

We are the land of the free
we are the home of the brave.

4TH OF JULY

Let's pay tribute to our brave
American Heroes on this
special day and forever.



HAPPY INDEPENDENCE DAY!

sayingswishes.com

Wetumpka Senior Center

Mary Ann Barrett

Center Director

***Funded by Central
Alabama Aging Consortium***



God bless America

**HAPPY
4TH OF
JULY**



**CITY OF WETUMPKA
FIREWORKS!**

**GOLD STAR PARK
JULY 3rd • 8:30pm**

We encourage people to follow CDC
guidelines for social distancing and
to wear masks for protection.

JULY 2020

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.

During the COVID 19 Closure,.




The Wetumpka Senior Center has continue to assist

Our Seniors during the COVID 19 Closures.

We are continuing to deliver Meals on Wheels to our Seniors.

They are staying Safe and Strong.

Here are some pictures of our Seniors.

JULY 2020		ADSS NUTRITION PROGRAM SUMMER MENU		SUMMER FY20					
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
									
Menu 4 Sliced Ham Purple Hull Peas Diced Sweet Potatoes Blushing Applesauce Wheat Bread Chocolate Cake Milk Margarine		Menu 5 Beef Tacos Seasoned Ground Beef Shredded Lettuce/Cheese/Tomatoes Pinto Beans Corn Chips Pineapple Milk Sour Cream/Mild Taco Sauce		Menu 6 Orange Juice Turkey Salad Italian Pasta Salad Fresh Banana Wheat Crackers Chocolate Pudding Milk Margarine		Menu 7 Apple Juice Beef Dog/Bun Baked Beans Coleslaw Chopped Onion Peach Cobbler Milk/Chocolate Milk Mustard/Ketchup/Mayonnaise		Menu 8 Orange Juice Chicken and Rice Lima Beans Turnip Greens Combread Watermelon Fruited Gelatin Milk/Buttermilk Margarine	
Menu 9 Apple Juice Garlic Parmesan Chicken Filet Glazed Carrots Brown Rice Sugar Cookie Wheat Bread Milk Margarine		Menu 10 Grape Juice Homestyle Breakfast Bake Cheese Grits Fresh Apple Biscuit Oatmeal Cream Pie Milk Margarine/Jelly		Menu 11 Pork Chop Patty/Country Pepper Gravy Collard Greens Mashed Potatoes Combread Orange Fruited Gelatin Mini Moon Pie Milk/Buttermilk Margarine		Menu 12 Ham and Cheese Sandwich Three Bean Salad Lettuce/Tomato Fresh Orange White Cake Wheat Bread (2 slices) Milk/Chocolate Milk Mustard/Mayonnaise		Menu 13 Blended Juice Macaroni and Cheese Okra and Tomatoes Flat Beans Vanilla Pudding Dinner Roll Milk Margarine	
Menu 14 Orange Juice Smoked Sausage/Bun Hot German Potato Salad Steamed Cabbage Chocolate Chip Cookie Milk/Chocolate Milk Mustard/ Ketchup/Mayonnaise		Menu 15 Apple Juice Pepper Steak Brown Rice Green Beans Wheat Bread Strawberry Fruited Gelatin Milk Margarine		Menu 16 Seasoned Chicken Thigh Turnip Greens Field Peas Applesauce Combread Strawberry Waffle Graham Milk/Buttermilk Margarine		Menu 17 Grape Juice Spaghetti and Meat Sauce Green Peas Mixed Green Salad Dinner Roll Butterscotch Pudding Milk Italian/Ranch Dressing Margarine		Menu 18 Broiled Beef Patty/Bun Baked Beans Potato Salad Shredded Lettuce/Onion/Tomato Fruit Cobbler Milk Mustard/ Ketchup/Mayonnaise	
Menu 19 Meatloaf/Brown Gravy Garlic Mashed Potatoes California Vegetables Oatmeal Raisin Cookie Fresh Apple Wheat Bread Milk Margarine		Menu 20 BBQ Pork Riblet/Bun Green Beans Cream Style Corn Peaches Yellow Cake Milk Margarine		Menu 21 Blended Juice Breaded Chicken Breast Patty/Chicken Gravy Butternut Squash Mixed Greens Combread Peach Fruited Gelatin Milk/Buttermilk Margarine		Menu 22 Orange Juice Cheesy Ground Beef Casserole Mixed Vegetables Pears Dinner Roll Fudge Round Milk Margarine		Menu 23 Apple Juice Seasoned Chicken Drum Yellow Rice Stewed Tomatoes Wheat Bread Banana Pudding Milk/Chocolate Milk Margarine	