

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

November 2023

Gretna Senior and Wellness Center

			<p>1 10 – 11a.m. Senior Aerobics & Mobility 11:30-12:30 p.m. Zumba Gold</p>	<p>2 9:15 – 10:15 a.m. Senior Fit & Fun 10:15 – 11:15 a.m. Senior Stretch and Flexibility 11:30 – 12:30 p.m. 3-D Pumpkin Paper Craft</p>	<p>3 10 – 11a.m. Line Dancing</p>	<p>4</p>
<p>5 10 -11 a.m. Senior Dance 11:15a.m. – 12:15 p.m. Bean Bag Baseball</p>	<p>6 9:15 – 10:15 a.m. Senior Circuit 10:30 – 11 :30 a.m. Bean Bag Baseball 10:30 – 11:30 a.m. Southeast Legal Services (ProBono)</p>	<p>7 10 – 11a.m. Senior Aerobics & Mobility 11:30-12:30 p.m. Zumba Gold 9:30 – 10:30 a.m. Grocery Shopping on Trolley</p>	<p>8 9:15 – 10:15 a.m. Senior Fit & Fun 10:15 – 11:15 a.m. Senior Stretch and Flexibility 11:30 – 12:30 p.m. Fall Pumpkin Luminary Paper Craft</p>	<p>9 10 – 11a.m. Senior Aerobics & Mobility 11:30-12:30 p.m. Zumba Gold 9:30 – 10:30 a.m. Grocery Shopping on Trolley</p>	<p>10 CENTER CLOSED</p>	<p>11 Veterans Day Remembrance Day (Canada)</p>
<p>12 10 -11 a.m. Senior Dance 11:15a.m. – 12:15 p.m. Bean Bag Baseball Diwali (Hindi)</p>	<p>13 9:15 – 10:15 a.m. Senior Circuit 10:30 – 11:30 a.m. 10 Warning Signs of Alzheimer’s presentation 10:30 – 11:30 a.m. Southeast Legal Services (ProBono) 11:30 – 12:30 Bean Bag Baseball (after presentation)</p>	<p>14 10 – 11a.m. Senior Aerobics & Mobility 11:30-12:30 p.m. Zumba Gold</p>	<p>15 9:15 – 10:15 a.m. Senior Fit & Fun 10:15 – 11:15 a.m. Senior Stretch and Flexibility</p>	<p>16 10 – 11a.m. Senior Aerobics & Mobility 11:30-12:30 p.m. Zumba Gold 9:30 – 10:30 a.m. Grocery Shopping on Trolley</p>	<p>17 10 – 11a.m. Line Dancing 11:15 – 12:15 p.m. Primary Care Plus “Know Your Numbers” presentation</p>	<p>18</p>
<p>19 10 -11 a.m. Senior Dance 11:15a.m. – 12:15 p.m. Bean Bag Baseball</p>	<p>20 9:15 – 10:15 a.m. Senior Circuit 10:30 – 11 :30 a.m. Bean Bag Baseball</p>	<p>21 10 – 11a.m. Senior Aerobics & Mobility 11:30-12:30 p.m. Zumba Gold 9:30 – 10:30 a.m. Grocery Shopping on Trolley</p>	<p>22 10 – 11a.m. Senior Aerobics & Mobility 11:30-12:30 p.m. Zumba Gold 9:30 – 10:30 a.m. Grocery Shopping on Trolley</p>	<p>23 CENTER CLOSED Thanksgiving Day (US)</p>	<p>24 CENTER CLOSED</p>	<p>25</p>
<p>26 10 -11 a.m. Senior Dance 11:15a.m. – 12:15 p.m. Bean Bag Baseball</p>	<p>27 9:15 – 10:15 a.m. Senior Circuit 9:30 – 11:30 a.m. JenCare Phone/Technology classes 10:30 – 11 :30 a.m. Bean Bag Baseball</p>	<p>28 10 – 11a.m. Senior Aerobics & Mobility 11:30-12:30 p.m. Zumba Gold</p>	<p>29 9:15 – 10:15 a.m. Senior Fit & Fun 10:15 – 11:15 a.m. Senior Stretch and Flexibility 11:30 a.m. – 1:00 p.m. November Birthday Parties (members only)</p>	<p>30 9:15 – 10:15 a.m. Senior Fit & Fun 10:15 – 11:15 a.m. Senior Stretch and Flexibility 11:30 a.m. – 1:00 p.m. November Birthday Parties (members only)</p>	  <p>A UnitedHealthcare Company</p> 	