



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

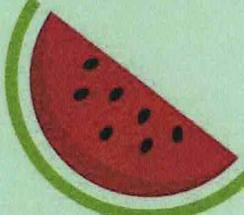
June 14th 2021!



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		
	Menu 4 1 Veal Chop/Brown Gravy Yellow Rice/Peppers Cheesy Spinach Wheat Bread Blushing Pears Fudge Round Milk/Chocolate Milk Margarine	Menu 5 2 Chicken Parmesan Casserole Mixed Beans California Blend Vegetables Peaches Dinner Roll Yellow Cake Milk Margarine	Menu 6 3 Orange Juice Pork Chop/Country Gravy Black Eyed Peas Turnip Greens Combread Watermelon Fruited Gelatin Milk/Buttermilk Margarine	Menu 7 4 Blended Juice Egg Salad Fresh Orange Pasta Salad Wheat Bread (2 sl.) Chocolate Pudding Milk		
 State Holiday	Menu 9 7 Cheesy Ground Beef Casserole Italian Flat Beans Rutabagas Fresh Fruit Wheat Bread Chocolate Chip Cookie Milk Margarine	Menu 10 8 Apple Juice Seasoned Chicken Thigh Sweet Potatoes Mixed Greens Combread Peach Fruited Gelatin Milk/Buttermilk Margarine	Menu 11 9 Blended Juice BBQ Pork Riblet Creamed Corn Green Limas Wheat Bread White Cake Milk Margarine	Menu 12 10 Broiled Beef Patty/Bun Baked Beans Potato Salad Lettuce/Onion/Tomato Fruit Cobbler Milk/Chocolate Milk Mustard/Ketchup/Mayonnaise		
Menu 13 14 Orange Juice Breakfast Casserole Honey Scooters Cheese Grits Strawberry Waffle Grahams Wheat Bread Milk Margarine	Menu 14 15 Spaghetti/Meat Sauce Tuscan Blend Vegetables Mixed Green Salad Dinner Roll Fresh Fruit Chocolate Cake Milk Italian/Ranch Dressing Margarine	Menu 15 16 Apple Juice Beef Frank/Bun Baked Beans Coleslaw Chopped Onion Peach Cobbler Milk/Chocolate Milk Mustard/Ketchup/Mayonnaise	Menu 16 17 Grape Juice Lemon Pepper Chicken Breast Red Beans and Rice Mixed Greens Combread Orange Fruited Gelatin Milk/Buttermilk Margarine	Menu 17 18 Pepper Steak Garlic Mashed Potatoes Zucchini and Tomatoes Fresh Fruit Wheat Bread Sugar Cookie Milk Margarine		
Menu 18 21 Smoked Sausage/Bun Rice Pilaf German Red Cabbage Applesauce Oatmeal Cream Pie Milk Mustard/Ketchup	Menu 19 22 Apple Juice Meatloaf/Onion Gravy Mashed Potatoes Carrots Wheat Bread Brownie Milk Margarine	Menu 20 23 Blended Juice Mac and Cheese Purple Hull Peas Collard Greens Combread Vanilla Pudding (or assorted pudding flavors) Milk/Buttermilk Margarine	Menu 1 24 Seasoned Ground Beef Lettuce/Cheese/Tomato Corn Chips Pinto Beans Mandarin Oranges Milk/Chocolate Milk Sour Cream/Mild Taco Sauce	Menu 2 25 Grape Juice Breaded Chicken/Poultry Gravy Green Beans Fiesta Corn Texas Bread Strawberry Fruited Gelatin (or assorted gelatin flavors) Milk Margarine		
Menu 3 28 Pineapple Juice Seasoned Chicken Drum Green Peas Parsley Diced Potatoes Wheat Bread Oatmeal Raisin Cookie (or assorted cookies) Milk Margarine	Menu 4 29 Veal Chop/Brown Gravy Yellow Rice with Peppers Cheesy Spinach Wheat Bread Blushing Pears Fudge Round (or assorted snack cakes) Milk/Chocolate Milk Margarine	Menu 5 30 Chicken Parmesan Casserole Mixed Beans California Blend Vegetables Peaches Dinner Roll Yellow Cake (or assorted cake flavors) Milk Margarine				



FATHER'S DAY WORD SEARCH

Happy Father's Day!



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.

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|-------------|-------|--------|---------|--------|------------|
| 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 |