

# Gretna Senior and Wellness Center Calendar of Events for April 2019

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday  |
|--|---|--|--|---|
| <p>8:30-9:30 a.m. Garden Walk<br/> <b>9:30-10:30 a.m. Zumba and Flexibility</b><br/>           10:45-11:45 a.m. "Benefits of a Plant-Based Diet"<br/> <b>12:30-2:30 p.m. Bingo</b></p> <p><b>APRIL FOOLS DAY</b></p> | <p>8:30-9:30 a.m. Garden Walk<br/>           9:30-10:30 a.m. Line Dancing<br/>           10:35-11:35 a.m. Indoor/Outdoor Silver Circuit<br/>           1-2 p.m. Beanbag Baseball</p>  | <p><b>9 a.m.-1 p.m. Blood Pressure Screenings</b><br/>           9:30-10:30 a.m. Line Dancing<br/>           10:35-11:35 a.m. Yoga<br/> <b>11:00 a.m.-12:45 p.m. Trolley to Grocery Store (Members Only)</b></p>   | <p>8:30-9:30 a.m. Garden Walk<br/>           9-10 a.m. Coffee and Games<br/>           10-11 a.m. Senior Fit and Fun<br/>           11:05 a.m.-12:05 p.m. Zumba</p>  | <p>9:30-10:30 a.m. Line Dancing<br/>           12:00-2:15 p.m. Bingo</p>  |
| <p>8:30-9:30 a.m. Garden Walk<br/>           9-10 a.m. Coffee and Games<br/>           10-11 a.m. Zumba and Flexibility<br/>           12-2:15 p.m. Bingo</p>  | <p>8:30-9:30 a.m. Garden Walk<br/>           9:30-10:30 a.m. Line Dancing<br/> <b>10:30-11:30 a.m. Pro Bono Project</b><br/> <i>*Please call to register.</i><br/>           10:35-11:35 a.m. Indoor/Outdoor Silver Circuit<br/> <b>11:45 a.m.-12:45 p.m. Chair Volleyball</b><br/>           1-2 p.m. Beanbag Baseball</p> | <p><b>9 a.m.-1 p.m. Blood Pressure Screenings</b><br/>           9:30-10:30 a.m. Line Dancing<br/>           10:35-11:35 a.m. Yoga<br/> <b>11:00 a.m.-12:45 p.m. Trolley to Grocery Store (Members Only)</b><br/> <b>12:30-1:30 p.m. Focus Group</b></p> | <p>8:30-9:30 a.m. Garden Walk<br/>           9-10 a.m. Coffee and Games<br/>           10-11 a.m. Senior Fit and Fun<br/>           11:05 a.m.-12:05 p.m. Zumba</p>  | <p>9:30-10:30 a.m. Line Dancing<br/> <b>10:45-11:45 a.m. "Advantages of Medicare Advantage"</b><br/> <b>12:30-2:30 p.m. Bingo</b></p> |
| <p>8:30-9:30 a.m. Garden Walk<br/>           9-10 a.m. Coffee and Games<br/>           10-11 a.m. Zumba and Flexibility<br/>           12-2:15 p.m. Bingo</p> <p><b>FEDERAL TAX DAY</b></p>                          | <p>8:30-9:30 a.m. Garden Walk<br/>           9:30-10:30 a.m. Line Dancing<br/>           10:35-11:35 a.m. Indoor/Outdoor Silver Circuit<br/>           1-2 p.m. Beanbag Baseball</p>  | <p>9:30-10:30 a.m. Line Dancing<br/>           10:35-11:35 a.m. Yoga<br/> <b>11:00 a.m.-12:45 p.m. Trolley to Grocery Store (Members Only)</b></p>   | <p>8:30-9:30 a.m. Garden Walk<br/>           9-10 a.m. Coffee and Games<br/>           10-11 a.m. Senior Fit and Fun<br/>           11:05 a.m.-12:05 p.m. Zumba<br/> <b>12:15-1:30 p.m. Craft: "Message in a Bottle"</b></p> | <p><b>Center Closed</b></p> <p><b>GOOD FRIDAY</b><br/> <b>PASSOVER BEGINS (SUNDOWN)</b></p>   |
| <p>8:30-9:30 a.m. Garden Walk<br/>           9-10 a.m. Coffee and Games<br/>           10-11 a.m. Zumba and Flexibility<br/>           12-2:15 p.m. Bingo</p> <p><b>EARTH DAY</b></p>                                | <p>8:30-9:30 a.m. Garden Walk<br/>           9:30-10:30 a.m. Line Dancing<br/>           10:35-11:35 a.m. Indoor/Outdoor Silver Circuit<br/>           1-2 p.m. Beanbag Baseball</p>  | <p>9:30-10:30 a.m. Line Dancing<br/>           10:35-11:35 a.m. Yoga<br/> <b>11:00 a.m.-12:45 p.m. Trolley to Grocery Store (Members Only)</b><br/> <b>11:45 a.m.-12:45 p.m. Computer Class</b></p>  | <p>8:30-9:30 a.m. Garden Walk<br/>           9-10 a.m. Coffee and Games<br/>           10-11 a.m. Senior Fit and Fun<br/>           11:05 a.m.-12:05 p.m. Zumba<br/> <b>12:15-1:15 p.m. "Emotional Wellness"</b></p>         | <p><b>11 a.m.-1 p.m. Birthday Party (Members Only)</b></p> <p><b>NATIONAL ARBOR DAY</b></p>   |
| <p>8:30-9:30 a.m. Garden Walk<br/>           9-10 a.m. Coffee and Games<br/>           10-11 a.m. Zumba and Flexibility<br/>           12-2:15 p.m. Bingo</p>  | <p>8:30-9:30 a.m. Garden Walk<br/>           9:30-10:30 a.m. Line Dancing<br/>           10:35-11:35 a.m. Indoor/Outdoor Silver Circuit<br/> <b>12:15-1:00 p.m. Drum Circles</b><br/>           1-2 p.m. Beanbag Baseball</p>   | <p><b>Served Daily:</b><br/> <b>8 - 9 a.m. Breakfast</b><br/> <b>11:30 a.m. - 12:30 p.m. Lunch (Members Only)</b></p>  |   |   |