



Mon	Tue	Wed	Thu	Fri
<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, 9:00am Walmart / Dollar Tree Trip 1pm-2pm Walking Exercise DVDS</p> 	<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, 10:30 Devotional 12:00-3:00 Bridge 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> 	<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, 1pm-2pm Walking Exercise DVDS</p>
<p>7 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 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</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, 10:30 Devotional 12:00-3:00 Bridge 1pm-2pm Walking Exercise DVDS</p>	<p>10 Center Closed  Leaving at 9am \$1 Admission With Can good NO EXERCISE</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>14 Center Closed </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 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>17 9:00am-10:00am Class 1 Growing Young Fitness 10:00-11:00am Class 2 Growing Young Fitness 9:00 Rummikub, Cards, 10:00am Extension Service with Danielle Dominoes, Puzzles 1pm-2pm Walking Exercise DVDS</p>	<p>18 Center Closed  Trip to Mt. Cheaha State Park Leaving at 8am NO EXERCISE</p>
<p>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, 9:00am Walmart / Dollar Tree Trip 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 10:00am CENTRAL ALA- BAMA AGING CONSOR- TIUM (CAAC) with Sandra Whatley 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, 9:00am Arts and Crafts 10:30 Devotional 12:00-3:00 Bridge 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 10:00am BINGO COMFORT CARE 1pm-2pm Walking Exercise DVDS</p> 	<p>25 Center Closed  Trip to the Zoo Leaving at 9am NO EXERCISE</p>
<p>28 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>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 10:00am IVY CREEK BINGO 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, 10:30 Devotional 12:00-3:00 Bridge 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, 10:00am Extension Ser- vice with Danielle Dominoes, Puzzles 1pm-2pm Walking Exercise DVDS</p> 	<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> 



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.**

Looking Back at September



WOODCRAFT & Cafe™

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



WETUMPKA CANDY WALK
 Monday, October 28th
 4:30pm - 6:30pm
 Ages Toddlers - 4th Grade
 Behind the City Administration Building
 For more information call 567-5147

PLEASE BRING A CANNED FOOD ITEM FOR DONATION TO THE ELMORE COUNTY FOOD PANTRY