






Sunday Monday Tuesday Wednesday Thursday Friday Saturday

1 New Year's Day	2 Center Closed	3 9:15 – 10:15 a.m. Senior Circuit 10:30 – 11 :30 a.m. Bean Bag Baseball 10:30 – 12:30 p.m. “Hear Now” – Hearing tests	4 10 – 11a.m. Senior Dance & Mobility 12:00-1:00 p.m. Zumba Gold 11:00 – 12:00 a.m. Snowflake Tea Light paper craft	5 9:15 – 10:15 a.m. Senior Fit & Fun 10:15 – 11:15 a.m. Senior Stretch and Flexibility	6 10 – 11a.m. Line Dancing	7
8 	9 10 -11 a.m. Line Dancing 11:45 a.m. – 12:45 p.m. Bean Bag Baseball	10 9:15 – 10:15 a.m. Senior Circuit 10:30 – 11 :30 a.m. Bean Bag Baseball 10:30 – 11:30 a.m. ProBono	11 10 – 11a.m. Senior Dance & Mobility 12:00-1:00 p.m. Zumba Gold	12 9:15 – 10:15 a.m. Senior Fit & Fun 10:15 – 11:15 a.m. Senior Stretch and Flexibility	13 10 – 11a.m. Line Dancing 11 – 12 a.m. Pasta Salad Cooking Demonstration	14
15 	16 Center Closed Martin Luther King Jr. Day	17 9:15 – 10:15 a.m. Senior Circuit 10:30 – 11 :30 a.m. Bean Bag Baseball	18 10 – 11a.m. Senior Dance & Mobility 12:00-1:00 p.m. Zumba Gold 11:00 – 12:00 a.m. Mardi Gras Crown paper craft	19 9:15 – 10:15 a.m. Senior Fit & Fun 10:15 – 11:15 a.m. Senior Stretch and Flexibility	20 10 – 11a.m. Line Dancing	21 10 a.m. – 12 p.m. JCOA Annual meeting (members only; limited spaces; must sign up with Tamy) The Four Columns 3711 Westbank Expressway Harvey, LA 70058
22 	23 10 -11 a.m. Line Dancing 11:45 a.m. - 12:45 p.m. Bean Bag Baseball Activity Professionals Week	24 9:15 – 10:15 a.m. Senior Circuit 10:30 – 11 :30 a.m. Bean Bag Baseball	25 10 – 11a.m. Senior Dance & Mobility 12:00-1:00 p.m. Zumba Gold	26 9:15 – 10:15 a.m. Senior Fit & Fun 10:15 – 11:15 a.m. Senior Stretch and Flexibility Australia Day (observed)	27 10 – 11a.m. Line Dancing 10:30 – 12:30 p.m. January Birthday Party. (Members Only)	28
29	30 10 -11 a.m. Line Dancing 11:45 a.m. - 12:45 p.m. Bean Bag Baseball	31 9:15 – 10:15 a.m. Senior Circuit 10:30 – 11 :30 a.m. Bean Bag Baseball	<h1>January 2023</h1> <p>Gretna Senior and Wellness Center</p>			