

The GRETNA Senior and Wellness Center

Upcoming Events



“Overcoming Depression”

Depression is a common illness but often goes unrecognized. Join us at the Gretna Senior and Wellness Center and learn to recognize the symptoms and understand the risk factors it presents. These are important steps to the treatment you or someone you care about may need.

Monday, February 11

11:15am-12:00pm

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

Beanbag Baseball

Join our Gretna Senior and Wellness Center Beanbag Baseball team!

Tuesdays

1:00pm-2:00pm

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.

