

December

Wetumpka Senior Center

Mary Ann Barrett – Center Director

Funded by Central Alabama Aging Consortium

2024

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>8am Coffee with Friends & Games 9am Chair Exercise</p> <p>9:30am Walmart &DT</p> <p>10am Chair Exercise 11:30amCAAC Lunch 12:30pm-2pmGames</p>	<p>3</p> <p>8am Coffee with Friends & Games 9am Chair Exercise 10am Chair Exercise 11:30amCAAC Lunch 12:30pm-2pmGames</p>	<p>4</p> <p>8am Coffee with Friends & Games 9am Chair Exercise 10am Chair Exercise</p> <p>10am Fun with Yanesha/ Medicare</p> <p>11:30amCAACLunch 12:30pm-2pmGames</p>	<p>5</p> <p>8am Coffee with Friends & Games 9am Chair Exercise 10am Chair Exercise 11:30amCAAC Lunch 12:30pm-2pmGames</p>	<p>6</p> <p>CLOSED</p> <p>Trip Wetumpka Downtown Shopping then Lunch Leaving at 10am No Exercise</p>
<p>9</p> <p>8am Coffee with Friends & Games 9am Chair Exercise</p> <p>9:30 Aldi</p> <p>10am Chair Exercise 11:30amCAACLunch 12:30pm-2pmGames</p>	<p>10</p> <p>8am Coffee with Friends & Games 9am Chair Exercise 10am Chair Exercise 11:30amCAAC Lunch 12:30pm-2pmGames</p>	<p>11</p> <p>8am Coffee with Friends & Games 9am Chair Exercise 10am Chair Exercise</p> <p>10:30 Devotion with Yarbrough</p> <p>11:30amCAACLunch 12:30pm-2pmGames</p>	<p>12</p> <p>8am Coffee with Friends & Games 9am Chair Exercise</p> <p>9:30am Arts & Crafts Christmas Glass Vase Decoration</p> <p>11:30amCAAC Lunch 12:30pm-2pmGames</p>	<p>13</p> <p>CLOSED</p> <p>Trip Wetumpka Thrift Store Shopping then Lunch Leaving at 9am No Exercise</p>
<p>16</p> <p>8am Coffee with Friends & Games 9am Chair Exercise</p> <p>9:30am Publix</p> <p>10am Chair Exercise 11:30amCAAC Lunch 12:30pm-2pmGames</p>	<p>17</p> <p>8am Coffee with Friends & Games 9am Chair Exercise 10am Chair Exercise 11:30amCAAC Lunch 12:30pm-2pmGames</p>	<p>18</p> <p>8am Coffee with Friends & Games 9am Chair Exercise 10am Chair Exercise 11:30amCAACLunch 12:30pm-2pmGames</p>	<p>19</p> <p>CLOSED</p> 	<p>20</p> <p>Christmas Luncheon 11:30am Sign Up Only NO EXERCISE</p> 
<p>23</p> <p>8am Coffee with Friends & Games 9am Chair Exercise 10am Chair Exercise 11:30amCAACLunch 12:30pm-2pmGames</p>	<p>24</p> <p>CLOSED</p>	<p>25</p> <p>CLOSED</p>	<p>26</p> <p>8am Coffee with Friends & Games 9am Chair Exercise 10am Chair Exercise 12:30pm-2pmGames</p> <p>NO FOOD will be Served—See CAAC food calendar</p>	<p>27</p> <p>8am Coffee with Friends & Games 9am Chair Exercise 10am Chair Exercise 12:30pm-2pmGames</p> <p>NO FOOD will be Served—See CAAC food calendar</p>
<p>30</p> <p>8am Coffee with Friends & Games 9am Chair Exercise 10am Chair Exercise 12:30pm-2pmGames</p> <p>NO FOOD will be Served—See CAAC food calendar</p>	<p>31</p> <p>8am Coffee with Friends & Games 9am Chair Exercise 10am Chair Exercise 12:30pm-2pmGames</p> <p>NO FOOD will be Served—See CAAC food calendar</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

Participants MUST BE self-contained.



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

Senior Spotlight By: Braxton Parmer

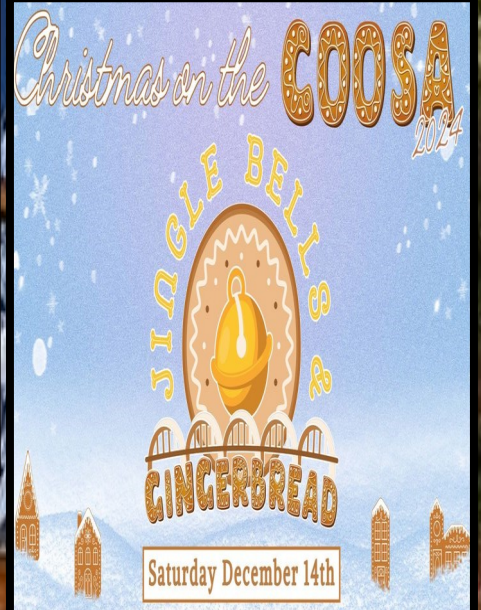


Mary Peck

Born in Birmingham, Alabama on December 20, 1942, she moved to a number of places due to her dad working for Sears and Roebuck. She has two children and a grandson. She taught French and Spanish for a few years until the Florida teachers went on

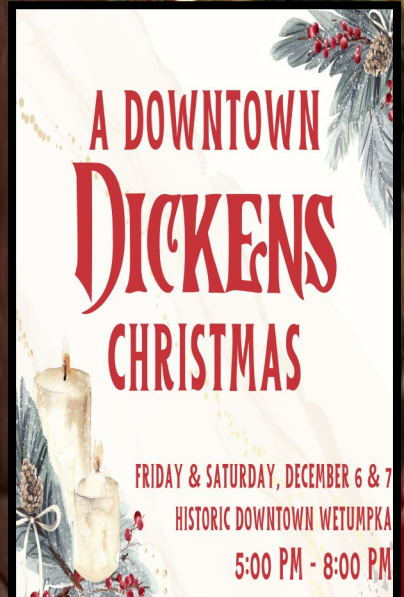
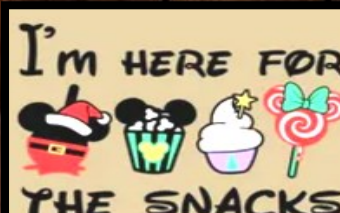
strike. Ms. Peck worked in sales in the trucking industry until she retired. Following her retirement, she moved to Wetumpka, where she restored a house that was built in 1850 where several generations of her family lived for years.

A SAVIOR HAS BEEN BORN TO YOU. HE IS
CHRIST
 The Lord
LUKE 2:11



We had a Hilarious Time! Doing Arts & Crafts

Turkey Candy and Napkins



See Remind App Flyer at the Center for more Info.

