

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2022

Gretna Senior and Wellness Center

										1 New Year's Day		
Served Daily: Breakfast 8 a.m.-8:30 a.m. Lunch (Members Only) 11:30 a.m.-12:00 p.m.		2 9:30-10:25 a.m. Senior Circuit (limited to 10. Please call to register.) 10:30-11:30 a.m. Beginner Line Dancing (limited to 10. Please call to register.) 11:45 a.m.-12:45 p.m. Beanbag Baseball (limited to 10. Please call to register.)	3 9:30-10:30 a.m. Stretch and Flexibility (limited to 10. Please call to register.) 12-2 p.m. Bingo (limited to 10. Please call to register.)	4 10-11 a.m. Zumba (limited to 10. Please call to register.)	5 10-11 a.m. Senior Fit and Fun (limited to 10. Please call to register.)	6 10-11 a.m. Line Dancing (limited to 10. Please call to register.)	7	8	9	10	11	
9	10	11	12	13	14	15	16	17	18	19		
9:30-10:25 a.m. Senior Circuit (limited to 10. Please call to register.) 10:30-11:30 a.m. Beginner Line Dancing (limited to 10. Please call to register.) 11:45 a.m.-12:45 p.m. Beanbag Baseball (limited to 10. Please call to register.)	9:30-10:30 a.m. Stretch and Flexibility (limited to 10. Please call to register.) 10-11 a.m. Pro Bono Legal Assistance (Please register in advance.) 12-2 p.m. Bingo (limited to 10. Please call to register.)	10-11 a.m. Zumba (limited to 10. Please call to register.)	10-11 a.m. Senior Fit and Fun (limited to 10. Please call to register.)	11:30 a.m.-12:15 p.m. Drum Circles with Carly (limited to 5. Please call to register.)	11:45 a.m.-12:45 p.m. Chair Volleyball (limited to 10. Please call to register.)	10-11 a.m. Line Dancing (limited to 10. Please call to register.)	CENTER CLOSED Martin Luther King Jr. Day		9 a.m.- 10:30 a.m. Fall Prevention Workshop with Rehab Access Physical Therapy (limited to 10. Please call to register.) 12-2 p.m. Bingo (limited to 10. Please call to register.)	10-11 a.m. Zumba (limited to 10. Please call to register.)	10-11 a.m. Senior Fit and Fun (limited to 10. Please call to register.)	10-11 a.m. Line Dancing (limited to 10. Please call to register.)
23	24	25	26	27	28	29	30	31				
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