

The GRETNA Senior and Wellness Center

Upcoming Events



Pro Bono Project

Join us as Mr. John S., Pro Bono Lawyer for the Pro Bono Project, answers questions, addresses concerns, and notarizes legal documents for seniors. Please register for this service by Monday, July 9.

Tuesday, July 10

10:30am-11:30am

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

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 your readings.

Wednesday, July 11

Friday, July 13

9:00am-1:00pm

Zumba and Flexibility

Start your day off with a high impact Zumba class, with a focus on improving flexibility!

Mondays

10:35am-11:35am

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

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

