

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 2025 Gretna Senior Wellness Center 476 Franklin Ave. Gretna 504-301-3743			1 CENTER CLOSED New Year's Day	2 9 – 9:45am Pokeno 10 – 11am Senior Aerobics	3 10 – 11am Line Dancing	4
5 9 – 9:45am Cards & Games 10 – 11am Zumba Gold 11am – 12pm Beanbag Baseball	6 9:15 – 10:15am Senior Circuit 10:30 – 11:30am Beanbag Baseball 10:30 – 11:30am Hear Now	7 9 – 10am Trolley to Grocery Store 10 – 11am Senior Fit & Fun 11am – 12pm Chair Volleyball	8 9 – 9:45am Pokeno 10 – 11am Senior Aerobics 11am – 12 pm Paper Craft – Zodiac Greeting Card	9 10 – 11am Line Dancing	10 10 – 11am Line Dancing	11 
12 9 – 9:45am Cards & Games 10 – 11am Zumba Gold 11am – 12pm Beanbag Baseball	13 9:15 – 10:15am Senior Circuit 10:30 – 11:30am Beanbag Baseball 10:30 – 11:30 am – Pro Bono Attorney	14 10 – 11am Senior Fit & Fun 11am – 12pm Chair Volleyball	15 9 – 9:45am Pokeno 10 – 11am Senior Aerobics	16 9 – 10am – MLK Jeopardy game 10 – 11am Line Dancing	17 10 – 11am Line Dancing	18 
19 Activity Professionals Week	20 CENTER CLOSED Martin Luther King Jr. Day	21 9:15 – 10:15am Senior Circuit 10:30 – 11:30am Beanbag Baseball	22 9 – 10am Trolley to Grocery Store 10 – 11am Senior Fit & Fun 11am – 12pm Chair Volleyball	23 9 – 9:45am Pokeno 10 – 11am Senior Aerobics 11am – 12 pm Paper Craft – Hot Cocoa Treat Box	24 10 – 11am Line Dancing	25 
26 Australia Day (Observed)	27 9 – 9:45am Cards & Games 10 – 11am Zumba Gold 11am – 12pm Beanbag Baseball	28 9:15 – 10:15am Senior Circuit 10:30 – 11:30am Beanbag Baseball	29 10 – 11am Senior Fit & Fun 11am – 12pm Chair Volleyball Chinese New Year (Year of the Snake)	30 9 – 9:45am Pokeno 10 – 11am Senior Aerobics	31 10 – 11am Line Dancing 11am – 12pm January Birthday Party (members only)	