

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

April 2023

Gretna Senior and Wellness Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>April 2023</h1> <p>Gretna Senior and Wellness Center</p>						1 <small>April Fools' Day</small>
Easter Week Activities: Tues – Bunnies Funnies Wed - Easter Egg Hunt in the garden Thurs – Easter Egg Scavenger Hunt <small>Palm Sunday</small>	2 10 -11 a.m. Line Dancing 11:45 a.m. – 12:45 p.m. Bean Bag Baseball 9 – 11:30 a.m. Pro Bono Presentation/Consults	3 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	4 10 – 11a.m. Senior Dance & Mobility 11:15 a.m. Easter Egg Hunt in the garden 11:30-12:30 p.m. Zumba Gold 9:30 a.m.- Trolley to grocery store <small>Passover Begins</small>	5 9:15 – 10:15 a.m. Senior Fit & Fun 10:15 – 11:15 a.m. Senior Stretch & Flexibility	6 CENTER CLOSED	7 CENTER CLOSED
8 <small>Easter Sunday</small>	9 10 -11 a.m. Line Dancing 11:45 a.m. – 12:45 p.m. Bean Bag Baseball	10 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 consultations	11 10 – 11a.m. Senior Dance & Mobility 11:30-12:30 p.m. Zumba Gold 9:30a.m.-Trolley to grocery store	12 9:15 – 10:15 a.m. Senior Fit & Fun 10:15 – 11:15 a.m. Senior Stretch & Flexibility 11:15 – 12:15 p.m. Fascinator Jewelry Tray – paper craft	13 10 – 11a.m. Line Dancing 9 – 11:30 a.m. Pro Bono Presentation/Consults	14 CENTER CLOSED
15 <small>Easter Sunday</small>	16 10 -11 a.m. Line Dancing 11:45 a.m. – 12:45 p.m. Bean Bag Baseball	17 9:15 – 10:15 a.m. Senior Circuit 10:30 – 11 :30 a.m. Bean Bag Baseball	18 10 – 11a.m. Senior Dance & Mobility 11:30-12:30 p.m. Zumba Gold 9:30a.m.- Trolley to grocery store	19 9:15 – 10:15 a.m. Senior Fit & Fun 10:15 – 11:15 a.m. Senior Stretch & Flexibility 11:30 – 12 a.m. Fall Detection Presentation – Jewish Family Services	20 10 – 11a.m. Line Dancing 11:15- 12:15 p.m. – Improve Your Brain Health Presentation with Dr. Andrea Sturgis PCP	21 <small>Earth Day</small>
22 <small>Earth Day</small>	23 10 -11 a.m. Line Dancing 11:45 a.m. – 12:45 p.m. Bean Bag Baseball	24 9:15 – 10:15 a.m. Senior Circuit 10:30 – 11 :30 a.m. Bean Bag Baseball	25 10 – 11a.m. Senior Dance & Mobility 11:30-12:30 p.m. Zumba Gold 9:30a.m. -Trolley to grocery store <small>Administrative Professionals Day</small>	26 9:15 – 10:15 a.m. Senior Fit & Fun 10:15 – 11:15 a.m. Senior Stretch & Flexibility 11:15 – 12:15 p.m. - Blooming Bag - paper craft	27 10 – 11a.m. Line Dancing 11:30 a.m. – 1:00 p.m. April Birthday Party. (Members Only)	28 <small>Arbor Day</small>
29 <small>Arbor Day</small>	30 					