

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> <div>June 2023</div> <div>Gretna Senior and Wellness Center</div> </div>				<div> <div>1</div> <div>9:15 – 10:15 a.m. Senior Fit & Fun</div> <div>10:15 – 11:15 a.m. Senior Stretch and Flexibility</div> </div>	<div> <div>2</div> <div>10 – 11a.m. Line Dancing</div> </div>	<div> <div>3</div> </div>
<div> <div>4</div> <div>10 -11 a.m. Senior Dance</div> <div>11:00 – 11:30 AARP SMART DRIVER TEK Workshop</div> <div>11:15a.m. – 12:15 p.m. Bean Bag Baseball</div> </div>	<div> <div>5</div> <div>9:15 – 10:15 a.m. Senior Circuit</div> <div>10:30 – 11 :30 a.m. Bean Bag Baseball</div> <div>10:30 a.m. – 12:30 p.m. Hear Now – Hearing tests</div> </div>	<div> <div>6</div> <div>10 – 11a.m. Senior Dance & Mobility</div> <div>11:30 a.m.-12:30 p.m. Zumba Gold</div> <div>9:30 a.m. – Trolley to Grocery Store</div> </div>	<div> <div>7</div> <div>10 – 11a.m. Senior Dance & Mobility</div> <div>11:30 a.m.-12:30 p.m. Zumba Gold</div> <div>9:30 a.m. – Trolley to Grocery Store</div> </div>	<div> <div>8</div> <div>9:15 – 10:15 a.m. Senior Fit & Fun</div> <div>10:15 – 11:15 a.m. Senior Stretch and Flexibility</div> <div>11:30 a.m.– 12:30 p.m. Note Pad - Paper Craft</div> </div>	<div> <div>9</div> <div>10 – 11a.m. Line Dancing</div> <div>11:15 a.m.– 12:15 p.m. “Added Sugar is Not So Sweet” – AHA presentation</div> </div>	<div> <div>10</div> <div>  </div> </div>
<div> <div>11</div> <div>10 -11 a.m. Senior Dance</div> <div>11:15a.m. – 12:15 p.m. Bean Bag Baseball</div> </div>	<div> <div>12</div> <div>9:15 – 10:15 a.m. Senior Circuit</div> <div>10:30 – 11 :30 a.m. Bean Bag Baseball</div> <div>10:30 – 11:30 a.m. Pro Bono Consultations</div> </div>	<div> <div>13</div> <div>10 – 11a.m. Senior Dance & Mobility</div> <div>11:30 a.m.-12:30 p.m. Zumba Gold</div> <div>9:30 a.m. – Trolley to Grocery Store</div> <div>Flag Day (US)</div> </div>	<div> <div>14</div> <div>9:00 a.m. Dads and Donuts</div> <div>9:15 – 10:15 a.m. Senior Fit & Fun</div> <div>10:15 – 11:15 a.m. Senior Stretch and Flexibility</div> <div>11:30 a.m. – 12:30 p.m. Daffodil Tea light - Paper Craft</div> </div>	<div> <div>15</div> <div>10 – 11a.m. Line Dancing</div> </div>	<div> <div>16</div> <div>  </div> </div>	<div> <div>17</div> </div>
<div> <div>18</div> <div>Father's Day</div> </div>	<div> <div>19</div> <div> <div>CENTER CLOSED</div> <div>Juneteenth</div> </div> </div>	<div> <div>20</div> <div>9:15 – 10:15 a.m. Senior Circuit</div> <div>10:30 – 11 :00 a.m. Bean Bag Baseball</div> <div>11:00 a.m. – 12:00 p.m. – Tandem Clinical Research presentation</div> </div>	<div> <div>21</div> <div>10 – 11a.m. Senior Dance & Mobility</div> <div>11:30 a.m.-12:30 p.m. Zumba Gold</div> <div>9:30 a.m. – Trolley to Grocery Store</div> <div>Summer Begins</div> </div>	<div> <div>22</div> <div>9:15 – 10:15 a.m. Senior Fit & Fun</div> <div>10:15 – 11:15 a.m. Senior Stretch and Flexibility</div> <div>8:30 a.m-1:00 p.m. Jeff Parish Senior Expo @ Alario Center (transportation will be provided)</div> </div>	<div> <div>23</div> <div>10 – 11a.m. Line Dancing</div> <div>9:00 – 11:30 AM Pro Bono legal presentation</div> <div>11:15 – 12:00 PM Primary Care plus “Osteoporosis” presentation</div> </div>	<div> <div>24</div> <div>  </div> </div>
<div> <div>25</div> </div>	<div> <div>26</div> <div>10 -11 a.m. Senior Dance</div> <div>11:15a.m. – 12:15 p.m. Bean Bag Baseball</div> </div>	<div> <div>27</div> <div>9:15 – 10:15 a.m. Senior Circuit</div> <div>10:30 – 11 :30 a.m. Bean Bag Baseball</div> </div>	<div> <div>28</div> <div>10 – 11a.m. Senior Dance & Mobility</div> <div>11:30 a.m.-12:30 p.m. Zumba Gold</div> <div>9:30 a.m. – Trolley to Grocery Store</div> </div>	<div> <div>29</div> <div>9:15 – 10:15 a.m. Senior Fit & Fun</div> <div>10:15 – 11:15 a.m. Senior Stretch and Flexibility</div> <div>10:30 – 11:30 Rehab Access Custom Orthotics presentation</div> </div>	<div> <div>30</div> <div>10 – 11a.m. Line Dancing</div> <div>11:30 a.m.– 1:00 p.m. June Birthday Party (members only)</div> </div>	<div> </div>