

AUGUST

Wetumpka Senior Center

Mary Ann Barrett – Center Director

2019

Funded by Central Alabama Aging Consortium



Mon	Tue	Wed	Thu	Fri
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, 1pm-2pm Walking Exercise DVDS	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 <u>10:00am IVY CREEK</u> <u>BINGO</u> ★ 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, 10:30 Devotional 12:00-3:00 Bridge 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 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
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	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, 10:30 Devotional 12:00-3:00 Bridge 1pm-2pm Walking Exercise DVDS	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 1pm-2pm Walking Exercise DVDS	9 <u>Center Closed</u> <u>BINGO AND A</u> <u>BOX</u> Prattville Leaving at 8:45am NO EXERCISE \$3.00 Ticket
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, <u>9:00am DIY GUMBALL</u> <u>JAR Arts and Crafts with</u> <u>PAT</u> 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 <u>9:00am Walmart /</u> <u>Dollard Tree Trip</u> ★ 1pm-2pm Walking Exercise DVDS <u>5:00pm GAME NIGHT</u> GAME NIGHT	14 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 DIY GUMBALL</u> <u>JAR Arts and Crafts with</u> <u>PAT</u> 12:00-3:00 Bridge 1pm-2pm Walking Exercise DVDS	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	16 <u>Center Closed</u> Trip to Auburn Lunch at Bow & Arrow Leave at 9:00am NO EXERCISE
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, 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 ★ <u>10:00am Roosevelt</u> 1pm-2pm Walking Exercise DVDS	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, 10:30 Devotional 12:00-3:00 Bridge 1pm-2pm Walking Exercise DVDS	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 ★ <u>10:00am BINGO</u> <u>COMFORT CARE</u> 1pm-2pm Walking Exercise DVDS	23 <u>Center Closed</u> Trip to Prattville Shopping & Lunch Jim & Nicks BBQ Leave at 9:00am
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, 1pm-2pm Walking Exercise DVDS	27 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</u> ★ <u>BINGO</u> 1pm-2pm Walking Exercise DVDS	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, 10:30 Devotional 12:00-3:00 Bridge 1pm-2pm Walking Exercise DVDS	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 <u>9:00am Walmart /</u> <u>Dollard Tree Trip</u> ★ 1pm-2pm Walking Exercise DVDS	30  <u>SEC FOOTBALL</u> <u>KICKOFF</u> Lunch at 11AM No Exercise / No Activities

NEW LOCATION



10286 US HWY 231,
Wetumpka, Alabama
36092



AUGUST 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, Part Time Assistant to the Director, Lillie Grayson, and Bus Driver, E. Wayne Macon. For Information about the Center call 334-567-1335.

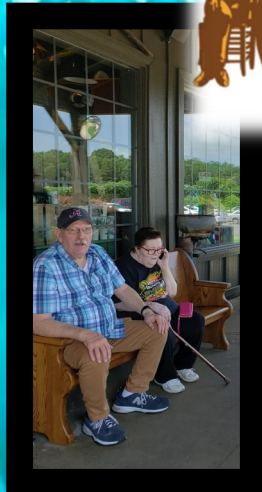
Participants MUST BE self-contained.

JULY 2019

FAIRY GARDEN Workshop with the Elmore Extension Master Gardeners



LAUGHTER
is timeless
IMAGINATION
has no age
AND DREAMS
are forever

-Walt Disney



MILLBROOK FARMERS MARKET
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