

Served Daily:
8 - 9 a.m. Breakfast
11:30 a.m. - 12:30 p.m. Lunch
(Members Only)

## **Gretna Senior and Wellness Center Calendar of Events for June 2019**

Wellness Programs & Centers (Members Only)		Calendar of Events for June 2019		
Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:30 a.m. Garden Walk	8:30-9:30 a.m. Garden Walk	0:20 10:20 a m. Lina Danaing	8:30-9:30 a.m. Garden Walk	6 7
9-10 a.m. Coffee and Games	9:30-10:30 a.m. Line Dancing	9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Yoga	9-10 a.m. Coffee and Games	9:30-10:30 a.m. Line Dancing 12:00-2:15 p.m. Bingo
10-11 a.m. Zumba and Flexibility	10:35-11:35 a.m. Indoor/Outdoor Silver	11:00 a.m12:45 p.m. Trolley to Grocery	10-11 a.m. Senior Fit and Fun	12.00-2.13 p.m. bingo
12-2:15 p.m. Bingo	Circuit	Store (Members Only)	11:05 a.m12:05 p.m. Zumba	
	11:45 a.m12:45 p.m. Chair Volleyball	· "		
	1-2 p.m. Beanbag Baseball			
	27/1/1/1/1/1/1/1/1/1/1/1/1/1/1/1/1/1/1/1	7/	D-Day, World War II	
		12		13
8:30-9:30 a.m. Garden Walk	8:30-9:30 a.m. Garden Walk	9:30-10:30 a.m. Line Dancing	8:30-9:30 a.m. Garden Walk	8:30 a.m1:30 p.m. Outing to
9-10 a.m. Coffee and Games	9:30-10:30 a.m. Line Dancing	10:35-11:35 a.m. Yoga	9-10 a.m. Coffee and Games	the Jefferson Parish Senior Expo
10-11 a.m. Zumba and Flexibility	10:30-11:30 a.m. Pro Bono Project	11:00 a.m12:45 p.m. Trolley to Grocery	10-11 a.m. Senior Fit and Fun	(Members Only for Trolley)
12-2:15 p.m. Bingo	*Please call to register.	Store (Members Only)	11:05 a.m12:05 p.m. Zumba	9:30-10:30 a.m. Line Dancing
	10:35-11:35 a.m. Indoor/Outdoor Silver			12:00-2:15 p.m. Bingo
	Circuit			51 B
	12-1 p.m. Beanbag Baseball			Flag Day
	18			20 21
8:30-9:30 a.m. Garden Walk	8:30-9:30 a.m. Garden Walk	9:30-10:30 a.m. Line Dancing	8:30-9:30 a.m. Garden Walk	11 a.m1 p.m.
9-10 a.m. Coffee and Games	9:30-10:30 a.m. Line Dancing	10:30 a.m12:00 p.m. Hearing Screenings	9-10 a.m. Coffee and Games	<b>Birthday Party</b>
10-11 a.m. Zumba and Flexibility	10:35-11:35 a.m. Indoor/Outdoor Silver Circuit	*Please call to register.	10-11 a.m. Senior Fit and Fun	(Members Only)
11:15 a.m12:15 p.m. "High Blood Pressure Awareness"	12-1 p.m. Beanbag Baseball	10:35-11:35 a.m. Yoga 11:00 a.m12:45 p.m. Trolley to Grocery	11:05 a.m12:05 p.m. Zumba	(Members Only)
12:30-2:30 p.m. Bingo	12 1 p.m. Deambag Baseban	Store (Members Only)	12:15-1:15 p.m. "Healthy Ways to Manage	
12.00 2.00 p.m. Binge		Clore (Members City)	and Reduce Stress"	First Day of Summer
	24 25 25 25	26		27 28
8:30-9:30 a.m. Garden Walk 9-10 a.m. Coffee and Games	8:30-9:30 a.m. Garden Walk 9:30-10:30 a.m. Line Dancing	9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Yoga	8:30-9:30 a.m. Garden Walk 9-10 a.m. Coffee and Games	9:30-10:30 a.m. Line Dancing 10:45-11:15 a.m. "Arthritis and Joint
10-11 a.m. Zumba and Flexibility	10:35-11:35 a.m. Indoor/Outdoor Silver	11:00 a.m12:45 p.m. Trolley to Grocery	10-11 a.m. Senior Fit and Fun	Replacements"
12-2:15 p.m. Bingo	Circuit	Store (Members Only)	10:30 a.m1:00 p.m. Lunch Outing to	12:00-2:15 p.m. Bingo
	11:30 a.m. Taco Tuesday Fundraiser	, , , , , , , , , , , , , , , , , , , ,	Nine Roses (Members Only)	
	12:15-1:00 p.m. Drum Circles		11:05 a.m12:05 p.m. Zumba	
	1-2 p.m. Beanbag Baseball			

