

Gretna Senior and Wellness Center Calendar of Events for April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:30-9:30 a.m. Garden Walk 9:30-10:30 a.m. Zumba and Flexibility 10:45-11:45 a.m. "Benefits of a Plant-Based Diet" 12:30-2:30 p.m. Bingo</p> <p>APRIL FOOLS DAY</p>	<p>8:30-9:30 a.m. Garden Walk 9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Indoor/Outdoor Silver Circuit 1-2 p.m. Beanbag Baseball</p>	<p>9 a.m.-1 p.m. Blood Pressure Screenings 9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Yoga 11:00 a.m.-12:45 p.m. Trolley to Grocery Store (Members Only)</p>	<p>8:30-9:30 a.m. Garden Walk 9-10 a.m. Coffee and Games 10-11 a.m. Senior Fit and Fun 11:05 a.m.-12:05 p.m. Zumba</p>	<p>9:30-10:30 a.m. Line Dancing 12:00-2:15 p.m. Bingo</p>
<p>8:30-9:30 a.m. Garden Walk 9-10 a.m. Coffee and Games 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo</p>	<p>8:30-9:30 a.m. Garden Walk 9:30-10:30 a.m. Line Dancing 10:30-11:30 a.m. Pro Bono Project <i>*Please call to register.</i> 10:35-11:35 a.m. Indoor/Outdoor Silver Circuit 11:45 a.m.-12:45 p.m. Chair Volleyball 1-2 p.m. Beanbag Baseball</p>	<p>9 a.m.-1 p.m. Blood Pressure Screenings 9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Yoga 11:00 a.m.-12:45 p.m. Trolley to Grocery Store (Members Only) 12:30-1:30 p.m. Focus Group</p>	<p>8:30-9:30 a.m. Garden Walk 9-10 a.m. Coffee and Games 10-11 a.m. Senior Fit and Fun 11:05 a.m.-12:05 p.m. Zumba</p>	<p>9:30-10:30 a.m. Line Dancing 10:45-11:45 a.m. "Advantages of Medicare Advantage" 12:30-2:30 p.m. Bingo</p>
<p>8:30-9:30 a.m. Garden Walk 9-10 a.m. Coffee and Games 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo</p> <p>FEDERAL TAX DAY</p>	<p>8:30-9:30 a.m. Garden Walk 9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Indoor/Outdoor Silver Circuit 1-2 p.m. Beanbag Baseball</p>	<p>9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Yoga 11:00 a.m.-12:45 p.m. Trolley to Grocery Store (Members Only)</p>	<p>8:30-9:30 a.m. Garden Walk 9-10 a.m. Coffee and Games 10-11 a.m. Senior Fit and Fun 11:05 a.m.-12:05 p.m. Zumba 12:15-1:30 p.m. Craft: "Message in a Bottle"</p>	<p>Center Closed</p> <p>GOOD FRIDAY PASSOVER BEGINS (SUNDOWN)</p>
<p>8:30-9:30 a.m. Garden Walk 9-10 a.m. Coffee and Games 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo</p> <p>EARTH DAY</p>	<p>8:30-9:30 a.m. Garden Walk 9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Indoor/Outdoor Silver Circuit 1-2 p.m. Beanbag Baseball</p>	<p>9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Yoga 11:00 a.m.-12:45 p.m. Trolley to Grocery Store (Members Only) 11:45 a.m.-12:45 p.m. Computer Class</p>	<p>8:30-9:30 a.m. Garden Walk 9-10 a.m. Coffee and Games 10-11 a.m. Senior Fit and Fun 11:05 a.m.-12:05 p.m. Zumba 12:15-1:15 p.m. "Emotional Wellness"</p>	<p>11 a.m.-1 p.m. Birthday Party (Members Only)</p> <p>NATIONAL ARBOR DAY</p>
<p>8:30-9:30 a.m. Garden Walk 9-10 a.m. Coffee and Games 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo</p>	<p>8:30-9:30 a.m. Garden Walk 9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Indoor/Outdoor Silver Circuit 12:15-1:00 p.m. Drum Circles 1-2 p.m. Beanbag Baseball</p>	<p>Served Daily: 8 - 9 a.m. Breakfast 11:30 a.m. - 12:30 p.m. Lunch (Members Only)</p>		