



JUNE 2021 Newsletter

WETUMPKA SENIOR CENTER



The mission of the Wetumpka Senior Center is to provide programs and activities for adults 55 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 Prime Time Senior Center offer and take steps to "being the best you can be." The Center Director is Mary Ann Barrett, Assistant to the Director, Angie Fraiser, and Bus Driver, E. Wayne Macon.

For Information about the Center Call 334-850-1553

Located at Cedarwood Community Church

10286 US HWY 231, Wetumpka, Alabama 36092

Participants MUST BE self-contained.





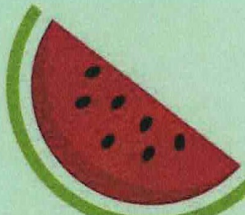
**We are so Excited to
Announce !
The SENIOR CENTER Is
Opening Back
June 14th 2021!**



**Attention: Bus Riders
we will start pick up at
9am in the mornings.
Lunch will be served at
the Senior Center.**




Let's party!

JUNE 2021		ADSS NUTRITION PROGRAM		SPRING FY21					
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		<u>Menu 4</u> Veal Chop/Brown Gravy Yellow Rice/Peppers Cheesy Spinach Wheat Bread Blushing Pears Fudge Round Milk/Chocolate Milk Margarine		<u>Menu 5</u> Chicken Parmesan Casserole Mixed Beans California Blend Vegetables Peaches Dinner Roll Yellow Cake Milk Margarine		<u>Menu 6</u> Orange Juice Pork Chop/Country Gravy Black Eyed Peas Turnip Greens Cornbread Watermelon Fruited Gelatin Milk/Buttermilk Margarine		<u>Menu 7</u> Blended Juice Egg Salad Fresh Orange Pasta Salad Wheat Bread (2 sl.) Chocolate Pudding Milk	
 State Holiday		<u>Menu 9</u> Cheesy Ground Beef Casserole Italian Flat Beans Rutabagas Fresh Fruit Wheat Bread Chocolate Chip Cookie Milk Margarine		<u>Menu 10</u> Apple Juice Seasoned Chicken Thigh Sweet Potatoes Mixed Greens Cornbread Peach Fruited Gelatin Milk/Buttermilk Margarine		<u>Menu 11</u> Blended Juice BBQ Pork Riblet Creamed Corn Green Limas Wheat Bread White Cake Milk Margarine		<u>Menu 12</u> Broiled Beef Patty/Bun Baked Beans Potato Salad Lettuce/Onion/Tomato Fruit Cobbler Milk/Chocolate Milk Mustard/Ketchup/Mayonnaise	
<u>Menu 13</u> Orange Juice Breakfast Casserole Honey Scooters Cheese Grits Strawberry Waffle Grahams Wheat Bread Milk Margarine		<u>Menu 14</u> Spaghetti/Meat Sauce Tuscan Blend Vegetables Mixed Green Salad Dinner Roll Fresh Fruit Chocolate Cake Milk Italian/Ranch Dressing Margarine		<u>Menu 15</u> Apple Juice Beef Frank/Bun Baked Beans Coleslaw Chopped Onion Peach Cobbler Milk/Chocolate Milk Mustard/Ketchup/Mayonnaise		<u>Menu 16</u> Grape Juice Lemon Pepper Chicken Breast Red Beans and Rice Mixed Greens Cornbread Orange Fruited Gelatin Milk/Buttermilk Margarine		<u>Menu 17</u> Pepper Steak Garlic Mashed Potatoes Zucchini and Tomatoes Fresh Fruit Wheat Bread Sugar Cookie Milk Margarine	
<u>Menu 18</u> Smoked Sausage/Bun Rice Pilaf German Red Cabbage Applesauce Oatmeal Cream Pie Milk Mustard/Ketchup		<u>Menu 19</u> Apple Juice Meatloaf/Onion Gravy Mashed Potatoes Carrots Wheat Bread Brownie Milk Margarine		<u>Menu 20</u> Blended Juice Mac and Cheese Purple Hull Peas Collard Greens Cornbread Vanilla Pudding (or assorted pudding flavors) Milk/Buttermilk Margarine		<u>Menu 1</u> Seasoned Ground Beef Lettuce/Cheese/Tomato Corn Chips Pinto Beans Mandarin Oranges Milk/Chocolate Milk Sour Cream/Mild Taco Sauce		<u>Menu 2</u> Grape Juice Breaded Chicken/Poultry Gravy Green Beans Fiesta Corn Texas Bread Strawberry Fruited Gelatin (or assorted gelatin flavors) Milk Margarine	
<u>Menu 3</u> Pineapple Juice Seasoned Chicken Drum Green Peas Parsley Diced Potatoes Wheat Bread Oatmeal Raisin Cookie (or assorted cookies) Milk Margarine		<u>Menu 4</u> Veal Chop/Brown Gravy Yellow Rice with Peppers Cheesy Spinach Wheat Bread Blushing Pears Fudge Round (or assorted snack cakes) Milk/Chocolate Milk Margarine		<u>Menu 5</u> Chicken Parmesan Casserole Mixed Beans California Blend Vegetables Peaches Dinner Roll Yellow Cake (or assorted cake flavors) Milk Margarine					



COMMUNITY MARKET
FIRST THURSDAY
APRIL-NOVEMBER
MERCHANTS ALLEY
5-8 PM



MAIN STREET WETUMPKA
We Can Together

A good father is one of the most unsung, unpraised, unnoticed, and yet one of the most valuable assets in our society.

FATHER'S DAY WORD SEARCH

Happy Father's Day!

A	H	O	L	I	D	A	Y	O	L	F	G	H
S	G	U	H	D	G	N	I	R	A	C	R	A
E	F	E	T	A	I	C	E	R	P	P	A	H
M	R	K	S	D	F	E	G	I	V	I	N	G
O	J	H	E	D	D	F	O	H	R	K	D	U
H	R	O	T	Y	A	L	U	O	M	F	F	A
R	E	G	A	R	U	O	C	N	E	U	A	L
T	L	S	E	G	G	D	L	O	V	E	T	H
N	A	H	R	N	H	A	R	R	W	L	H	A
E	X	E	G	O	T	V	F	A	T	H	E	R
R	A	K	G	R	E	L	H	R	C	E	R	E
D	T	L	I	T	R	D	E	T	O	V	E	D
L	I	A	F	S	Y	L	I	M	A	F	L	I
I	O	Y	T	F	S	L	E	K	A	C	W	V
H	N	O	I	T	A	R	I	P	S	N	I	O
C	E	L	E	B	R	A	T	E	A	O	S	R
L	H	A	P	P	Y	A	D	N	U	S	E	P

Celebrate	Gift	Home	Caring	Honor	Daughter
Relaxation	Son	Hugs	Holiday	Hero	Gentleman
Inspiration	Wise	Sunday	Giving	Daddy	Children
Appreciate	Laugh	Happy	Love	Loyal	Encourager
Grandfather	Kiss	Fun	Family	Friend	Provider
Devoted	Card	Cake	Strong	Father	Greatest