

JULY

Wetumpka Senior Center
Mary Ann Barrett – Center Director

2019



Funded by Central Alabama Aging Consortium

Mon	Tue	Wed	Thu	Fri
<p>1 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>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 Center Closed 4th of July Luncheon at 11am ★ NO Exercise</p>	<p>4 Center Closed  HAPPY 4th of JULY</p>	<p>5 State Holiday- No Meals NO EXERCISE No Activities</p>
<p>8 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>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 9:00am Walmart / Dollard Tree Trip 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, 10:30 Devotional 12:00-3:00 Bridge 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 1pm-2pm Walking Exercise DVDS</p>	<p>12 Center Closed Trip to Montgomery Lunch at Golden Corral Leaving at 10am NO EXERCISE</p>
<p>15 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>16 Center Closed Trip to Millbrook Farmers Market and Lunch at Cracker Barrel Leave at 9:00am NO EXERCISE</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, 10:30 Devotional 12:00-3:00 Bridge 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 9:00am Fairy Gardens with Extension Office 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</p>
<p>22 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>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>24 9:00am-10:00am Class 1 Growing Young Fitness 10:00-11:00am Class 2 Growing Young Fitness 9:00 Rummikub, Cards, Dominoes, Puzzles, 10:30 Devotional 12:00-3:00 Bridge 1pm-2pm Walking Exercise DVDS</p>	<p>25 9:00am-10:00am Class 1 Growing Young Fitness 10:00-11:00am Class 2 Growing Young Fitness 9:00 Rummikub, Cards, Dominoes, Puzzles 10:00am BINGO COMFORT CARE ★ 1pm-2pm Walking Exercise DVDS</p>	<p>26 Center Closed Trip to Prattville Kendrick Farmers Market Leave at 10:00am NO EXERCISE</p>
<p>29 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>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 10:00am IVY CREEK BINGO ★ 1pm-2pm Walking Exercise DVDS</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, 10:30 Devotional 12:00-3:00 Bridge 1pm-2pm Walking Exercise DVDS</p>		

**NEW
LOCATION**



10286 US HWY 231,
Wetumpka, Alabama
36092



JULY 2019

Wetumpka Senior Center

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, Part Time Assistant to the Director, Lillie Grayson, and Bus Driver, E. Wayne Macon. For Information about the Center call 334-567-1335.

Participants MUST BE self-contained.

**WITH GREAT
RESPECT IN OUR
HEARTS, LET'S GIVE
OUR THANKS TO
ALL THE GREAT
SOLDIERS WHO
MAKE OUR LAND
FREE. ON THIS
FOURTH OF JULY!**

