

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# September 2023

Gretna Senior and Wellness Center

<h1>September 2023</h1> <p>Gretna Senior and Wellness Center</p>						1	2
						10 – 11 a.m. Line Dancing	
3	4	5	6	7	8	9	
	<p><b>Labor Day</b></p> <p><b>Center Closed</b></p> <p>Labor Day</p>	<p>9:15 – 10:15 a.m. Senior Circuit</p> <p>10:30 – 11:30 <b>Bean Bag Baseball</b></p> <p>10:30 – 12:00 “Hear Now” Hearing Test</p>	<p>8:30 a.m. – 12 p.m. LSU Nursing Students – Blood Pressure checks</p> <p>10 – 11 a.m. Senior Dance &amp; Mobility</p> <p>11:30 a.m.-12:30 p.m. Zumba Gold</p>	<p>9:15 – 10:15 a.m. Senior Fit &amp; Fun</p> <p>10:15 – 11:15 a.m. Senior Stretch and Flexibility</p> <p>10:30 a.m.– 12:30 p.m. <b>Football Jersey Box Paper Craft</b></p>	<p>8:30 a.m. – 12 p.m. LSU Nursing Students – Blood Pressure checks</p> <p>10 – 11 a.m. Line Dancing</p>		
10	11	12	13	14	15	16	
<p>10 -11 a.m. Senior Dance</p> <p>11:15 a.m. – 12:15 p.m. <b>Bean Bag Baseball</b></p> <p>Grandparents Day</p>	<p>9:15 – 10:15 a.m. Senior Circuit</p> <p>10:30 – 11 :30 a.m. <b>Bean Bag Baseball</b></p> <p>10:30 – 11:30 a.m. Southeast Legal Services (pro Bono)</p>	<p>8:30 a.m. – 12 p.m. LSU Nursing Students – Blood Pressure checks</p> <p>10 – 11 a.m. Senior Dance &amp; Mobility</p> <p>11:30 a.m.-12:30 p.m. Zumba Gold</p>	<p>9:15 – 10:15 a.m. Senior Fit &amp; Fun</p> <p>10:15 – 11:15 a.m. Senior Stretch and Flexibility</p> <p>11:30 a.m. – 12:15 p.m. <b>LCMC Health – Urinary Incontinence presentation</b></p>	<p>9:15 – 10:15 a.m. Senior Fit &amp; Fun</p> <p>10:15 – 11:15 a.m. Senior Stretch and Flexibility</p> <p>11:15 – 12:00 <b>Primary Care Plus: Stroke Prevention Presentation</b></p> <p>Rosh Hashanah Begins</p>	<p>8:30 a.m. – 12 p.m. LSU Nursing Students – Blood Pressure checks</p> <p>10 – 11 a.m. Line Dancing</p> <p>11:15 – 12:00 <b>Primary Care Plus: Stroke Prevention Presentation</b></p> <p>Oktoberfest Begins</p>		
17	18	19	20	21	22	23	
<p>10 -11 a.m. Senior Dance</p> <p>11:15 a.m. – 12:15 p.m. <b>Bean Bag Baseball</b></p> <p>11 – 11:30 a.m. <b>Saints Nacho Day - \$2</b></p>	<p>9:15 – 10:15 a.m. Senior Circuit</p> <p>10:30 – 11 :30 a.m. <b>Bean Bag Baseball</b></p>	<p>8:30 a.m. – 12 p.m. LSU Nursing Students – Blood Pressure checks</p> <p>10 – 11 a.m. Senior Dance &amp; Mobility</p> <p>11:30 a.m.-12:30 p.m. Zumba Gold</p>	<p>9:15 – 10:15 a.m. Senior Fit &amp; Fun</p> <p>10:15 – 11:15 a.m. Senior Stretch and Flexibility</p> <p>11:30 a.m. – 12:30 p.m. <b>Saints-LSU Bowl Paper Craft</b></p>	<p>9:15 – 10:15 a.m. Senior Fit &amp; Fun</p> <p>10:15 – 11:15 a.m. Senior Stretch and Flexibility</p> <p>11:30 a.m. – 12:30 p.m. <b>Saints-LSU Bowl Paper Craft</b></p>	<p>8:30 a.m. – 12 p.m. LSU Nursing Students – Blood Pressure checks</p> <p>9:00 a.m. – 12:00 p.m. <b>GSWC Annual Health Fair</b></p> <p>Autumn Begins</p>		
24	25	26	27	28	29	30	
<p>10 -11 a.m. Senior Dance</p> <p>11:15 a.m. – 12:15 p.m. <b>Bean Bag Baseball</b></p> <p>Yom Kippur Begins</p>	<p>9:15 – 10:15 a.m. Senior Circuit</p> <p>10:30 – 11 :30 a.m. <b>Bean Bag Baseball</b></p>	<p>8:30 a.m. – 12 p.m. LSU Nursing Students – Blood Pressure checks</p> <p>10 – 11 a.m. Senior Dance &amp; Mobility</p> <p>11:30 a.m.-12:30 p.m. Zumba Gold</p>	<p>8:30 a.m. – 12 p.m. LSU Nursing Students – Blood Pressure checks</p> <p>10 – 11 a.m. Senior Dance &amp; Mobility</p> <p>11:30 a.m.-12:30 p.m. Zumba Gold</p>	<p>9:15 – 10:15 a.m. Senior Fit &amp; Fun</p> <p>10:15 – 11:15 a.m. Senior Stretch and Flexibility</p>	<p>8:30 a.m. – 12 p.m. LSU Nursing Students – Blood Pressure checks</p> <p>10 – 11 a.m. Line Dancing</p> <p>11:30 a.m. – 1:00 p.m. <b>September Birthday Party (members only)</b></p> <p>Sukkot Begins</p>		