

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 A UnitedHealthcare Company  		1 9:15 – 10:15 a.m. Senior Circuit 10:30 – 11 :30 a.m. Bean Bag Baseball 10:30 – 12:30 p.m. “Hear Now” – Hearing tests	2 10 – 11a.m. Senior Dance & Mobility (Jean Sub) 12:00-1:00 p.m. Zumba Gold 8:30 a.m. – 1:00 p.m. LSU Nursing blood pressure checks	3 9:15 – 10:15 a.m. Senior Fit & Fun 10:15 – 11:15 a.m. Senior Stretch and Flexibility 8:30 a.m. – 1:00 p.m. LSU Nursing blood pressure checks	4 10 – 11a.m. Line Dancing 11 a.m. – 12 p.m. Saints \$1 Nachos.	5
6 10 -11 a.m. Line Dancing 11:45 a.m. - 12:45 p.m. Bean Bag Baseball <small>Daylight Saving Time Ends</small>	7 10 -11 a.m. Line Dancing 11:45 a.m. - 12:45 p.m. Bean Bag Baseball	8 9:15 – 10:15 a.m. Senior Circuit 10:30 – 11 :30 a.m. Bean Bag Baseball 10:30 – 11:30 a.m. ProBono	9 10 – 11a.m. Senior Dance & Mobility 12:00-1:00 p.m. Zumba Gold 11 – 12 a.m. Pumpkin Treat Tote Paper Craft	10 9:15 – 10:15 a.m. Senior Fit & Fun 10:15 – 11:15 a.m. Senior Stretch and Flexibility 11:00 a.m. AAA meeting – Marrero Senior Center. (sign up with Tamv or Christine)	11 VETERANS DAY CENTER CLOSED <small>Veterans Day Remembrance Day (Canada)</small>	12
13 10 -11 a.m. Line Dancing 11:45 a.m. - 12:45 p.m. Bean Bag Baseball 11:00 a.m. Veterans Proclamation	14 10 -11 a.m. Line Dancing 11:45 a.m. - 12:45 p.m. Bean Bag Baseball	15 9:15 – 10:15 a.m. Senior Circuit 10:30 – 11 :30 a.m. Bean Bag Baseball	16 10 – 11a.m. Senior Dance & Mobility 12:00-1:00 p.m. Zumba Gold 8:30 – 1:00 p.m. LSU Nursing blood pressure checks	17 9:15 – 10:15 a.m. Senior Fit & Fun 10:15 – 11:15 a.m. Senior Stretch and Flexibility	18 10 – 11a.m. Line Dancing 8:30 - 1:00 p.m. LSU Nursing blood pressure checks	19
20 10 -11 a.m. Line Dancing 11:45 a.m. - 12:45 p.m. Bean Bag Baseball	21 10 -11 a.m. Line Dancing 11:45 a.m. - 12:45 p.m. Bean Bag Baseball	22 9:15 – 10:15 a.m. Senior Circuit 10:30 – 11 :30 a.m. Bean Bag Baseball	23 10 – 11a.m. Senior Dance & Mobility 12:00-1:00 p.m. Zumba Gold 11 – 12 a.m. Pilgrim Hat Paper Craft	24 THANKSGIVING CENTER CLOSED <small>Thanksgiving Day (US)</small>	25 CENTER CLOSED	26
27 10 -11 a.m. Line Dancing 11:45 a.m. - 12:45 p.m. Bean Bag Baseball	28 10 -11 a.m. Line Dancing 11:45 a.m. - 12:45 p.m. Bean Bag Baseball	29 9:15 – 10:15 a.m. Senior Circuit 11:30 – 1:30 a.m. October Birthday Party (members only) 10:30 – 11 :30 a.m. Bean Bag Baseball	30 10 – 11a.m. Senior Dance & Mobility 12:00-1:00 p.m. Zumba Gold 11 – 12 a.m. Cooking demo. Cucumber yogurt salad	<h1>November 2022</h1> <p>Gretna Senior and Wellness Center</p>		