

March

Wetumpka Senior Center
 Mary Ann Barrett – Center Director
 Funded by Central Alabama Aging Consortium

2020



Mon	Tue	Wed	Thu	Fri
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 	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	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, 10:30 Devotional 12:00-3:00 Bridge 1pm-2pm Walking Exercise DVDS	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 1pm-2pm Walking Exercise DVDS	6 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
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, 1pm-2pm Walking Exercise DVDS	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 9:00am Walmart / Dollar Tree Trip 1pm-2pm Walking Exercise DVDS	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, 10:30 Devotional 12:00-3:00 Bridge 1pm-2pm Walking Exercise DVDS	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 10:00am Bingo –Mary Ann 1pm-2pm Walking Exercise DVDS 	13 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 
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, 1pm-2pm Walking Exercise DVDS 	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 St.Patrick Treats 1pm-2pm Walking Exercise DVDS 	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, 10:30 Devotional 12:00-3:00 Bridge 1pm-2pm Walking Exercise DVDS	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 9:00am Dollar General —Mary Ann 1pm-2pm Walking Exercise DVDS 	20 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
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 	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 1pm-2pm Walking Exercise DVDS Movie Day 	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, 10:30 Devotional 12:00-3:00 Bridge 1pm-2pm Walking Exercise DVDS 	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 10:00am Sassy Bingo – Mary Ann 1pm-2pm Walking Exercise DVDS 	27 CENTER CLOSED Trip to Montgomery Shopping at EASTDALE MALL Lunch at RED LOBSTER  Leaving at 9:30am NO EXERCISE
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, 9:00am Walmart / Dollar Tree Trip 1pm-2pm Walking Exercise DVDS	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 10:00am BINGO IVY CREEK 1pm-2pm Walking Exercise DVDS 	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, 10:30 Devotional 12:00-3:00 Bridge 1pm-2pm Walking Exercise DVDS	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	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

For Arts and Crafts we will continue working on the String Art project.



MARCH 2020

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, 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.

May your blessings be more than
The shamrocks that grow
May you always stay blessed
In whatever you do.

ST. PATRICK'S DAY



WHY SHOULDN'T YOU IRON A FOUR LEAF CLOVER?



You don't want to press your luck!



WHAT DO GET WHEN YOU CROSS POISON IVY AND A FOUR LEAF CLOVER?



A rash of good luck!



An Irish Blessing
May the road rise
To meet you,
May the wind be
Always at your back,
May the sun shine warm
Upon your face,
The rains fall soft
Upon your fields,
And until we meet again,
May God hold you
In the palm of His hand.

HAPPY ST. PATRICK'S DAY

BE SOMEONE'S STRENGTH.
BE SOMEONE'S INSPIRATION
BE SOMEONE'S REASON
TO NEVER GIVE UP.