

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2020

GRETNA SENIOR and WELLNESS CENTER
 476 Franklin St. Gretna, La. 70053
 (504) 301-3743

			Center Closed New Year's Day			
	5 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo	6 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. Chair Volleyball	7 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) 1-2 p.m. Walking With Ease	8 8:30-9:30 a.m. Garden Walk 10-11 a.m. Senior Fit and Fun 11:05 a.m.-12:05 p.m. Zumba 1-2 p.m. Walking With Ease	9 9:30-10:30 a.m. Line Dancing 12-2:15 p.m. Bingo	10 9:30-10:30 a.m. Line Dancing 12-2:15 p.m. Bingo
	12 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo	13 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 10:35-11:35 a.m. Indoor/Outdoor Silver Circuit 12 p.m.-1 p.m. Beanbag Baseball	14 9 a.m.- 1 p.m. Blood Pressure Screenings 9:30-10:30 a.m. Line Dancing 10:30 a.m.-12:00 p.m. Hearing Screenings 10:35-11:35 a.m. Yoga 11:00 a.m.-12:45 p.m. Trolley to Grocery Store (Members Only) 1-2 p.m. Walking With Ease	15 8:30-9:30 a.m. Garden Walk 10-11 a.m. Senior Fit and Fun 11:05 a.m.-12:05 p.m. Zumba 1-2 p.m. Walking With Ease	16 12-2 p.m. Birthday Party (Members Only)	17 12-2 p.m. Birthday Party (Members Only)
19 Activity Professionals Week	20 Center Closed Martin Luther King Day	21 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 p.m.-1 p.m. Chair Volleyball	22 9 a.m.- 1 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) 1-2 p.m. Walking With Ease	23 8:30-9:30 a.m. Garden Walk 10-11 a.m. Senior Fit and Fun 11:05 a.m.-12:05 p.m. Zumba 1-2 p.m. Walking With Ease	24 9:30-10:30 a.m. Line Dancing 10:35 a.m.-12:00 p.m. Computer Class 12-2:15 p.m. Bingo	25 Chinese New Year
26 Australia Day (observed)	27 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo	28 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	29 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) 1-2 p.m. Walking With Ease	30 8:30-9:30 a.m. Garden Walk 10-11 a.m. Senior Fit and Fun 11:05 a.m.-12:05 p.m. Zumba 1-2 p.m. Walking With Ease	31 9:30-10:30 a.m. Line Dancing 12-2:15 p.m. Bingo	<p>RED: Changes in the schedule ORANGE: Art and crafts BLUE: Educational PINK: Parties and events PURPLE: Music Therapy classes GREEN: Field Trips BROWN: Trolley</p>