

# Gretna Senior and Wellness Center Calendar of Events for July 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p>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</p>	<p><b>2</b></p> <p>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 <b>12-1 p.m. Chair Volleyball</b> <b>1-2 p.m. Beanbag Baseball</b></p>	<p><b>3</b></p> <p>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)</p>	<p><b>4</b></p> <p><b>Closed</b> Independence Day</p>	<p><b>5</b></p> <p><b>Closed</b></p>
<p><b>8</b></p> <p>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</p>	<p><b>9</b></p> <p>8:30-9:30 a.m. Garden Walk 9:30-10:30 a.m. Line Dancing <b>10:30-11:30 a.m. Pro Bono Project</b> <i>*Please call to register.</i> 10:35-11:35 a.m. Indoor/Outdoor Silver Circuit 12-1 p.m. Beanbag Baseball</p>	<p><b>10</b></p> <p>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)</p>	<p><b>11</b></p> <p>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.m.-12:05 p.m. Zumba</p>	<p><b>12</b></p> <p>9:30-10:30 a.m. Line Dancing <b>10:45-11:45 a.m. "Advanced Care Planning"</b> <b>12:30-2:30 p.m. Bingo</b></p>
<p><b>15</b></p> <p>8:30-9:30 a.m. Garden Walk 9-10 a.m. Coffee and Games 10-11 a.m. Zumba and Flexibility <b>10:30-11:15 a.m. Craft: Message in a Bottle</b> 12-2:15 p.m. Bingo</p>	<p><b>16</b></p> <p>8:30-9:30 a.m. Garden Walk 9:30-10:30 a.m. Line Dancing <b>10:30 a.m.-12:00 p.m. Online Banking Workshop</b> 10:35-11:35 a.m. Indoor/Outdoor Silver Circuit 12-1 p.m. Beanbag Baseball</p>	<p><b>17</b></p> <p>9:30-10:30 a.m. Line Dancing <b>10:30 a.m.-12:00 p.m. Hearing Screenings</b> <i>*Please call to register.</i> 10:35-11:35 a.m. Yoga 11:00 a.m.-12:45 p.m. Trolley to Grocery Store (Members Only)</p>	<p><b>18</b></p> <p>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.m.-12:05 p.m. Zumba 12:15-1:15 p.m. Tai Chi</p>	<p><b>19</b></p> <p>9:30-10:30 a.m. Line Dancing <b>10:35 a.m.-12:00 p.m. Computer Class</b> 12:00-2:15 p.m. Bingo</p>
<p><b>22</b></p> <p>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</p>	<p><b>23</b></p> <p>8:30-9:30 a.m. Garden Walk 9:30-10:30 a.m. Line Dancing <b>10:30 a.m.-12:00 p.m. Online Banking Workshop</b> 10:35-11:35 a.m. Indoor/Outdoor Silver Circuit 12-1 p.m. Beanbag Baseball</p>	<p><b>24</b></p> <p>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)</p>	<p><b>25</b></p> <p>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.m.-12:05 p.m. Zumba</p>	<p><b>26</b></p> <p><b>11 a.m.-1 p.m. Birthday Party (Members Only)</b></p>
<p><b>29</b></p> <p>8:30-9:30 a.m. Garden Walk 9-10 a.m. Coffee and Games 10-11 a.m. Zumba and Flexibility <b>11:15-11:45 a.m. "Assisted Living Locators"</b> <b>12:30-2:30 p.m. Bingo</b></p>	<p><b>30</b></p> <p>8:30-9:30 a.m. Garden Walk <b>10-11 a.m. Line Dancing</b> <b>11:30 a.m.-12:30 p.m. Indoor/Outdoor Silver Circuit</b> <b>12:15-1:00 p.m. Drum Circles</b> <b>1-2 p.m. Beanbag Baseball</b></p>	<p><b>31</b></p> <p>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)</p>	<p><b>Served Daily :</b> 8 - 9 a.m. Breakfast 11:30 a.m. - 12:30 p.m. Lunch (Members Only)</p>	