

May 2024

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

OLDER AMERICANS MONTH
 POWERED BY CONNECTION: MAY 2024

Mon	Tue	Wed	Thu	Fri
 <div data-bbox="386 392 654 674" style="border: 1px solid black; border-radius: 15px; padding: 10px; display: inline-block;"> <p>Happy Mother's Day!</p> </div>		<p>1 8am Coffee with Friends & Games 9am Chair Exercise 10am Chair Exercise 11:30am CAAC Lunch 12:30pm-2pm Afternoon Social & Games</p>	<p>2 8am Coffee with Friends & Games 9am Chair Exercise 10am Chair Exercise 11:30am CAAC Lunch 12:30pm-2pm Afternoon Social & Games</p>	<p>3 8am Coffee with Friends & Games 9am Chair Exercise 10am Chair Exercise 11:30am CAAC Lunch 12:30pm-2pm Afternoon Social & Games</p>
<p>6 8am Coffee with Friends & Games 9am Chair Exercise 10am Chair Exercise 11:30am CAAC Lunch 12:30pm-2pm Afternoon Social & Games</p>	<p>7 8am Coffee with Friends & Games 9am Chair Exercise 10am Chair Exercise 11:30am CAAC Lunch 12:30pm-2pm Afternoon Social & Games</p>	<p>8 8am Coffee with Friends & Games 9am Chair Exercise 10am Chair Exercise 10:30am Devotional Jonathan Yarbrough 11:30am CAAC Lunch 12:30pm-2pm Afternoon Social & Games</p>	<p>9 8am Mother's Day Breakfast & Tea <i>*Must Sign Up</i> No Exercise Classes 11:30am No CAAC Lunch Provided *Bring Your Own Lunch*</p>	<p>10 Center Closed MayFest at R.H. Kirkpatrick Agricultural Arena Autaugaville, AL 9am-1pm No Exercise</p>
<p>13 8am Coffee with Friends & Games 9am Chair Exercise 10am Chair Exercise 11:30am CAAC Lunch 12:30pm-2pm Afternoon Social & Games</p>	<p>14 8am Coffee with Friends & Games 9am Chair Exercise 10am Chair Exercise 11:30am CAAC Lunch 12:30pm-2pm Afternoon Social & Games</p>	<p>15 8am Coffee with Friends & Games 9am Chair Exercise 10am Chair Exercise 10am Walmart & DT 11:30am CAAC Lunch 12:30pm-2pm Afternoon Social & Games</p>	<p>16 8am Coffee with Friends & Games 9am Chair Exercise 10am Chair Exercise 11:30am CAAC Lunch 12:30pm-2pm Afternoon Social & Games</p>	<p>17 8am Coffee with Friends & Games 9am Chair Exercise 10am Chair Exercise 11:30am CAAC Lunch 12:30pm-2pm Afternoon Social & Games</p>
<p>20 8am Coffee with Friends & Games 9am Chair Exercise 10am Chair Exercise 11:30am CAAC Lunch 12:30pm-2pm Afternoon Social & Games</p>	<p>21 8am Coffee with Friends & Games 9am Chair Exercise 10am Chair Exercise 11:30am CAAC Lunch 12:30pm-2pm Afternoon Social & Games</p>	<p>22 8am Coffee with Friends & Games 9am Chair Exercise 10am Chair Exercise 10am Aldi & DT 11:30am CAAC Lunch 12:30pm-2pm Afternoon Social & Games</p>	<p>23 8am Coffee with Friends & Games 9am Chair Exercise 10am Chair Exercise 10am Farmers Market 11:30am CAAC Lunch 12:30pm-2pm Afternoon Social & Games</p>	<p>24 8am Coffee with Friends & Games 9am Chair Exercise 10am Chair Exercise 11:30am CAAC Lunch 12:30pm-2pm Afternoon Social & Games</p>
<p>27 Center Closed</p>	<p>28 8am Coffee with Friends & Games 9am Chair Exercise 10am Chair Exercise 11:30am CAAC Lunch 12:30pm-2pm Afternoon Social & Games</p>	<p>29 8am Coffee with Friends & Games 9am Chair Exercise 10am Chair Exercise 11:30am CAAC Lunch 12:30pm-2pm Afternoon Social & Games</p>	<p>30 8am Coffee with Friends & Games 9am Chair Exercise 10am Chair Exercise 10am Farmers Market 11:30am CAAC Lunch 12:30pm-2pm Afternoon Social & Games</p>	<p>31 Center Closed Trip In Wetumpka Local Thrift Store Shopping and Lunch Leaving at 9:30am No Exercise</p>



Surprise Bingo this Month!



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*



Participants MUST BE self-contained.

You are Welcome to join Howard for *Holy Moments* around 9am everyday.



By: Braxton Parmer



Ms. Amanda Townsend was born December 19, 1934, in Bullock County, Alabama. Her mother passed away when she was just four years old. Her grandmother, her dad's mother, brought the five siblings to Elmore County when she was seven years old.

Went to Elmore County Training School where she graduated in 1952. She then attended Central Alabama Community College, where she received her degree in mental health. Following college graduation, Ms. Townsend worked at Elmore County Hospital for eight years and then went to J.S. Tarwater where she worked 18 and a half years in mental health. She worked at J.S. Tarwater until the hospital moved to Montgomery and she retired from there after her tenure.

While at Tarwater, Ms. Townsend states that she enjoyed her patients and friends alike. It was a pleasure working with the mentally challenged.



Art's & Crafts
Easter Bunnies