Sunday	Monday	Tuesday	Wednesday	Thursday	
A	ugus	st 202	24	9 – 10 am Pokeno 10 – 11am Senior Aerobics	1 10 – 11 an
Gretna Senior and Wellness Center					
4	5 10 – 11 am Zumba Gold	9:15 – 10:15 am Senior Circuit 6		9 – 10 am Pokeno	8 10 – 11 an
	11:15 am – 12 pm Beanbag Baseball	10:30 – 11:30 am Beanbag Baseball 10:30 – 11:30 am Hear Now hearing testing	11:15 am – 12 pm Chair Volleyball	10 – 11 am Senior Aerobics 11:15 am – 12:15 pm Paper Craft – Milk Carton	11am – 12 Care prese
11	11:15 am – 12 pm Beanbag	9:15 – 10:15 am Senior Circuit 10:30 – 11:30 am Beanbag	10 – 11 am Senior Fit & Fun 11:15 am – 12 pm Chair	1 9 – 10 am Pokeno 10 – 11 am Senior Aerobics	5 10 – 11 an
	Baseball	Baseball 10:30 – 11:30 am Southeast Legal Services (ProBono)	Volleyball	11:15 am – 12:15 pm Craft – Shell Decorating	
18	10 – 11 am Zumba Gold	20 9:15 – 10:15 am Senior Circuit	10 – 11 am Senior Fit & Fun	9 – 10 am Pokeno 2	2 10 – 11 ar
	11:15 am – 12 pm Beanbag Baseball	10:30 – 11:30 am Beanbag Baseball	11:15 am – 12 pm Chair Volleyball	10 – 11 am Senior Aerobics 11:15 am – 12:15 pm Paper Craft – Sunflower Treat Box	HA RE
25	26 10 – 11 am Zumba Gold	27 9:15 – 10:15 am Senior Circuit	28 10 – 11 am Senior Fit & Fun	2 9 – 10 am Pokeno	9 10 – 11 an
	11:15 am – 12 pm Beanbag Baseball	10:30 – 11:30 am Beanbag Baseball	11:15 am – 12 pm Chair Volleyball	10 – 11 am Senior Aerobics	11:15am - Birthday F
Gretna Senior and Wellne	ess Center 476 Fra	anklin Avenue, Gretna, LA	70053 504-30	1-3743	



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