



Gretna Senior and Wellness Center Calendar of Events for March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		Served Daily: 8-9 a.m. Breakfast 11:30 a.m.-12:30 p.m. Lunch (Members Only)		1 9:30-10:30 a.m. Line Dancing 12:00-2:15 p.m. Bingo
4 CLOSED	5 CLOSED MARDI GRAS	6 9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Yoga 11:00 a.m.-12:45 p.m. Trolley to Grocery Store (Members Only)	7 8:30-9:30 a.m. Garden Walk 10-11 a.m. Senior Fit and Fun 11:05 a.m.-12:05 p.m. Zumba 12-1 p.m. Book Club	8 9:30-10:30 a.m. Line Dancing 10:45 a.m.-11:45 a.m. "Balance and Fall Prevention" 12:30-2:30 p.m. Bingo
11 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo	12 8:30-9:30 a.m. Garden Walk 9:30-10:30 a.m. Line Dancing 10:30-11:30 a.m. Pro Bono Project * <i>Please call to register.</i> 10:35-11:35 a.m. Indoor/Outdoor Silver Circuit 1-2 p.m. Beanbag Baseball	13 9 a.m.-1 p.m. Blood Pressure Screenings 9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Yoga 11:00 a.m.-12:45 p.m. Trolley to Grocery Store (Members Only)	14 8:30-9:30 a.m. Garden Walk 10-11 a.m. Senior Fit and Fun 11:05 a.m.-12:05 p.m. Zumba	15 11 a.m.-1 p.m. Birthday Party (Members Only)
18 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo	19 8:30-9:30 a.m. Garden Walk 9:30-10:30 a.m. Line Dancing 10:30-11:45 a.m. Intro to iPhones and iPads 10:35-11:35 a.m. Indoor/Outdoor Silver Circuit 1-2 p.m. Beanbag Baseball	20 9 a.m.-1 p.m. Blood Pressure Screenings 9:30-10:30 a.m. Line Dancing 10:30 a.m.-12:00 p.m. Hearing Screenings <i>*Please call to register.</i> 10:35-11:35 a.m. Yoga 11:00 a.m.-1:30 p.m. Lunch Outing to De-No Seafood (Members Only)	21 8:30-9:30 a.m. Garden Walk 10-11 a.m. Senior Fit and Fun 11:00 a.m.-12:45 p.m. Trolley to Grocery Store (Members Only) 11:05 a.m.-12:05 p.m. Zumba	22 9:30-10:30 a.m. Line Dancing 12:00-2:15 p.m. Bingo
25 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba and Flexibility 10:30-11:15 a.m. Art Class With Mr. Chester 12-2:15 p.m. Bingo	26 8:30-9:30 a.m. Garden Walk 9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Indoor/Outdoor Silver Circuit 12:15-1:00 p.m. Drum Circles 1-2 p.m. Beanbag Baseball	27 9:30-10:30 a.m. Line Dancing 10:30-11:00 a.m. Presentation by LSU Nursing Students 10:35-11:35 a.m. Yoga 11:00 a.m.-12:45 p.m. Trolley to Grocery Store (Members Only)	28 8:30-9:30 a.m. Garden Walk 10-11 a.m. Senior Fit and Fun 11:05 a.m.-12:05 p.m. Zumba 12:15-1:15 p.m. Tai Chi	29 9:30-10:30 a.m. Line Dancing 12:00-2:00 p.m. Walking Bingo