

The GRETNA Senior and Wellness Center

Upcoming Events



Book Club Launch

Join us at the Gretna Senior and Wellness Center as we kick off the launch of our book club. The book, *Red Tent*, will be provided to you. This event is limited to 10 participants. Please register in advance.

Thursday, February 7

12:00pm-1:00pm

**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!

Mondays, Tuesdays, and Thursdays

8:30am-9:30am

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

10:00am-11:00am

Zumba

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

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.

