

Wellness Programs & Centers

Gretna Senior and Wellness Center Calendar of Events for May 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Served Daily : 8 - 9 a.m. Breakfast 11:30 a.m 12:30 p.m. Lunch (Members Only)		9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Yoga 11:00 a.m12:45 p.m. Trolley to Grocery Store (Members Only)	8:30-9:30 a.m. Garden Walk 9-10 a.m. Coffee and Games 10-11 a.m. Senior Fit and Fun 11:05 a.m12:05 p.m. Zumba 12-1 p.m. 75 th Anniversary of D-Day Electronic Field Trip	9:30-10:30 a.m. Line Dancing 12:00-2:15 p.m. Bingo
8:30-9:30 a.m. Garden Walk 9-10 a.m. Coffee and Games 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo	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 1-2 p.m. Beanbag Baseball	9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Yoga 11:00 a.m12:45 p.m. Trolley to Grocery Store (Members Only)	8:30-9:30 a.m. Garden Walk 9-10 a.m. Coffee and Games 10-11 a.m. Senior Fit and Fun 11:05 a.m12:05 p.m. Zumba 12:15-1:45 p.m. Online Banking Course	9:30-10:30 a.m. Line Dancing 10:45-11:15 a.m. "Arthritis and Joint Replacements" 12:00-2:15 p.m. Bingo
8:30-9:30 a.m. Garden Walk 9-10 a.m. Coffee and Games 10-11 a.m. Zumba and Flexibility 10:30-11:15 a.m. Art Class With Mr. Chester 12-2:15 p.m. Bingo	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 *Please call to register. 10:35-11:35 a.m. Indoor/Outdoor Silver Circuit 1-2 p.m. Beanbag Baseball	9:30-10:30 a.m. Line Dancing 10:30 a.m12:00 p.m. Hearing Screenings *Please call to register. 10:35-11:35 a.m. Yoga 11:00 a.m12:45 p.m. Trolley to Grocery Store (Members Only)	8:30-9:30 a.m. Garden Walk 9-10 a.m. Coffee and Games 10-11 a.m. Senior Fit and Fun 11:05 a.m12:05 p.m. Zumba 12:15-1:45 p.m. Online Banking Course	9:30-10:30 a.m. Line Dancing 10:40-11:40 a.m. Tai Chi 12:00-2:15 p.m. Bingo
8:30-9:30 a.m. Garden Walk 9-10 a.m. Coffee and Games 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo	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 1-2 p.m. Beanbag Baseball	9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Yoga 11:00 a.m12:45 p.m. Trolley to Grocery Store (Members Only)	8:30-9:30 a.m. Garden Walk 9-10 a.m. Coffee and Games 10-11 a.m. Senior Fit and Fun 11:05 a.m12:05 p.m. Zumba 12:15-1:15 p.m. "Balance and Fall Prevention"	12-3 p.m. 5 th Annual Luau and Birthday Party (Members Only)
Closed Memorial Day	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	9 a.m1 p.m. Blood Pressure Screenings 9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Yoga 11:00 a.m12:45 p.m. Trolley to Grocery Store (Members Only)	8:30-9:30 a.m. Garden Walk 9-10 a.m. Coffee and Games 10-11 a.m. Senior Fit and Fun 11:05 a.m12:05 p.m. Zumba	9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Intro to iPhones and iPads 12:00-2:15 p.m. Bingo

Gretna Senior and Wellness Center • 476 Franklin Street • Gretna, LA 70053 • Phone: 504-301-3743 • www.peopleshealthwellnesscenter.com

RED: Changes in the schedule BLUE: Educational ORANGE: Arts and Crafts PINK: Parties and Center Events PURPLE: Music Therapy classes GREEN: Field Trips BROWN: Trolley