

The GRETNA Senior and Wellness Center

Upcoming Events



Drum Circles

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

Tuesday, February 27

12:15pm-1:00pm

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

Line Dancing

Come let our instructor show you the moves to the Cupid Shuffle and the Electric Slide, just to name a few favorites.

Wednesdays and Fridays

9:30am-10:30am

Cardio Dance

Join us as we dance our way through a cardio workout!

Tuesdays

9:30am-10:30am

Indoor/Outdoor Silver Circuit

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

Tuesdays

10:35am-11:35am

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

