Wetumpka Senior Center

Mary A Barrett Center

Funded by Central Alabama Aging Consortium



Mon

Tue

Wed

Thu

Fri

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, :00am Walmart /

Dollar Tree Trip 1pm-2pm Walking **Exercise DVDS**

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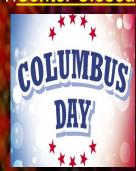
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Leaving at 9am \$1 Admission With Can good **NO EXERCISE**

Center Closed

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Exercise **DVDS**

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18 Center Closed



Trip to Mt. Cheaha State Park Leaving at 8am NO EXERCISE

21

9:00am-10:00am Class 1 **Growing Young Fitness** 10:00-11:00am Class 2 **Growing Young Fitness** 9:00 Rummikub, Cards, Dominoes, Puzzles, :00am Wa <mark>Dollar Tree Trip</mark> 1pm-2pm Walking **Exercise DVDS**

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25 Center Closed



Trip to the Zoo Leaving at 9am **NO EXERCISE**

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Exercise DVDS

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October 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, and Bus Driver, E. Wayne Macon. For Information about the Center call 334-567-1335. Located at Cedarwood Community Church 10286 US HWY 231, Wetumpka, Alabama 36092

Participants MUST BE self-contained.











A Little
Gray Hair
Is A Small
Price To
Pay For
All This
Accumulated
Wisdom.









