## Wetumpka Senior Center

Lunch - Nutritious meals served at 11:30am daily. Must be 60 years old to participate and donations are appreciated.

Meals on Wheels - has Volunteers to help deliver hot meals daily to Seniors.

<u>Exercise</u> - Exercise equipment room open daily and morning classes daily.

<u>Educational Outings</u> - Visit places and programs in Elmore County and surrounding areas.

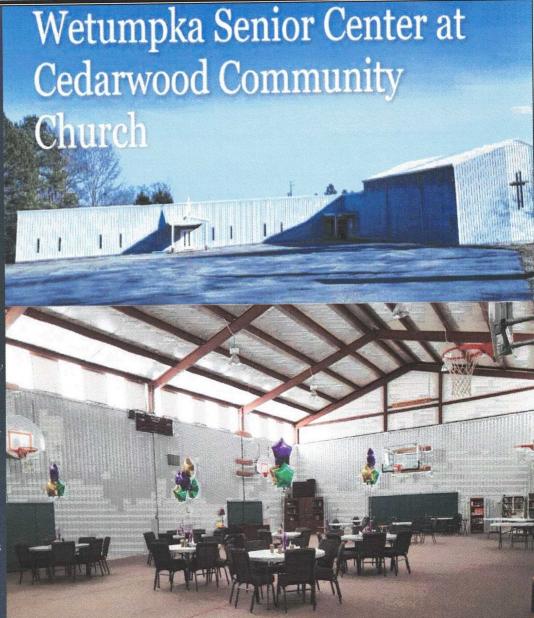
<u>Eating out Together</u> – Monthly outings to area restaurants.

<u>Classes</u> – Nutrition, health, blood pressure checks, and Arts & Crafts.

Recreation and Games
Cards, Dominoes, etc.

Socialization and Celebrations – Dances/Parties and Pot Luck Dinners

Monthly Movie Night









The Mission of Wetumpka's Senior Center, is to provide programs and services for adults 55 and over. Program and Activities promote the wellbeing of older adults and increase socialization with other. Life-Long learning in a fun and safe environment is the daily goal of Wetumpka's Senior Center

Wetumpka Senior Center

Director, Mary Ann Barrett

primetime@cityofwetumpka.com