

# The GRETNA Senior and Wellness Center

# Upcoming Events



## 4<sup>th</sup> Annual Fall Fest

Please join us at the Gretna Senior and Wellness Center for a day of fun, music, and food to celebrate our 4th anniversary!

This event is open to the public. All proceeds from this fundraising event will support future programming efforts at the Center.

**Friday, November 30**

9:30am-1:00pm

**For more information or to register,  
Please visit or call us at 504-301-3743.**

## Drum Circles With Carly

Join Carly in learning how drumming can help reduce blood pressure, increase self-expression, and manage your stress level. No experience required.

**Tuesday, November 27**

12:15pm-1:00pm

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## Beanbag Baseball

Join our Gretna Senior and Wellness Center Bean Bag Baseball team!

**Tuesdays**

1:00pm-2:00pm

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## Holiday Schedule

Center Closed

**Thursday, November 22**

**Friday, November 23**

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*Happy Thanksgiving from the staff at the  
Gretna Senior and Wellness Center!*

The GRETNA Senior and Wellness Center is a joint effort between The Jefferson Council on Aging, the City of Gretna and Peoples Health.

