

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# May 2024

Gretna Senior and Wellness Center

			1 10 – 11 a.m. Senior Aerobics 11 – 11:30 a.m. Chair Volleyball	2 10 – 11 a.m. Senior Fit & Fun 11:15 – 12:15 p.m. Taco Truck Paper Craft 9:15 – 9:45 a.m. Pokeno	3 10 – 11 a.m. Line Dancing 11:15 a.m. – 12:30 p.m. Cinco de Mayo party	4
	5 10-11 a.m. Zumba Gold 11:15a.m. – 12:15 p.m. Bean Bag Baseball	6 9:15 – 10:15 a.m. Senior Circuit 10:30 – 11:30 a.m. Beanbag Baseball 10:30 – 11:30 a.m. – Hear Now hearing testing	7 10 – 11 a.m. Senior Aerobics 11 – 11:30 a.m. Chair Volleyball	8 10 – 11 a.m. Senior Fit & Fun 9:15 – 9:45 a.m. Pokeno	9 10 – 11 a.m. Line Dancing	10 11
	12 10-11 a.m. Zumba Gold 11:15a.m. – 12:15 p.m. Bean Bag Baseball	13 9:15 – 10:15 a.m. Senior Circuit 10:30 – 11:30 a.m. Beanbag Baseball 10:30 – 11:30 a.m. – Southeast Legal Services (ProBono)	14 10 – 11 a.m. Senior Aerobics 11 – 11:30 a.m. Chair Volleyball	15 10 – 11 a.m. Senior Fit & Fun 9:15 – 9:45 a.m. Pokeno	16 10 – 11 a.m. Line Dancing	17 18 
	19 10-11 a.m. Zumba Gold 11:15a.m. – 12:15 p.m. Bean Bag Baseball	20 9:15 – 10:15 a.m. Senior Circuit 10:30 – 11 :30 a.m. Bean Bag Baseball	21 10 – 11 a.m. Senior Aerobics 11 – 11:30 a.m. Chair Volleyball	22 10 – 11 a.m. Senior Fit & Fun 11:15 – 12:15 p.m. Dainty Purse Favor Paper Craft 9:15 – 9:45 a.m. Pokeno	23 10 – 11 a.m. Line Dancing	24 25 
	26 CLOSED MEMORIAL DAY	27 9:15 – 10:15 a.m. Senior Circuit 10:30 – 11 :30 a.m. Bean Bag Baseball	28 10 – 11 a.m. Senior Aerobics 11 – 11:30 a.m. Chair Volleyball	29 10 – 11 a.m. Senior Fit & Fun 9:15 – 9:45 a.m. Pokeno	30 10 – 11 a.m. Line Dancing 11:15 a.m. – 12:15 p.m. – May Birthday Party (members only)	31 