

September 2020 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.

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.

We Miss Ours Seniors at the Wetumpka Senior Center!




Downtown Wetumpka
MERCHANTS MARKET
 Thursday, August 6
 Thursday, September 3
 Thursday, October 1
 5:30-8:30 p.m.
 Merchants Alley

ACORN
 APPLE
 AUTUMN
 CHESTNUTS
 CHILLY
 CIDER
 COBWEB
 FALL
 FOOTBALL
 GOURD

HALLOWEEN
 HARVEST
 HAY BALE
 HAYRIDE
 LEAVES
 MAIZE
 NOVEMBER
 NUTS
 OCTOBER
 PUMPKIN

QUILT
 RAKE
 SCARECROW
 SEPTEMBER
 SLEET
 THANKSGIVING



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	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	Labor Day Theme Meal Orange Juice Sloppy Joe/Bun Fiesta Corn Potato Chips Watermelon Fruited Gelatin Milk
Labor Day State Holiday	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 Cornbread 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 Cornbread 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 1 Blended Juice Breaded Chicken Breast Patty/Chicken Gravy Butternut Squash Mixed Greens Cornbread Peach Fruited Gelatin (or assorted gelatin flavors) Milk/Buttermilk Margarine	Menu 2 Orange Juice Cheesy Ground Beef Casserole Mixed Vegetables Peas Dinner Roll Fudge Round (or assorted snack cakes) Milk Margarine	Menu 3 Apple Juice Seasoned Chicken Drum Yellow Rice Stewed Tomatoes Wheat Bread Banana Pudding Milk/Chocolate Milk Margarine
Menu 4 Sliced Ham Purple Hull Peas Diced Sweet Potatoes Blushing Applesauce Wheat Bread Chocolate Cake (or assorted flavors) 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 (or assorted flavors) Milk Margarine	