit</p> <p>10:30-11 a.m. Garden Walk</p> <p>11-11:30 a.m. Lunch</p>	<p>9:30-10 a.m. breakfast snack</p> <p>10:30-11 a.m. Garden Walk</p> <p>10-11 a.m. Pro Bono Project</p> <p>11-11:30 a.m. Lunch</p> <p>12:15-1:15 p.m. Bean Bag Baseball</p>	<p>9:30-10 a.m. breakfast snack</p> <p>10-11 a.m. Zumba</p> <p>10:30-11 a.m. Garden Walk</p> <p>10 a.m.-12 p.m. Trolley Trip</p> <p>11-11:30 a.m. Lunch</p>	<p>9:30-10 a.m. breakfast snack</p> <p>10-11 a.m. Senior Fit and Fun</p> <p>10:30-11 a.m. Garden Walk</p> <p>11-11:30 a.m. Lunch</p> <p>11:30 a.m.-12:30 p.m. Conversational Spanish</p>	<p>9:30-10 a.m. breakfast snack</p> <p>10-11 a.m. Zumba with Lisette</p> <p>10:30-11 a.m. Garden Walk</p> <p>11:15-11:45 a.m. Lincoln Heritage Life Insurance</p> <p>11-11:30 a.m. Lunch</p> <p>12:30-2:30 p.m. Bingo</p>	<p>RED: Change in schedule</p> <p>BLUE: Educational</p> <p>PURPLE: Music Therapy</p> <p>GREEN: Trolley</p> <p>ORANGE: Arts and Crafts</p> <p>PINK: New Activity</p>
	<p>9:30-10 a.m. breakfast snack</p> <p>10-11 a.m. Indoor/Outdoor Circuit</p> <p>10:30-11 a.m. Garden Walk</p> <p>11-11:30 a.m. Lunch</p> <p>11:30 a.m.-12:30 p.m. Tai Chi</p>	<p>9:30-10 a.m. breakfast snack</p> <p>10:30-11 a.m. Garden Walk</p> <p>11-11:30 a.m. Lunch</p> <p>11:15 -11:45 a.m. Heart of Hospice Advance Care Planning</p> <p>12:15-1:15 p.m. Bean Bag Baseball</p>	<p>9:30-10 a.m. breakfast snack</p> <p>10-11 a.m. Zumba</p> <p>10:30-11 a.m. Garden Walk</p> <p>10 a.m.-12 p.m. Trolley Trip</p> <p>11-11:30 a.m. Lunch</p> <p>11:30 a.m.-12:15 p.m. Virtual Event: Music Therapy Register at: https://peopleshealth.com/music-therapy</p>	<p>9:30-10 a.m. breakfast snack</p> <p>10-11 a.m. Senior Fit and Fun</p> <p>10:30-11 a.m. Garden Walk</p> <p>11-11:30 a.m. Lunch</p>	<p>9:30-10 a.m. breakfast snack</p> <p>10-11 a.m. Zumba with Lisette</p> <p>10:30-11 a.m. Garden Walk</p> <p>11-11:30 a.m. Lunch</p> <p>11:30 a.m.-12:30 p.m. Art Class</p> <p>12:30-2:30 p.m. Bingo</p>	
	<p>9:30-10 a.m. breakfast snack</p> <p>10-11 a.m. Indoor/Outdoor Circuit</p> <p>10:30-11 a.m. Garden Walk</p> <p>11-11:30 a.m. Lunch</p> <p>11:30 a.m.-12:30 p.m. Tai Chi</p>	<p>9:30-10 a.m. breakfast snack</p> <p>10:30-11 a.m. Garden Walk</p> <p>11-11:30 a.m. Lunch</p> <p>12:15-1:15 p.m. Bean Bag Baseball</p>	<p>9:30-10 a.m. breakfast snack</p> <p>10-11 a.m. Zumba</p> <p>10:30-11 a.m. Garden Walk</p> <p>10 a.m.-12 p.m. Trolley Trip</p> <p>11-11:30 a.m. Lunch</p> <p>11 a.m.-12 p.m. How to Prevent Falls Presentation with Peoples Health</p>	<p>9:30-10 a.m. breakfast snack</p> <p>10-11 a.m. Senior Fit and Fun</p> <p>10:30-11 a.m. Garden Walk</p> <p>11-11:30 a.m. Lunch</p> <p>11:30 a.m.-12:30 p.m. Conversational Spanish</p>	<p>9:30-10 a.m. breakfast snack</p> <p>10-11 a.m. Zumba with Lisette</p> <p>10:30-11 a.m. Garden Walk</p> <p>11-11:30 a.m. Lunch</p> <p>11:45-12:15 p.m. Wolfe Pharmacy</p> <p>12:30-2:30 p.m. Bingo</p>	
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August 2021

GRETNA SENIOR AND WELLNESS CENTER

