

# November

**Wetumpka Senior Center**  
 Mary Ann Barrett – Center Director  
 Funded by Central Alabama Aging Consortium

# 2024

Mon	Tue	Wed	Thu	Fri
				1 8am Coffee with Friends & Games 9am Chair Exercise 10am Chair Exercise 11:30am CAAC Lunch 12:30pm-2pm Games
4 8am Coffee with Friends & Games 9am Chair Exercise 10am Chair Exercise 11:30am CAAC Lunch 12:30pm-2pm Games	5 8am Coffee with Friends & Games 9am Chair Exercise 10am Chair Exercise 11:30am CAAC Lunch 12:30pm-2pm Games	6 8am Coffee with Friends & Games 9am Chair Exercise 10am Chair Exercise 9:30am Walmart & DT 11:30am CAAC Lunch 12:30pm-2pm Games	7 8am Coffee with Friends & Games 9am Chair Exercise 10am Chair Exercise 11:30am CAAC Lunch 12:30pm-2pm Games	8 8am Coffee with Friends & Games 9am Chair Exercise 10am Chair Exercise 11:30am CAAC Lunch 12:30pm-2pm Games
11 <b>CLOSED</b> <b>Veterans Day</b> 	12 8am Coffee with Friends & Games 9am Chair Exercise 10am Chair Exercise 9:30 Aldi 11:30am CAAC Lunch 12:30pm-2pm Games	13 8am Coffee with Friends & Games 9am Chair Exercise 10am Chair Exercise 10:30 Devotion with Yarbrough 11:30am CAAC Lunch 12:30pm-2pm Games	14 8am Coffee with Friends & Games 9am Chair Exercise 10am Chair Exercise 9:30am Arts & Crafts Turkey Treats – Turkey Napkins 11:30am CAAC Lunch 12:30pm-2pm Games	15 <b>CLOSED</b> <b>Trip to Auburn Shopping then Lunch</b> <b>Leaving at 9am</b> <b>*Must sign up to Attend*</b> No Exercise
18 8am Coffee with Friends & Games 9am Chair Exercise 10am Chair Exercise 9:30am Publix 11:30am CAAC Lunch 12:30pm-2pm Games	19 8am Coffee with Friends & Games 9am Chair Exercise 10am Chair Exercise 11:30am CAAC Lunch 12:30pm-2pm Games	20 8am Coffee with Friends & Games 9am Chair Exercise 10am Chair Exercise 10am: Beth with Sage Heath 11:30am CAAC Lunch 12:30pm-2pm Games	21 8am Coffee with Friends & Games 9am Chair Exercise 10am Chair Exercise 11:30am CAAC Lunch 12:30pm-2pm Games	22 <b>Thanksgiving POT LUCK Luncheon At 12noon</b>  <b>*Must sign up to Attend*</b> No Exercise
25 8am Coffee with Friends & Games 9am Chair Exercise 10am Chair Exercise 11:30am CAAC Lunch 12:30pm-2pm Games	26 8am Coffee with Friends & Games 9am Chair Exercise 10am Chair Exercise 11:30am CAAC Lunch 12:30pm-2pm Games	27 8am Coffee with Friends & Games 9am Chair Exercise 10am Chair Exercise 11:30am CAAC Lunch 12:30pm-2pm Games	28 <b>CLOSED</b> <b>Thanksgiving Day</b> 	29 <b>CLOSED</b> <b>Thanksgiving Holiday Break</b> 

# 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 for *Holy Moments* around 9am everyday.

## Senior Spotlight By: Braxton Parmer



### Jessie P. Freeman

Was born November 24, 1942, in Wetumpka, Alabama. She attended college at Alabama State University. She worked at Dan River Mills for five years before becoming employed at Alabama State University. Following Alabama State, she taught school in Eclectic for 30 years. After retirement she watched her grandkids and started attending the Senior Center.

*She enjoys playing Connect Four with Mary Margaret every chance she gets!*

## THANKSGIVING PRAYER

Our Heavenly Father,  
We are thankful for all Your blessings, goodness and mercy on us.

We are thankful for all the people in our lives who make our life meaningful and beautiful. Thank You for watching over us and getting us all here safely. Let Your blessings be upon everyone here today. May we be protected and all our prayers be answered.

In Jesus mighty name.

*Amen*

THE GRACEFUL CHAPTER

## FUN! Doing Arts & Crafts

Large Witch Hats and Cheese-Cloth Ghost



See Remind App Flyer at the Center for more Info.

