Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10 -11 a.m. Zumba Gold	9:15 – 10:15 a.m. Senior Circuit	10 – 11 a.m. Senior Aerobics	1 0 – 11 a.m. Senior Fit & Fun	5 10 – 11 a.m. Line Dancing	6
	11:15a.m. – 12:15 p.m. Bean Bag Baseball	10:30 – 11:30 a.m. Beanbag Baseball	11 – 11:30 a.m. Chair Volleyball	11 a.m. – 12 p.m. Picnic Basket Paper Craft	The state of	JEFFERSON
		10:30 – 11:30 a.m. – Hear Now hearing testing		7 1		COUNCIL ON AGING
	All Fools' Day			The same of the sa	The same of the sa	
	10 -11 a.m. Zumba Gold	9:15 – 10:15 a.m. Senior Circuit	10 – 11 a.m. Senior Aerobics		10 – 11 a.m. Line Dancing	
	11:15a.m. – 12:15 p.m. Bean Bag Baseball	10:30 – 11:30 a.m. Beanbag Baseball	9:30 – 10:00 a.m. Home Instead presentation	9:15 – 9:45 a.m. – Pokeno	11:00 – 11:30 a.m. CPR/AED presentation with Ryan Brown Gretna EMS	191 HI
		10:30 – 11:30 a.m. – Southeast Legal Services (ProBono)				LOUISIANA
14	10 -11 a.m. Zumba Gold	9:15 – 10:15 a.m. Senior Circuit	10 – 11 a.m. Senior Aerobics	10 – 11 a.m. Senior Fit & Fun	10 – 11 a.m. Line Dancing	20
	11:15a.m. – 12:15 p.m. Bean Bag Baseball	10:30 – 11 :30 a.m. Bean Bag Baseball	11 – 11:30 a.m. Chair Volleyball	11 – 12 a.m. Apron Treat Box - Paper Craft		PEOPLES HEALTH
						A UnitedHealthcare Company
21	10 -11 a.m. Zumba Gold 22		24 10 – 11 a.m. Senior Aerobics	25 10 – 11 a.m. Senior Fit & Fun	26 10 – 11 a.m. Line Dancing	27
	11:15a.m. – 12:15 p.m. Bean Bag Baseball	10:30 – 11 :30 a.m. Bean Bag Baseball	11 – 11:30 a.m. Chair Volleyball	9:15 – 9:45 a.m. – Pokeno	11:15 a.m. – 12:15 p.m. – April Birthday Party (members only)	
	Passover Begins Earth Day		Administrative Professionals Day		Arbor Day	
28	29 10 -11 a.m. Zumba Gold	9:15 – 10:15 a.m. Senior Circuit				
	11:15a.m. – 12:15 p.m. Bean Bag Baseball	10:30 – 11 :30 a.m. Bean Bag Baseball		April	2024	
					d Wellness Center	
Gretna Senior and Well	ness Center 4	76 Franklin Avenue. Gretna,	LA 70053 5	04-301-3743	peopleshealthw	vellnesscenter.com