


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 September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>CLOSED</b></p> <p><b>LABOR DAY</b></p>	<p><b>2</b> 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>3</b> 9 a.m.-1 p.m. Blood Pressure Screenings 9:30-10:30 a.m. Line Dancing 10:30-11:00 a.m. Presentation by LSU Nursing Students 10:35-11:35 a.m. Yoga 11:00 a.m.-12:45 p.m. Trolley to Grocery Store (Members Only)</p>	<p><b>5</b> 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>6</b> 9:30-10:30 a.m. Line Dancing 12-2:15 p.m. Bingo</p>
<p><b>9</b> 8:30-9:30 a.m. Garden Walk 9-10 a.m. Coffee and Games 10-11 a.m. Zumba and Flexibility 10:45-11:45 a.m. "Back Pain" 12:30-2:30 p.m. Bingo</p>	<p><b>10</b> 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 11:45 a.m.-12:45 p.m. "What You Should Know About Dementia" 1-2 p.m. Chair Volleyball</p>	<p><b>11</b> 9 a.m.-1 p.m. Blood Pressure Screening 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>Patriot Day</b></p>	<p><b>12</b> 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>13</b> 11:00 a.m.-1:00 p.m. New Orleans Saints Themed Birthday Party (Members Only)</p>
<p><b>16</b> 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>17</b> 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 11:45 a.m.-12:45 p.m. Tai Chi 1-2 p.m. Beanbag Baseball</p>	<p><b>18</b> 9 a.m.-1 p.m. Blood Pressure Screening 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>19</b> 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>20</b> 9:30-10:30 a.m. Line Dancing 10:35 a.m.-12:00 p.m. Computer Class 12-2:15 p.m. Bingo</p>
<p><b>5-Year Anniversary of The Gretna Senior and Wellness Center</b></p> <p><b>23</b> 8:30-9:30 a.m. Garden Walk 9-10 a.m. Tai Chi 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo</p>	<p><b>24</b> 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. Chair Volleyball</p>	<p><b>25</b> 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>26</b> 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>27</b> 10 a.m.-2 p.m. Health Fair</p>
<p><b>30</b> 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>				