

# 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, May 29**

12:15pm-1:00pm

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

## Zumba

Join us for an exciting, feel-good workout filled with Latin music and dance. Zumba combines high energy and motivating music with unique moves making for a workout that is great for both the body and the mind.

**Thursdays**

10:00am-11:00am

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## Senior Fit and Fun

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

**Thursdays**

11:05am-12:05pm

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## Holiday Schedule

**Monday, May 28**

Center Closed

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

