

November

Wetumpka Senior Center

Mary Ann Barrett – Center Director

Funded by Central Alabama Aging Consortium

2019



Mon	Tue	Wed	Thu	Fri
				<p>1</p> <p>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>4</p> <p>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>5</p> <p>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>6</p> <p>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>7</p> <p>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>8</p> <p>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>11 Center Closed</p>	<p>12</p> <p>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>13</p> <p>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>14</p> <p>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 Extension Service—Danielle</u> 1pm-2pm Walking Exercise DVDS</p>	<p>15 Center Closed Trip to Pat Dye's Quail Hollow Gardens Departure Time to be Determined</p> <p>NO EXERCISE</p>
<p>18</p> <p>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>19</p> <p>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>20</p> <p>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 Arts and Crafts</u> 10:30 Devotional 12:00-3:00 Bridge 1pm-2pm Walking</p>	<p>21</p> <p>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>22 Center Closed Trip to Priest's Pecans Leaving at 9am</p> <p>NO EXERCISE</p>
<p>25</p> <p>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>26</p> <p>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 IVY CREEK BINGO</u> 1pm-2pm Walking Exercise DVDS</p>	<p>27 Thanksgiving Luncheon at 11am NO EXERCISE</p>	<p>28 Center Closed</p>	<p>29 Center Closed</p>

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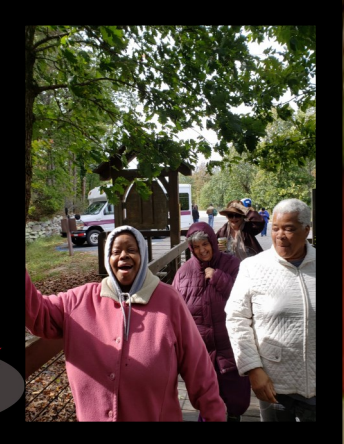
Wetumpka Senior Center

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.**

Looking Back at October 2019



ALABAMA'S HIGHEST POINT
CHEAHA ST. PARK ELEV. 2401 FT



Gratitude
can transform
common days into
thanksgivings,
turn routine jobs
into *joy*,
and change ordinary
opportunities into
blessings.

William Arthur Ward



JP's
STEAKHOUSE



In Honor of Mr. Paul

I'm thankful for the things in my past,
Things that have brought me to where I am at last.
All the lessons I've learned and more to come.
All help me to better become.
The people I've met and remain close with still,
along with those that have gone on their will.
All good things come to those who wait,
Thank you God,
For the blessings on my plate.

