

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# September 2022

Gretna Senior and Wellness Center

	1	2	3
	9:15 – 10:15 a.m. Senior Fit & Fun 10:15 – 11:15 a.m. Senior Stretch and Flexibility	10 – 11 a.m. Line Dancing	
4	5	6	7
Labor Day Holiday Center Closed  Labor Day	9:15 – 10:10 a.m. Senior Circuit  11:45 a.m. - 1 p.m. BINGO	10 – 11 a.m. Senior Dance & Mobility  11 – 12 a.m. Hat Box Paper Craft	9:15 – 10:15 a.m. Senior Fit & Fun 10:15 – 11:15 a.m. Senior Stretch and Flexibility
8	9	10	
9:15 – 10:15 a.m. Senior Fit & Fun 10:15 – 11:15 a.m. Senior Stretch and Flexibility	10 – 11 a.m. Line Dancing 11 – 12 a.m. Saints Black & Gold Day - \$1 Nachos		
11	12	13	14
10 -11 a.m. Line dancing 11:45 a.m. - 12:45 p.m. Bean Bag Baseball  Grandparents Day	9:15 -10:10 a.m. Senior Circuit 11:45 a.m. - 1p.m. BINGO 10:30 – 11:30 a.m. Pro Bono	10 – 11 a.m. Senior Dance & Mobility	9:15 – 10:15 a.m. Senior Fit & Fun 10:15 – 11:15 a.m. Senior Stretch and Flexibility
15	16	17	
9:15 – 10:15 a.m. Senior Fit & Fun 10:15 – 11:15 a.m. Senior Stretch and Flexibility  Autumn Begins	10 – 11 a.m. Line Dancing 11 – 11:30 a.m. German American Museum presentation		Oktoberfest Begins
18	19	20	21
10 -11 a.m. Line dancing 11:45 a.m. - 12:45 p.m. Bean Bag Baseball	9:15 – 10:10 a.m. Senior Circuit 11:45 a.m. - 1p.m. BINGO	10 – 11 a.m. Senior Dance & Mobility 11 – 12 a.m. Fall Treat Bag Paper Craft	9:15 – 10:15 a.m. Senior Fit & Fun 10:15 – 11:15 a.m. Senior Stretch and Flexibility
22	23	24	
9:15 – 10:15 a.m. Senior Fit & Fun 10:15 – 11:15 a.m. Senior Stretch and Flexibility	10 – 11 a.m. Line Dancing 11:30 a.m. – 1:30 p.m. September Birthday Party. Saints themed (members only)		
25	26	27	28
10 -11 a.m. Line dancing 11:45 a.m. - 12:45 p.m. Bean Bag Baseball  Rosh Hashanah Begins	9:15 – 10:10 a.m. Senior Circuit 11:45 a.m. - 1p.m. BINGO	10 – 11 a.m. Senior Dance & Mobility	9:15 – 10:15 a.m. Senior Fit & Fun 10:15 – 11:15 a.m. Senior Stretch and Flexibility
29	30		
9:15 – 10:15 a.m. Senior Fit & Fun 10:15 – 11:15 a.m. Senior Stretch and Flexibility	9 -12 a.m. Annual Health Fair sponsored by Peoples Health		

**PEOPLES HEALTH**  
A UnitedHealthcare Company

**JEFFERSON COUNCIL ON AGING**

**CITY OF GRETNA**  
LOUISIANA