

Sunday

Monday

Tuesday

Wednesday


Thursday

Friday

Saturday

February 2024

Gretna Senior and Wellness Center

					1 10 – 11 a.m. Senior Fit & Fun 11– 11:30 a.m. Valentine’s Day Votive Paper Craft	2 10 – 11a.m. Line Dancing 11:00 – 11:30 a.m. Marion Edwards King Cake Social Groundhog Day	3
4 LSU Nursing Students - returning weekly for blood pressure checks	5 10 -11 a.m. Senior Dance 11:15a.m. – 12:15 p.m. Bean Bag Baseball	6 9:15 – 10:15 a.m. Senior Circuit 10:30 – 11 :30 a.m. Bean Bag Baseball 10:30 – 12:00 “Hear Now” hearing tests.	7 10 – 11a.m. Senior Aerobics & Mobility	8 10 – 11 a.m. Senior Fit & Fun 11 – 11:30 a.m. Mardi Gras Mask Paper Craft	9 10 – 11a.m. Line Dancing 11:15 a.m. – 12:30 p.m. Mardi Gras Party and Trivia Game	10 Chinese New Year (Year of the Dragon)	
11	12 CENTER CLOSED Lundi Gras	13 CENTER CLOSED Mardi Gras	14 10 – 11a.m. Senior Aerobics & Mobility Valentine’s Day	15 10 – 11 a.m. Senior Fit & Fun 11 – 11:30 a.m. Chair Volleyball	16 10 – 11a.m. Line Dancing	17	
18	19 10 -11 a.m. Senior Dance 11:15a.m. – 12:15 p.m. Bean Bag Baseball Presidents’ Day	20 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)	21 10 – 11a.m. Senior Aerobics & Mobility	22 10 – 11 a.m. Senior Fit & Fun 11 – 11:30 a.m. Chair Volleyball	23 10 – 11a.m. Line Dancing 11:30 – 1:00 February Birthday party (members only)	24	
25	26 10 -11 a.m. Senior Dance 11:15a.m. – 12:15 p.m. Bean Bag Baseball	27 9:15 – 10:15 a.m. Senior Circuit 10:30 – 11 :30 a.m. Bean Bag Baseball	28 10 – 11a.m. Senior Aerobics & Mobility	29 10 – 11 a.m. Senior Fit & Fun 11 – 11:30 a.m. Chair Volleyball	 A UnitedHealthcare Company 