

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



A UnitedHealthcare Company

			1 10 – 11a.m. Senior Dance & Mobility 11:30 – 12:30 p.m. Zumba Gold 11 – 12:00 p.m. “Chocolate Covered Strawberry” Paper Craft	2 9:15 – 10:15 a.m. Senior Fit & Fun 10:15 – 11:15 a.m. Senior Stretch and Flexibility Groundhog Day	3 10 – 11a.m. Line Dancing	4
5 10 -11 a.m. Line Dancing 11:45 a.m. – 12:45 p.m. Bean Bag Baseball	6 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	7 10 – 11a.m. Senior Dance & Mobility 11:30 – 12:30 p.m. Zumba Gold 11 – 12:00 p.m. “Hanging Heart” 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 p.m. Councilman Marion Edwards King Cake Party	10	11
12 10 -11 a.m. Line Dancing 11:45 a.m. – 12:45 p.m. Bean Bag Baseball	13 9:15 – 10:15 a.m. Senior Circuit 10:30 – 11 :30 a.m. Bean Bag Baseball 10:30 – 11:30 a.m. Pro Bono Valentine's Day	14 10 – 11a.m. Senior Dance & Mobility 11:30 – 12:30 p.m. Zumba Gold	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 11:30 – 12 pm Mardi Gras Party (wear your Mardi Gras gear. Food will be provided)	17	18
19 CENTER CLOSED Presidents' Day	20 CENTER CLOSED Happy Mardi Gras Mardi Gras	21 10 – 11a.m. Senior Dance & Mobility 11:30 – 12:30 p.m. Zumba Gold Ash Wednesday	22 9:15 – 10:15 a.m. Senior Fit & Fun 10:15 – 11:15 a.m. Senior Stretch and Flexibility	23 10 – 11a.m. Line Dancing 11:30 a.m.– 1 p.m. February Birthday Party. (Members Only)	24	25

26 10 -11 a.m. Line Dancing 11:45 a.m. – 12:45 p.m. Bean Bag Baseball	27 9:15 – 10:15 a.m. Senior Circuit 10:30 – 11 :30 a.m. Bean Bag Baseball	28
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# February 2023

Gretna Senior and Wellness Center