

MARCH Wetumpka Senior Center 2019

Mary Ann Barrett – Center Director



Funded by Central Alabama Aging Consortium

Mon	Tue	Wed	Thu	Fri
4 8:30am-9:30am Walking Exercise DVDS 9:30am-10:30am Class 1 Growing Young Fitness 10:30-11:30am Class 2 Growing Young Fitness 9:00 Rummikub, Cards, Dominoes, Puzzles, 1:00pm-2:00pm PIYO Fitness –Bring your Own Mat	5 <u>Center Closed</u> Mari Gras Party Leaving at 9am Wetumpka Nursing Home Music by Preston Frazer	6 8:30am-9:30am Walking Exercise DVDS 9:30am-10:30am Class 1 Growing Young Fitness 10:30-11:30am Class 2 Growing Young Fitness 9:00 Rummikub, Cards, Dominoes, Puzzles, 1:00pm-2:00pm PIYO Fitness –Bring your Own Mat 10:30 Devotional 12:00-3:00 Bridge	7 8:30am-9:30am Walking Exercise DVDS 9:30am-10:30am Class 1 Growing Young Fitness 10:30-11:30am Class 2 Growing Young Fitness 9:00 Rummikub, Cards, Dominoes, Puzzles, 1:00pm-2:00pm PIYO Fitness –Bring your Own Mat	8 8:30am-9:30am Walking Exercise DVDS 9:30am-10:30am Class 1 Growing Young Fitness 10:30-11:30am Class 2 Growing Young Fitness 9:00 Rummikub, Cards, Dominoes, Puzzles, 1:00pm-2:00pm PIYO Fitness –Bring your Own Mat
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18 8:30am-9:30am Walking Exercise DVDS 9:30am-10:30am Class 1 Growing Young Fitness 10:30-11:30am Class 2 Growing Young Fitness 9:00 Rummikub, Cards, Dominoes, Puzzles, 1:00pm-2:00pm PIYO Fitness –Bring your Own Mat	19 8:30am-9:30am Walking Exercise DVDS 9:30am-10:30am Class 1 Growing Young Fitness 10:30-11:30am Class 2 Growing Young Fitness 9:00 Rummikub, Cards, Dominoes, Puzzles, 1:00pm-2:00pm PIYO Fitness –Bring your Own Mat	20 8:30am-9:30am Walking Exercise DVDS 9:30am-10:30am Class 1 Growing Young Fitness 10:30-11:30am Class 2 Growing Young Fitness 9:00 Rummikub, Cards, Dominoes, Puzzles, 1:00pm-2:00pm PIYO Fitness –Bring your Own Mat 10:30 Devotional 12:00-3:00 Bridge	21 8:30am-9:30am Walking Exercise DVDS 9:30am-10:30am Class 1 Growing Young Fitness 10:30-11:30am Class 2 Growing Young Fitness 9:00 Rummikub, Cards, Dominoes, Puzzles, 9:00am Walmart Trip 1:00pm-2:00pm PIYO Fitness –Bring your Own Mat	22 <u>Celebration Party</u> Starting at 11:00am -1pm The Upbeats—Band starts at 11am Pot Luck Dinner 11:30am Bring sides and salad NO EXERCISE
25 8:30am-9:30am Walking Exercise DVDS 9:30am-10:30am Class 1 Growing Young Fitness 10:30-11:30am Class 2 Growing Young Fitness 9:00 Rummikub, Cards, Dominoes, Puzzles, 1:00pm-2:00pm PIYO Fitness –Bring your Own Mat	26 8:30am-9:30am Walking Exercise DVDS 9:30am-10:30am Class 1 Growing Young Fitness 10:30-11:30am Class 2 Growing Young Fitness 9:00 Rummikub, Cards, Dominoes, Puzzles, 1:00pm-2:00pm PIYO Fitness –Bring your Own Mat Movie Day	27 8:30am-9:30am Walking Exercise DVDS 9:30am-10:30am Class 1 Growing Young Fitness 10:30-11:30am Class 2 Growing Young Fitness 9:00 Rummikub, Cards, Dominoes, Puzzles, 1:00pm-2:00pm PIYO Fitness –Bring your Own Mat 10:30 Devotional 12:00-3:00 Bridge	28 8:30am-9:30am Walking Exercise DVDS 9:30am-10:30am Class 1 Growing Young Fitness 10:30-11:30am Class 2 Growing Young Fitness 9:00 Rummikub, Cards, Dominoes, Puzzles, 10:00am IVY CREEK BINGO 1:00pm-2:00pm PIYO Fitness –Bring your Own Mat	29. <u>Center Closed</u> Leaving at 10am Lunch at Martha's in Montgomery at 11am Shopping after lunch

+Check monthly calendar for exercise class schedule and Fitness Equipment Room availability. There are 2 classes for Exercise so everyone can attend.

+Check calendar for “table game” day schedules.

+Devotionals will be held each Wednesday at 10:30am

+Bridge Club meets each Wednesday 12:00 - 3:00pm

NEW LOCATION



10286 US HWY 231,
Wetumpka, Alabama
36092

March 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.



Thank you Percy Gill for the Donations of Blankets. We love them!!!



THANK YOU !!!!

Donnie Tucker for the donations of the Flower and plants



THANK YOU !!!!

CEDAR WOOD COMMUNITY CHURCH

We are so appreciative .Ms. Lillie Loves the Kitchen !!!



*May your blessings outnumber
The shamrocks that grow,
And may trouble avoid you
Wherever you go.*

*Happy
St. Patrick's Day*