

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2022

Gretna Senior and Wellness Center

					1 9:15 – 10:15 a.m. Senior Fit & Fun 10:15 – 11:15 a.m. Senior Stretch and Flexibility	2 10 – 11a.m. Line Dancing	3
4 Labor Day Holiday Center Closed <small>Labor Day</small>	5	6 9:15 – 10:10a.m. Senior Circuit 11:45a.m. - 1p.m. BINGO	7 10 – 11a.m. Senior Dance & Mobility 11 – 12 a.m. Hat Box Paper Craft	8 9:15 – 10:15 a.m. Senior Fit & Fun 10:15 – 11:15 a.m. Senior Stretch and Flexibility	9 10 – 11a.m. Line Dancing 11 – 12 a.m. Saints Black & Gold Day - \$1 Nachos	10	
11 10 -11 a.m. Line dancing 11:45 a.m. - 12:45 p.m. Bean Bag Baseball <small>Grandparents Day</small>	12 9:15 -10:10 a.m. Senior Circuit 11:45 a.m. - 1p.m. BINGO 10:30 – 11:30 a.m. Pro Bono	13	14 10 – 11a.m. Senior Dance & Mobility	15 9:15 – 10:15 a.m. Senior Fit & Fun 10:15 – 11:15 a.m. Senior Stretch and Flexibility	16 10 – 11a.m. Line Dancing 11 – 11:30 a.m. German American Museum presentation	17 <small>Oktoberfest Begins</small>	
18 10 -11 a.m. Line dancing 11:45 a.m. - 12:45 p.m. Bean Bag Baseball	19 9:15 – 10:10a.m. Senior Circuit 11:45a.m. - 1p.m. BINGO	20 10 – 11a.m. Senior Dance & Mobility 11 – 12 a.m. Fall Treat Bag Paper Craft	21	22 9:15 – 10:15 a.m. Senior Fit & Fun 10:15 – 11:15 a.m. Senior Stretch and Flexibility <small>Autumn Begins</small>	23 10 – 11a.m. Line Dancing 11:30 a.m. – 1:30 p.m. September Birthday Party. Saints themed (members only)	24	
25 10 -11 a.m. Line dancing 11:45 a.m. - 12:45 p.m. Bean Bag Baseball <small>Rosh Hashanah Begins</small>	26 9:15 – 10:10a.m. Senior Circuit 11:45a.m. - 1p.m. BINGO	27 10 – 11a.m. Senior Dance & Mobility	28	29 9:15 – 10:15 a.m. Senior Fit & Fun 10:15 – 11:15 a.m. Senior Stretch and Flexibility	30 9 -12 a.m. Annual Health Fair sponsored by Peoples Health		 <p>A UnitedHealthcare Company</p>  