

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Served Daily :</b></p> <p><b>8 - 9 a.m. Breakfast</b></p> <p><b>11:30 a.m. - 12:30 p.m. Lunch</b></p> <p><b>(Members Only)</b></p>			<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. Senior Fit and Fun 11:05 a.m.-12:05 p.m. Zumba</p>	<p><b>2</b></p> <p><b>Jefferson Parish Senior Citizen Dance Gala (Alario Center)</b></p> <p>9:30-10:30 a.m. Line Dancing 10:45-11:00 a.m. "Volunteers of America: Repairs On Wheels" 12-2:15 p.m. Bingo</p>
<p><b>5</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>6</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 12-1 p.m. Beanbag Baseball</p>	<p><b>7</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>8</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>9</b></p> <p>9:30-10:30 a.m. Line Dancing 10:45-11:45 a.m. "Safely Banking Online" 12:30-2:30 p.m. Bingo</p>
<p><b>12</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 11:15-11:45 a.m. "Properly Taking Medications" 12:30-2:30 p.m. Bingo</p>	<p><b>13</b></p> <p>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 12-1 p.m. Beanbag Baseball</p>	<p><b>14</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>15</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>16</b></p> <p>9:30-10:30 a.m. Line Dancing 12-2:15 p.m. Bingo</p>
<p><b>19</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 11:00 a.m.-12:00 p.m. Facebook 101 Class 12-2:15 p.m. Bingo</p>	<p><b>20</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 12-1 p.m. Beanbag Baseball</p>	<p><b>21</b></p> <p>9:00 a.m.-1:00 p.m. Blood Pressure Screenings 9:30-10:30 a.m. Line Dancing 10:30 a.m.-12:00 p.m. Hearing Screenings *Please call to register. 10:35-11:35 a.m. Yoga 11:45 a.m.-12:45 p.m. Couponing Class 11:00 a.m.-12:45 p.m. Trolley to Grocery Store (Members Only)</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. Senior Fit and Fun 11:05 a.m.-12:05 p.m. Zumba</p>	<p><b>23</b></p> <p><b>11:00 a.m.-1:00 p.m. Birthday Party (Members Only)</b></p>
<p><b>26</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 11:15 a.m.-12:15 p.m. "Advanced Care Planning" 12:30-2:30 p.m. Bingo</p>	<p><b>27</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>11:30 a.m. Taco Tuesday Fundraiser</b> 12-1 p.m. Beanbag Baseball</p>	<p><b>28</b></p> <p>9:00 a.m.-1:00 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)</p>	<p><b>29</b></p> <p>8:30-9:30 a.m. Garden Walk 9-10 a.m. Coffee and Games 10:00 a.m.-2:00 p.m. Outing to Oakwood Mall And New Orleans Hamburger &amp; Seafood (Members Only) 10-11 a.m. Senior Fit and Fun 11:05 a.m.-12:05 p.m. Zumba</p>	<p><b>30</b></p> <p>9:30-10:30 a.m. Line Dancing 12-2:15 p.m. Bingo</p>