

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

August 2023

Gretna Senior and Wellness Center

		<p>1 9:15 – 10:15 a.m. Senior Circuit</p> <p>10:30 – 11 :30 a.m. Bean Bag Baseball</p> <p>10:30 – 12:00 “Hear Now” hearing test</p>	<p>2 10 – 11a.m. Senior Dance & Mobility</p> <p>11:30-12:30 p.m. Zumba Gold</p>	<p>3 9:15 – 10:15 a.m. Senior Fit & Fun</p> <p>10:15 – 11:15 a.m. Senior Stretch and Flexibility</p>	<p>4 10 – 11a.m. Line Dancing</p>	<p>5</p>
<p>6</p>	<p>7 10 -11 a.m. Senior Dance</p> <p>11:15a.m. – 12:15 p.m. Bean Bag Baseball</p>	<p>8 9:15 – 10:15 a.m. Senior Circuit</p> <p>10:30 – 11 :30 a.m. Bean Bag Baseball</p>	<p>9 10 – 11a.m. Senior Dance & Mobility</p> <p>11:30 a.m.-12:30 p.m. Zumba Gold</p>	<p>10 9:15 – 10:15 a.m. Senior Fit & Fun</p> <p>10:15 – 11:15 a.m. Senior Stretch and Flexibility</p> <p>11:30 a.m. – 12:30 p.m. “Tiki Bag” Paper Craft</p>	<p>11 10 – 11a.m. Line Dancing</p>	<p>12</p>
<p>13</p>	<p>14 10 -11 a.m. Senior Dance</p> <p>11:15a.m. – 12:15 p.m. Bean Bag Baseball</p>	<p>15 9:15 – 10:15 a.m. Senior Circuit</p> <p>10:30 – 11 :30 a.m. Bean Bag Baseball</p>	<p>16 10 – 11a.m. Senior Dance & Mobility</p> <p>11:30 a.m.-12:30 p.m. Zumba Gold</p>	<p>17 9:15 – 10:15 a.m. Senior Fit & Fun</p> <p>10:15 – 11:15 a.m. Senior Stretch and Flexibility</p>	<p>18 10 – 11a.m. Line Dancing</p> <p>11:15 a.m. – 12:15 p.m. Primary Care Plus Presentation “Chronic Kidney Disease”</p>	<p>19</p>
<p>20</p>	<p>21 10 -11 a.m. Senior Dance</p> <p>11:15a.m. – 12:15 p.m. Bean Bag Baseball</p>	<p>22 9:15 – 10:15 a.m. Senior Circuit</p> <p>10:30 – 11 :30 a.m. Bean Bag Baseball</p>	<p>23 10 – 11a.m. Senior Dance & Mobility</p> <p>11:30 a.m.-12:30 p.m. Zumba Gold</p>	<p>24 9:15 – 10:15 a.m. Senior Fit & Fun</p> <p>10:15 – 11:15 a.m. Senior Stretch and Flexibility</p> <p>11:30 a.m. – 12:30 p.m. “Popcorn Bowl” Paper Craft</p>	<p>25 10 – 11a.m. Line Dancing</p> <p>11:30 a.m. – 1:30 p.m. August Birthday Party (members only)</p>	<p>26</p>
<p>27</p>	<p>28 10 -11 a.m. Senior Dance</p> <p>11:15a.m. – 12:15 p.m. Bean Bag Baseball</p>	<p>29 9:15 – 10:15 a.m. Senior Circuit</p> <p>10:30 – 11 :30 a.m. Bean Bag Baseball</p>	<p>30 10 – 11a.m. Senior Dance & Mobility</p> <p>11:30 a.m.-12:30 p.m. Zumba Gold</p>	<p>31 9:15 – 10:15 a.m. Senior Fit & Fun</p> <p>10:15 – 11:15 a.m. Senior Stretch and Flexibility</p>	 <p>JEFFERSON COUNCIL ON AGING</p> <p>PEOPLES HEALTH A UnitedHealthcare Company</p> <p>CITY OF GRETNA LOUISIANA</p>	