Image: Constraint of the second se	Sunday	Monday	Tuesday	Wednesday	Thursday	
7 10 - 11 a.m. Zumba Gold 8 9:15 - 10:15 a.m. Senior Gruit 10 - 11 a.m. Senior Fit & Fun 10 - 11 a.m. Senior Aerobics 11 - 11:30 a.m. Chair Volleyball 11:15a.m 12:15 p.m. Beau 10:30 - 11:30 a.m. Senior Circuit 9:15 - 9:45 a.m. Pokeno 11 - 11:30 a.m. Chair Volleyball 14 10 - 11 a.m. Zumba Gold 15 9:15 - 10:15 a.m. Senior Circuit 10 - 11 a.m. Senior Fit & Fun 10 - 11 a.m. Senior Aerobics 11:15.a.m 12:15 p.m. Bean Baseball 10:30 - 11:30 a.m. Senior Circuit 10 - 11 a.m. Senior Fit & Fun 10 - 11 a.m. Senior Aerobics 10 - 11 a.m. Senior Aerobics 21 10 - 11 a.m. Zumba Gold 12 9:15 - 10:15 a.m. Senior Circuit 10 - 11 a.m. Senior Fit & Fun 10 - 11 a.m. Senior Aerobics 10 - 11 a.m. Senior Aerobics 21 10 - 11 a.m. Zumba Gold 12 9:15 - 10:15 a.m. Senior Circuit 10 - 11 a.m. Senior Fit & Fun 11 - 11:30 a.m. Chair Volleyball Aprecental Aprecental Aprecental Baseball 10 - 11 a.m. Senior Fit & Fun 11 - 11:30 a.m. Chair Volleyball Aprecental Aprecentaprecental Aprecental Aprec		11:15a.m. – 12:15 p.m. Bean Bag Baseball	9:15 – 10:15 a.m. Senior Circuit 10:15 -11:15 a.m. Kemper life BINGO/ice cream social 10:30 – 11:30 a.m. – Hear Now	10 – 11 a.m. Senior Fit & Fun 9:15 – 9:45 a.m. Pokeno 10:30 – 11:30 a.m. Beanbag	CENTER CLOSED	CEI
10-11 a.m. Zamba Gold 9:15 - 10:15 a.m. Senior Circuit 10 - 11 a.m. Senior Fit & Fun 10 - 11 a.m. Senior Aerobics 10 - 11 a.m. Senior Aerobics 11:15a.m 12:15 p.m. Bean 10:30 - 11:30 a.m. Beanbag 9:15 - 9:45 a.m. Pokeno 11 - 11:30 a.m. Chair Volleyball 9-10 a.m. Apps/Ind presentat 21 10 - 11 a.m. Zumba Gold 22 9:15 - 10:15 a.m. Senior Circuit 10 - 11 a.m. Senior Fit & Fun 11 - 11:30 a.m. Chair Volleyball 9-10 a.m. Apps/Ind presentat 11 10 - 11 a.m. Zumba Gold 22 9:15 - 10:15 a.m. Senior Circuit 10 - 11 a.m. Senior Fit & Fun 11 - 11:30 a.m. Chair Volleyball 10 - 11 a.m. Senior Aerobics 11:15a.m 12:15 p.m. Bean 10:30 - 11:30 a.m. Beanbag 9:15 - 9:45 a.m. Pokeno 11 - 11:30 a.m. Chair Volleyball 11 a.m. Senior Aerobics 11:15a.m 12:15 p.m. Bean Baseball 10:30 - 11:30 a.m. Beanbag 9:15 - 9:45 a.m. Pokeno 11 - 11:30 a.m. Chair Volleyball 11 a.m. Birthday 11:15a.m 12:15 p.m. Bean Baseball 10:30 - 11:30 a.m. Senior Circuit 10 - 11 a.m. Senior Fit & Fun 11 - 11:30 a.m. Chair Volleyball 11 a.m. Birthday 11:15a.m 12:15 p.m. Bean Baseball 10:30 - 11:30 a.m. Senior Circuit 10 - 11 a.m. Senior Fit & Fun 11 - 11:30 a.m. Chair Volleyball 11 - 11:30 a.m. Chair Volleyball		8 10 -11 a.m. Zumba Gold 11:15a.m. – 12:15 p.m. Bean Bag Baseball	9:15 – 10:15 a.m. Senior Circuit 10:30 – 11:30 a.m. Beanbag Baseball 10:30 – 11:30 a.m. – Southeast	10 – 11 a.m. Senior Fit & Fun	11 10 – 11 a.m. Senior Aerobics 11 – 11:30 a.m. Chair Volleyball 11:15 – 12:15 p.m. Paper Craft –	10 – 11 a.ı
10 -11 a.m. Zumba Gold 9:15 - 10:15 a.m. Senior Circuit 10 - 11 a.m. Senior Fit & Fun 10 - 11 a.m. Senior Aerobics 10 - 11 a.m. Senior Aerobics 11:15a.m 12:15 p.m. Bean 10:30 - 11:30 a.m. Beanbag 9:15 - 9:45 a.m. Pokeno 11 - 11:30 a.m. Chair Volleyball 11 a.m 11:15 - 12:15 p.m. Paper Craft - Jelly Bag 10 - 11 a.m. Zumba Gold 9:15 - 10:15 a.m. Senior Circuit 10 - 11 a.m. Senior Fit & Fun 11 - 11:30 a.m. Chair Volleyball 11 a.m 11:15 - 12:15 p.m. Paper Craft - Jelly Bag 9:15 - 10:15 a.m. Senior Circuit 10 - 11 a.m. Senior Fit & Fun 10 - 11 a.m. Senior Fit & Fun 11:15a.m 12:15 p.m. Bean 9:15 - 10:15 a.m. Senior Circuit 10 - 11 a.m. Senior Fit & Fun 10 - 11 a.m. Senior Fit & Fun 11:15a.m 12:15 p.m. Bean 9:15 - 10:15 a.m. Senior Circuit 10 - 11 a.m. Senior Fit & Fun 9:15 - 9:45 a.m. Pokeno 11:15a.m 12:15 p.m. Bean 10:30 - 11:30 a.m. Beanbag 9:15 - 9:45 a.m. Pokeno JJUIJ		10 -11 a.m. Zumba Gold 11:15a.m. – 12:15 p.m. Bean	9:15 – 10:15 a.m. Senior Circuit 10:30 – 11:30 a.m. Beanbag	10 – 11 a.m. Senior Fit & Fun	10 – 11 a.m. Senior Aerobics 11 – 11:30 a.m. Chair Volleyball	10 – 11 a.r
10 - 11 a.m. Zumba Gold 9:15 - 10:15 a.m. Senior Circuit 10 - 11 a.m. Senior Fit & Fun 11:15a.m 12:15 p.m. Bean 10:30 - 11:30 a.m. Beanbag 9:15 - 9:45 a.m. Pokeno Bag Baseball 10:30 - 11:30 a.m. Beanbag 9:15 - 9:45 a.m. Pokeno		10 -11 a.m. Zumba Gold 11:15a.m. – 12:15 p.m. Bean	9:15 – 10:15 a.m. Senior Circuit 10:30 – 11:30 a.m. Beanbag	10 – 11 a.m. Senior Fit & Fun	10 – 11 a.m. Senior Aerobics 11 – 11:30 a.m. Chair Volleyball 11:15 – 12:15 p.m. Paper Craft –	10 – 11 a.ı
	28	10 -11 a.m. Zumba Gold 11:15a.m. – 12:15 p.m. Bean	9:15 – 10:15 a.m. Senior Circuit 10:30 – 11:30 a.m. Beanbag	10 – 11 a.m. Senior Fit & Fun		HERE .

Gretna Senior and Wellness Center

476 Franklin Avenue. Gretna, LA 70003

504-301-3743



peopleshealthwellnesscenter.com