

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# October 2022

Gretna Senior and Wellness Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
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2	10 -11 a.m. Line Dancing  11:45 a.m. - 12:45 p.m. Bean Bag Baseball	3	9:15 -10:10 a.m. Senior Circuit  10:15 – 11:15 a.m. AARP Driver Safety presentation  Yom Kippur Begins	4	10 – 11a.m. Senior Dance & Mobility  11 a.m. – 12 p.m. Candy Corn Paper Craft  12:30-1:30 p.m. Zumba	5	9:15 – 10:15 a.m. Senior Fit & Fun  10:15 – 11:15 a.m. Senior Stretch and Flexibility	6	10 – 11a.m. Line Dancing  11 a.m. – 12 p.m. Saints \$1 nachos.	7	8
9	10 -11 a.m. Line Dancing  11:45 a.m. - 12:45 p.m. Bean Bag Baseball  Sukkot Begins  Columbus Day (US) Indigenous Peoples' Day Thanksgiving Day (Canada)	10	9:15 -10:10 a.m. Senior Circuit  10:30 – 11:30 a.m. ProBono  10:30 – 11:30 a.m. Bean Bag Baseball	11	10 – 11a.m. Senior Dance & Mobility  11 a.m.-12 p.m. Hummus Cooking Demo.  12:30-1:30 p.m. Zumba Gold	12	9:15 – 10:15 a.m. Senior Fit & Fun  10:15 – 11:15 a.m. Senior Stretch and Flexibility	13	10 – 11a.m. Line Dancing	14	15
16	10 -11 a.m. Line Dancing  11:45 a.m. - 12:45 p.m. Bean Bag Baseball  Simchat Torah Begins	17	9:15 -10:10 a.m. Senior Circuit  10:30 – 11:30 a.m. Bean Bag Baseball	18	10 – 11a.m. Senior Dance & Mobility  11 a.m. – 12 p.m. Ghost Treat Tote paper craft  12:30-1:30 p.m. Zumba Gold	19	9:15 – 10:15 a.m. Senior Fit & Fun  10:15 – 11:15 a.m. Senior Stretch and Flexibility	20	10 – 11a.m. Line Dancing	21	22
23	10 -11 a.m. Line Dancing  11:45 a.m. - 12:45 p.m. Bean Bag Baseball  Diwali (Hindi)	24	9:15 -10:10 a.m. Senior Circuit  10:30 – 11:30 a.m. Bean Bag Baseball	25	10 – 11a.m. Senior Dance & Mobility  12:30-1:30 p.m. Zumba Gold	26	9:15 – 10:15 a.m. Senior Fit & Fun  10:15 – 11:15 a.m. Senior Stretch and Flexibility	27	10 – 11a.m. Line Dancing  11:30 a.m. – 1:30 p.m. October Birthday Party. Halloween themed (members only)	28	29
30	10 -11 a.m. Line Dancing  11:45 a.m. - 12:45 p.m. Bean Bag Baseball  Halloween	31	 A UnitedHealthcare Company								