

The GRETNA Senior and Wellness Center

Upcoming Events



Blood Pressure Screenings

Join us in welcoming LSU Nursing students to the Gretna Senior and Wellness Center as they offer blood pressure screenings to seniors. Tracking cards will be provided to record and monitor readings.

Wednesdays

9:00am-12:00pm

**For more information or to register,
Please visit or call us at 504-301-3743.**

Garden Walk

Join us at the Gretna Senior and Wellness Center for an early morning walk in our garden. What a great way to start the day!

Tuesdays and Thursdays

8:30am-9:30am

Pilates and Stretch

Join us in a class that focuses on increasing strength, flexibility, balance, and coordination while improving posture and stamina.

Tuesdays

10:35am-11:35am

Senior Fit and Fun

Join us for a class consisting of low-impact cardiovascular exercises designed to promote flexibility and balance.

Thursdays

11:05am-12:05pm

The GRETNA Senior and Wellness Center is a joint effort between The Jefferson Council on Aging, the City of Gretna and Peoples Health.

