

The GRETNA Senior and Wellness Center

Upcoming Events



Medication Counseling

Join us in welcoming Xavier Pharmacy Students as they offer a three month course, consisting of four visits, which will address topics such as how to manage your medications, measure blood pressure, meal planning, and overall health tips. Please register by Wednesday, September 20 for this course.

Thursday, September 21

9:30am-12:30pm

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

Senior Fit and Fun

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

Thursdays

11:05am-12:05pm

Drum Circles

Join Carly in learning how drumming can help reduce blood pressure, increase self-expression, and manage your stress level.

Tuesday, September 26

12:15pm-1:00pm

Spirit Week

Join in on the fun at the Gretna Senior and Wellness Center's Spirit Week!

Monday, September 25

Favorite Hat Day

Tuesday, September 26

Favorite Sock Day

Wednesday, September 26

Wacky Wednesday

Thursday, September 27

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

