

March

Wetumpka Senior Center  
Mary Ann Barrett – Center Director  
Funded by Central Alabama Aging Consortium (CAAC)

2024

Mon	Tue	Wed	Thu	Fri
 <p><b>Happy St. Patrick Day!</b> <b>March 17th</b></p>	 <p><b>Sunday</b> <b>10</b> <b>MARCH</b> 2024</p> <p><b>Daylight Saving Time Starts</b> Set your clocks ahead an hour</p>			<p>1</p> <p>8am Coffee with Friends &amp; Games 9am Chair Exercise 10am Chair Exercise 11:30am CAAC Lunch 12:30pm-2pm Afternoon Social &amp; Games</p>
<p>4</p> <p>8am Coffee with Friends &amp; Games 9am Chair Exercise 10am Chair Exercise</p> <p>10am Walmart &amp; DT</p> <p>11:30am CAAC Lunch 12:30pm-2pm Afternoon Social &amp; Games</p>	<p>5</p> <p>8am Coffee with Friends &amp; Games 9am Chair Exercise 10am Chair Exercise</p> <p>9:30am Walking with Mary Ann</p> <p>11:30am CAAC Lunch 12:30pm-2pm Afternoon Social &amp; Games</p>	<p>6</p> <p>8am Coffee with Friends &amp; Games 9am Chair Exercise 10am Chair Exercise 11:30am CAAC Lunch 12:30pm-2pm Afternoon Social &amp; Games</p>	<p>7</p> <p>8am Coffee with Friends &amp; Games 9am Chair Exercise 10am Chair Exercise</p> <p>9:30am Walking with Mary Ann</p> <p>11:30am CAAC Lunch 12:30pm-2pm Afternoon Social &amp; Games</p>	<p>8</p> <p>8am Coffee with Friends &amp; Games 9am Chair Exercise 10am Chair Exercise 11:30am CAAC Lunch 12:30pm-2pm Afternoon Social &amp; Games</p>
<p>11</p> <p>8am Coffee with Friends &amp; Games 9am Chair Exercise 10am Chair Exercise 11:30am CAAC Lunch 12:30pm-2pm Afternoon Social &amp; Games</p>	<p>12</p> <p>8am Coffee with Friends &amp; Games 9am Chair Exercise 10am Chair Exercise</p> <p>9:30am Walking with Mary Ann</p> <p>11:30am CAAC Lunch 12:30pm-2pm Afternoon Social &amp; Games</p>	<p>13</p> <p>Center Closed</p> <p><u>Health and Wellness Luncheon</u></p> <p>11am - 1pm</p> <p>MLK Community Center</p> <p>204 Lancaster St. Wetumpka Al. 36092</p>	<p>14</p> <p>8am Coffee with Friends &amp; Games 9am Chair Exercise 10am Chair Exercise</p> <p>9:30am Walking with Mary Ann</p> <p>11:30am CAAC Lunch 12:30pm-2pm Afternoon Social &amp; Games</p>	<p>15</p> <p>8am Coffee with Friends &amp; Games 9am Chair Exercise 10am Chair Exercise 11:30am CAAC Lunch 12:30pm-2pm Afternoon Social &amp; Games</p> <p>St. Patrick Day Goodies </p>
<p>18</p> <p>8am Coffee with Friends &amp; Games 9am Chair Exercise 10am Chair Exercise 11:30am CAAC Lunch 12:30pm-2pm Afternoon Social &amp; Games</p>	<p>19</p> <p>8am Coffee with Friends &amp; Games 9am Chair Exercise 10am Chair Exercise</p> <p>9:30am Walking with Mary Ann</p> <p>11:30am CAAC Lunch 12:30pm-2pm Afternoon Social &amp; Games</p>	<p>20</p> <p>8am Coffee with Friends &amp; Games 9am Chair Exercise 10am Chair Exercise 11:30am CAAC Lunch 12:30pm-2pm Afternoon Social &amp; Games</p>	<p>21</p> <p>8am Coffee with Friends &amp; Games 9am Chair Exercise 10am Chair Exercise</p> <p>9:30am Walking with Mary Ann</p> <p>11:30am CAAC Lunch 12:30pm-2pm Afternoon Social &amp; Games</p>	<p>22</p> <p>8am Coffee with Friends &amp; Games 9am Chair Exercise 10am Chair Exercise 11:30am CAAC Lunch 12:30pm-2pm Afternoon Social &amp; Games</p>
<p>25</p> <p>8am Coffee with Friends &amp; Games 9am Chair Exercise 10am Chair Exercise</p> <p>10am Aldi &amp; DT</p> <p>11:30am CAAC Lunch 12:30pm-2pm Afternoon Social &amp; Games</p>	<p>26</p> <p>8am Coffee with Friends &amp; Games 9am Chair Exercise 10am Chair Exercise</p> <p>9:30am Walking with Mary Ann</p> <p>11:30am CAAC Lunch 12:30pm-2pm Afternoon Social &amp; Games</p>	<p>27</p> <p>8am Coffee with Friends &amp; Games 9am Chair Exercise 10am Chair Exercise</p> <p>9am Arts &amp; Crafts Easter Bunny</p> <p>11:30am CAAC Lunch 12:30pm-2pm Afternoon Social &amp; Games</p>	<p>28</p> <p>8am Coffee with Friends &amp; Games 9am Chair Exercise 10am Chair Exercise</p> <p>9:30am Walking with Mary Ann</p> <p>11:30am CAAC Lunch 12:30pm-2pm Afternoon Social &amp; Games</p>	<p>29</p> <p>8am Coffee with Friends &amp; Games 9am Chair Exercise 10am Chair Exercise</p> <p><b>NO FOOD Provided — Bring your Own Lunch.</b></p> 



# WETUMPKA SENIOR CENTER

*The mission of the Wetumpka Senior Center is to provide programs and activities for adults 60 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 Wetumpka Senior Center offers and take steps to "being the best you can be." The Center Director is Mary Ann Barrett, Assistant to the Director Angie Fraiser, Cecile Grayson, Braxton Parmer, I.T. Tech / Social Media, and Bus Driver, Terrence Sutton.*



*For Information about the Senior Center  
Located at Cedarwood Community Church  
10286 US HWY 231, Wetumpka, Alabama 36092  
Email: [primetime@cityofwetumpka.com](mailto:primetime@cityofwetumpka.com)  
**Participants MUST BE self-contained.***



**You are Welcome to join Howard in his daily Devotional everyday around 9am**



*By: Braxton Parmer*



Ms. Jackie Lacey was born in 1929 in Wallsboro, Alabama. Ms. Lacey went to school in Wallsboro and went into nursing following high school, the nursing field led her to a home study in Chicago, Illinois. Although she went to a home study in Illinois, Ms. Lacey returned to her roots in Alabama, where most of her training came from Elmore County Hospital and Red Cross of Alabama.

Ms. Lacey would see three or four patients most mornings with a home healthcare company based in Montgomery, Alabama. In the 1980s, Ms. Lacey began working in the kitchen with the Retired Senior Volunteer Program. Following her retirement from the hospital, Ms. Lacey went into home healthcare where she sat with the elderly and worked as midwife. She delivered 23 babies during her time serving as a midwife.

She also spent time working with the Elmore County Food Pantry.

Ms. Lacey began the Thread My Needle quilting club in 1997, the quilting club was ran out of her house for the first year and then transitioned to the Elmore County Black History Museum a year later in 1998. At nearly 95 years old, Ms. Lacey remains very active and involved with the Senior Center.



Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete.

**John 16:24**



## What is your Lucky Leprechaun Name

The 1st letter of your first name.

A - Adourable	H - Happy	O - Outstanding	V - Vibrant
B - Bubbly	I - Irresistible	P - Paddy	W - Wonderful
C - Cheerful	J - Jovial	Q - Quaver	X - Xtra Special
D - Dreamy	K - Kind-Heart	R - Rainbow	Y - Youthful
E - Easy	L - Lucky	S - Smiling	Z - Zany Pants
F - Fabulous	M - Magic	T - Tickler	
G - Giddy	N - Nostalgic	U - Unique	

The month you were born.

Jan - Clover Hair	Jul - Rainbow Lips
Feb - Golden Smile	Aug - McNaughty
Mar - Pot O Gold	Sept - Freckle Face
Apr - Sparkly Pants	Oct - Shamrock
May - McSpanky	Nov - McStumpy
Jun - Golden Balls	Dec - Bejesus

Daveswordsofwisdom.com

Now Share with your family and friends

## An Irish Prayer:

May God give you, For every storm, a rainbow,  
For every tear, a smile,  
For every care, a promise,  
And a blessing in each trial.  
For every problem life sends, A faithful friend to share,  
For every sigh, a sweet song,  
And an answer for each prayer.

