

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

**Wellness Programs & Centers**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b></p> <p>8:30-9:30 a.m. Garden Walk 9-10 a.m. Coffee and Games 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo</p>	<p><b>4</b></p> <p>8:30-9:30 a.m. Garden Walk 9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Indoor/Outdoor Silver Circuit <b>11:45 a.m.-12:45 p.m. Chair Volleyball</b> <b>1-2 p.m. Beanbag Baseball</b></p>	<p><b>5</b></p> <p>9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Yoga <b>11:00 a.m.-12:45 p.m. Trolley to Grocery Store (Members Only)</b></p>	<p><b>6</b></p> <p>8:30-9:30 a.m. Garden Walk 9-10 a.m. Coffee and Games 10-11 a.m. Senior Fit and Fun 11:05 a.m.-12:05 p.m. Zumba</p> <p><b>D-Day, World War II</b></p>	<p><b>7</b></p> <p>9:30-10:30 a.m. Line Dancing 12:00-2:15 p.m. Bingo</p>
<p><b>10</b></p> <p>8:30-9:30 a.m. Garden Walk 9-10 a.m. Coffee and Games 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo</p>	<p><b>11</b></p> <p>8:30-9:30 a.m. Garden Walk 9:30-10:30 a.m. Line Dancing <b>10:30-11:30 a.m. Pro Bono Project</b> <i>*Please call to register.</i> 10:35-11:35 a.m. Indoor/Outdoor Silver Circuit 12-1 p.m. Beanbag Baseball</p>	<p><b>12</b></p> <p>9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Yoga <b>11:00 a.m.-12:45 p.m. Trolley to Grocery Store (Members Only)</b></p>	<p><b>13</b></p> <p>8:30-9:30 a.m. Garden Walk 9-10 a.m. Coffee and Games 10-11 a.m. Senior Fit and Fun 11:05 a.m.-12:05 p.m. Zumba</p>	<p><b>14</b></p> <p><b>8:30 a.m.-1:30 p.m. Outing to the Jefferson Parish Senior Expo (Members Only for Trolley)</b> 9:30-10:30 a.m. Line Dancing 12:00-2:15 p.m. Bingo</p> <p><b>Flag Day</b></p>
<p><b>17</b></p> <p>8:30-9:30 a.m. Garden Walk 9-10 a.m. Coffee and Games 10-11 a.m. Zumba and Flexibility <b>11:15 a.m.-12:15 p.m. "High Blood Pressure Awareness"</b> <b>12:30-2:30 p.m. Bingo</b></p>	<p><b>18</b></p> <p>8:30-9:30 a.m. Garden Walk 9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Indoor/Outdoor Silver Circuit 12-1 p.m. Beanbag Baseball</p>	<p><b>19</b></p> <p>9:30-10:30 a.m. Line Dancing <b>10:30 a.m.-12:00 p.m. Hearing Screenings</b> <i>*Please call to register.</i> 10:35-11:35 a.m. Yoga <b>11:00 a.m.-12:45 p.m. Trolley to Grocery Store (Members Only)</b></p>	<p><b>20</b></p> <p>8:30-9:30 a.m. Garden Walk 9-10 a.m. Coffee and Games 10-11 a.m. Senior Fit and Fun 11:05 a.m.-12:05 p.m. Zumba <b>12:15-1:15 p.m. "Healthy Ways to Manage and Reduce Stress"</b></p>	<p><b>21</b></p> <p><b>11 a.m.-1 p.m. Birthday Party (Members Only)</b></p> <p><b>First Day of Summer</b></p>
<p><b>24</b></p> <p>8:30-9:30 a.m. Garden Walk 9-10 a.m. Coffee and Games 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo</p>	<p><b>25</b></p> <p>8:30-9:30 a.m. Garden Walk 9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Indoor/Outdoor Silver Circuit <b>11:30 a.m. Taco Tuesday Fundraiser</b> <b>12:15-1:00 p.m. Drum Circles</b> <b>1-2 p.m. Beanbag Baseball</b></p>	<p><b>26</b></p> <p>9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Yoga <b>11:00 a.m.-12:45 p.m. Trolley to Grocery Store (Members Only)</b></p>	<p><b>27</b></p> <p>8:30-9:30 a.m. Garden Walk 9-10 a.m. Coffee and Games 10-11 a.m. Senior Fit and Fun <b>10:30 a.m.-1:00 p.m. Lunch Outing to Nine Roses (Members Only)</b> 11:05 a.m.-12:05 p.m. Zumba</p>	<p><b>28</b></p> <p>9:30-10:30 a.m. Line Dancing <b>10:45-11:15 a.m. "Arthritis and Joint Replacements"</b> 12:00-2:15 p.m. Bingo</p>