

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

August 2024

Gretna Senior and Wellness Center

				9 – 10 am Pokeno 10 – 11am Senior Aerobics	10 – 11 am Line Dancing						
4	10 – 11 am Zumba Gold 11:15 am – 12 pm Beanbag Baseball	5	9:15 – 10:15 am Senior Circuit 10:30 – 11:30 am Beanbag Baseball 10:30 – 11:30 am Hear Now hearing testing	6	10 – 11 am Senior Fit & Fun 11:15 am – 12 pm Chair Volleyball	7	9 – 10 am Pokeno 10 – 11 am Senior Aerobics 11:15 am – 12:15 pm Paper Craft – Milk Carton	8	10 – 11 am Line Dancing 11am – 12 pm About You Home Care presentation & BINGO	9	10
11	10 – 11 am Zumba Gold 11:15 am – 12 pm Beanbag Baseball	12	9:15 – 10:15 am Senior Circuit 10:30 – 11:30 am Beanbag Baseball 10:30 – 11:30 am Southeast Legal Services (ProBono)	13	10 – 11 am Senior Fit & Fun 11:15 am – 12 pm Chair Volleyball	14	9 – 10 am Pokeno 10 – 11 am Senior Aerobics 11:15 am – 12:15 pm Craft – Shell Decorating	15	10 – 11 am Line Dancing	16	17
18	10 – 11 am Zumba Gold 11:15 am – 12 pm Beanbag Baseball	19	9:15 – 10:15 am Senior Circuit 10:30 – 11:30 am Beanbag Baseball	20	10 – 11 am Senior Fit & Fun 11:15 am – 12 pm Chair Volleyball	21	9 – 10 am Pokeno 10 – 11 am Senior Aerobics 11:15 am – 12:15 pm Paper Craft – Sunflower Treat Box	22	10 – 11 am Line Dancing	23	24
25	10 – 11 am Zumba Gold 11:15 am – 12 pm Beanbag Baseball	26	9:15 – 10:15 am Senior Circuit 10:30 – 11:30 am Beanbag Baseball	27	10 – 11 am Senior Fit & Fun 11:15 am – 12 pm Chair Volleyball	28	9 – 10 am Pokeno 10 – 11 am Senior Aerobics	29	10 – 11 am Line Dancing 11:15am – 12:15pm August Birthday Party (members only)	30	31

