

## 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.

**Exercise** - Exercise equipment room open daily and morning classes daily.

**Educational Outings** - Visit places and programs in Elmore County and surrounding areas.

**Eating out Together** - Monthly outings to area restaurants.

**Classes** - 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**

# Wetumpka Senior Center at Cedarwood Community Church



**Located at 10286 US 231, Wetumpka, AL.**

*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**

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