

# December

## Wetumpka Senior Center

Mary Ann Barrett – Center Director

# 2019



Funded by Central Alabama Aging Consortium

Mon	Tue	Wed	Thu	Fri
<p>2 9:00am-10:00am Class 1 Growing Young Fitness 10:00-11:00am Class 2 Growing Young Fitness 9:00 Rummikub, Cards, Dominoes, Puzzles, 1pm-2pm Walking Exercise DVDS</p>	<p>3 9:00am-10:00am Class 1 Growing Young Fitness 10:00-11:00am Class 2 Growing Young Fitness 9:00 Rummikub, Cards, Dominoes, Puzzles, <u>9:00am Walmart / Dollar Tree Trip</u> 1pm-2pm Walking Exercise DVDS</p>	<p>4 9:00am-10:00am Class 1 Growing Young Fitness 10:00-11:00am Class 2 Growing Young Fitness 9:00 Rummikub, Cards, Dominoes, Puzzles, <u>10:30 Devotional</u> 12:00-3:00 Bridge 1pm-2pm Walking Exercise DVDS</p>	<p>5 9:00am-10:00am Class 1 Growing Young Fitness 10:00-11:00am Class 2 Growing Young Fitness 9:00 Rummikub, Cards, Dominoes, Puzzles <u>10:00am Fall Prevention Extension Service— Danielle / Delane</u> 1pm-2pm Walking Exercise DVDS</p>	<p>6 <u>Center Closed</u>  <b>Shopping Trip Wetumpka Leaving @10:00am Then Lunch Downtown</b>  <b>NO EXERCISE</b></p>
<p>9 9:00am-10:00am Class 1 Growing Young Fitness 10:00-11:00am Class 2 Growing Young Fitness 9:00 Rummikub, Cards, Dominoes, Puzzles, <u>10:00am—Arts &amp; Crafts</u> 1pm-2pm Walking Exercise DVDS</p>	<p>10 9:00am-10:00am Class 1 Growing Young Fitness 10:00-11:00am Class 2 Growing Young Fitness 9:00 Rummikub, Cards, Dominoes, Puzzles <u>9:00am Walmart / Dollar Tree Trip</u> 1pm-2pm Walking Exercise DVDS</p>	<p>11 9:00am-10:00am Class 1 Growing Young Fitness 10:00-11:00am Class 2 Growing Young Fitness 9:00 Rummikub, Cards, Dominoes, Puzzles, <u>10:30 Devotional</u> 12:00-3:00 Bridge 1pm-2pm Walking Exercise DVDS</p>	<p>12 9:00am-10:00am Class 1 Growing Young Fitness 10:00-11:00am Class 2 Growing Young Fitness 9:00 Rummikub, Cards, Dominoes, Puzzles <u>10:00am BINGO COMFORT CARE</u> 1pm-2pm Walking Exercise DVDS</p>	<p>13 <u>Center Closed</u>  <b>Shopping Trip Prattville Leaving at 9am Then Lunch</b>  <b>NO EXERCISE</b></p>
<p>16 9:00am-10:00am Class 1 Growing Young Fitness 10:00-11:00am Class 2 Growing Young Fitness 9:00 Rummikub, Cards, Dominoes, Puzzles, <u>10:00 Christmas Bingo</u> 1pm-2pm Walking Exercise DVDS</p>	<p>17 9:00am-10:00am Class 1 Growing Young Fitness 10:00-11:00am Class 2 Growing Young Fitness 9:00 Rummikub, Cards, Dominoes, Puzzles 1pm-2pm Walking Exercise DVDS</p> 	<p>18 9:00am-10:00am Class 1 Growing Young Fitness 10:00-11:00am Class 2 Growing Young Fitness 9:00 Rummikub, Cards, Dominoes, Puzzles, <u>10:00 Christmas Brunch</u> 12:00-3:00 Bridge 1pm-2pm Walking Exercise DVDS</p>	<p>19 9:00am-10:00am Class 1 Growing Young Fitness 10:00-11:00am Class 2 Growing Young Fitness 9:00 Rummikub, Cards, Dominoes, Puzzles 1pm-2pm Walking Exercise DVDS <u>5:00pm Night Ride— Christmas Lights in Wetumpka</u></p>	<p>20. <u>Center Closed</u>  <b>Magical Dance at the Civic Center 9am –1pm Purchase \$2.00 Ticket</b>  <b>NO EXERCISE</b></p>
<p>23 9:00am-10:00am Class 1 Growing Young Fitness 10:00-11:00am Class 2 Growing Young Fitness 9:00 Rummikub, Cards, Dominoes, Puzzles, 1pm-2pm Walking Exercise DVDS</p> <p><b>NO LUNCH—Bring your own Food</b></p>	<p>24 <u>Center Closed</u></p> 	<p>25 <u>Center Closed</u></p> 	<p>26 9:00am-10:00am Class 1 Growing Young Fitness 10:00-11:00am Class 2 Growing Young Fitness 9:00 Rummikub, Cards, Dominoes, Puzzles 1pm-2pm Walking Exercise DVDS</p> <p><b>NO LUNCH—Bring your own Food</b></p>	<p>27 9:00am-10:00am Class 1 Growing Young Fitness 10:00-11:00am Class 2 Growing Young Fitness 9:00 Rummikub, Cards, Dominoes, Puzzles, 1pm-2pm Walking Exercise DVDS</p> <p><b>NO LUNCH—Bring your own Food</b></p>
<p>30 9:00am-10:00am Class 1 Growing Young Fitness 10:00-11:00am Class 2 Growing Young Fitness 9:00 Rummikub, Cards, Dominoes, Puzzles, 1pm-2pm Walking Exercise DVDS</p> <p><b>NO LUNCH—Bring your own Food</b></p>	<p>31 9:00am-10:00am Class 1 Growing Young Fitness 10:00-11:00am Class 2 Growing Young Fitness 9:00 Rummikub, Cards, Dominoes, Puzzles 1pm-2pm Walking Exercise DVDS</p> <p><b>NO LUNCH—Bring your own Food</b></p>	<p>1. <u>Center Closed</u></p>  <p><b>NO EXERCISE</b></p>	<p>2. 9:00am-10:00am Class 1 Growing Young Fitness 10:00-11:00am Class 2 Growing Young Fitness 9:00 Rummikub, Cards, Dominoes, Puzzles 1pm-2pm Walking Exercise DVDS</p>	<p>3. 9:00am-10:00am Class 1 Growing Young Fitness 10:00-11:00am Class 2 Growing Young Fitness 9:00 Rummikub, Cards, Dominoes, Puzzles 1pm-2pm Walking Exercise DVDS</p>



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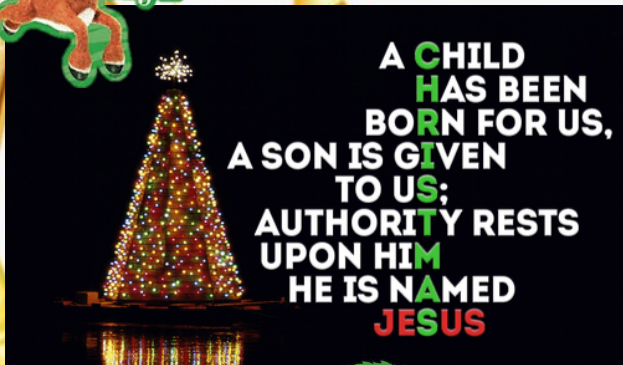
The mission of the Wetumpka Senior Center is to provide programs and activities for adults 55 and over that promote the well being of older adults and enrich and increases socialization with others. Also, promote life long learning in a fun environment. Take advantage of the opportunities the Prime Time Senior Center offer and take steps to "being the best you can be." The Center Director is Mary Ann Barrett, Assistant to the Director, Angie Fraiser, and Bus Driver, E. Wayne Macon. For Information about the Center call 334-850-1553 Located at Cedarwood Community Church 10286 US HWY 231, Wetumpka, Alabama 36092 **Participants MUST BE self-contained.**

The Senior Center is Open from Monday thru Friday 7:00am –3 :30pm

See Calendars for Updates.



## Looking Back at November 2019



JOY  
LOVE  
PEACE  
BELIEVE  
CHRISTMAS



"Who is Santa's favourite singer? Elf-is Presley!"

