

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

1 9 – 9:45am Cards & Games 10 – 11am Zumba Gold 11am – 12pm Beanbag Baseball	2 9:15 – 10:15am Senior Circuit 10:30 – 11:30am Beanbag Baseball 10:30 – 11:30am Hear Now	3 9 – 10am Trolley to Grocery Store 10 – 11am Senior Fit & Fun 11am – 12pm Chair Volleyball	4 9 – 9:45am Pokeno 10 – 11am Senior Aerobics	5 10 – 11am Line Dancing	6	7
8 9 – 9:45am Cards & Games 10 – 11am Zumba Gold 11am – 12pm Beanbag Baseball	9 9:15 – 10:15am Senior Circuit 10:30 – 11:30am Beanbag Baseball 10:30 – 11:30am Pro Bono	10 10 – 11am Senior Fit & Fun 11am – 12pm Chair Volleyball	11 9 – 9:45am Pokeno 10 – 11am Senior Aerobics 11am – 12 pm Paper Craft – Santa Ornament	12 10 – 11am Line Dancing	13	14 
15 9 – 9:45am Cards & Games 10 – 11am Zumba Gold 11am – 12pm Beanbag Baseball	16 9:15 – 10:15am Senior Circuit 10:30 – 11:30am Beanbag Baseball	17 9 – 10am Trolley to Grocery Store 10 – 11am Senior Fit & Fun 11am – 12pm Chair Volleyball	18 9 – 9:45am Pokeno 10 – 11am Senior Aerobics 11am – 12 pm GSWC Christmas Party and Gift Wrapping	19 10 – 11am Line Dancing	20	21  Winter Begins
22 9 – 9:45am Cards & Games 10 – 11am Zumba Gold 11am – 12pm Beanbag Baseball	23 CENTER CLOSED	24 CENTER CLOSED <small>Christmas Hanukkah Begins</small>	25 9 – 9:45am Pokeno 10 – 11am Senior Aerobics <small>Boxing Day (Canada) Kwanzaa Begins</small>	26 10 – 11am Line Dancing 11am – 12pm December Birthday Party	27	28 
29 9 – 9:45am Cards & Games 10 – 11am Zumba Gold 11am – 12pm Beanbag Baseball	30 CENTER CLOSED	31 CENTER CLOSED <small>New Year's Eve</small>	<h1>December 2024</h1> <p>Gretna Senior and Wellness Center 476 Franklin Ave Gretna, LA 70053 504-301-3743</p>			