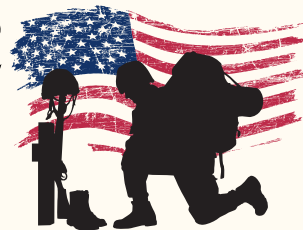


Senior Source

we're so glad you're here!

Wakulla Senior Center Citizens Council Inc.



33 Michael Drive Crawfordville, FL 32327 • 850-926-7145 • wakullaseniorcenter.com

UPCOMING EVENTS

Gospel Music

May 2, 2024
May 16, 2024
10:00AM

Senior Food Distribution

May 8, 2024
May 22, 2024
11:00AM

Mother's Day Celebration

May 10, 2024
10:00AM

May Cake Raffle

May 15, 2024
10:00AM

Health Dept. Dental Presentation

May 29, 2024
10:00AM

Sopchoppy Thrift Store

Did you know that the Wakulla Senior Center has a thrift store?

We are located at:

100 Municipal Ave
Sopchoppy, FL 32358

We accept all types of donations and funds from all sales help support our Senior Center.

Come See Us

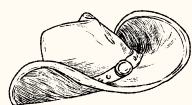
Monday-Thursday 9:30am-2:00pm

Friday 9:30am-5:00pm

Saturday 9:00AM-5:00pm

Sunday - CLOSED

Cowboy Nachos



Ingredients

2 Cups Pinto Beans

1 Pound Ground Beef

1 Can Mexican Red Sauce or Enchilada Sauce

Salt & Pepper

Tabasco Sauce

Minced Garlic

Fresh or Jarred Jalapeños

Tortilla Chips

2 Cups Mexican Blend or Monterey Jack Cheese

2 Cups Pico De Gallo

5 Slices Thick Bacon - Chopped

1 Packet of Taco Seasoning



Directions



Fry bacon, drain and set aside.

In medium saucepan heat up pinto beans and doctor as desired, adding some salt, pepper, tabasco, minced garlic or jalapeños. Make as spicy or mild as you like. Add bacon.

In medium frypan brown ground beef seasoned with taco seasoning. Drain and add one can of your choice of Mexican Red Sauce.

Assembly

In a heatproof dish layer tortilla chips, beans, meat, cheese & pico de gallo. Repeat layers minus pico de gallo.

Heat in oven until cheese is melted.

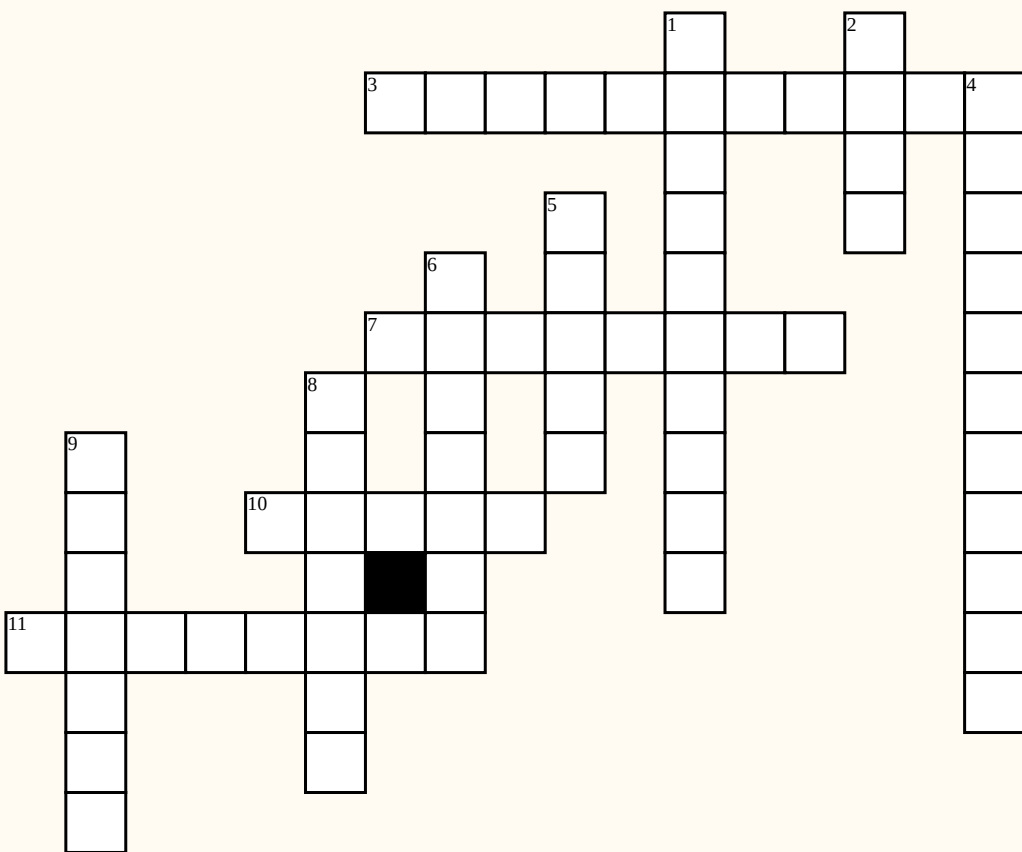
Add more pico de gallo to top once heated.

Add some of your own favorite toppings, sour cream, guacamole, olives, shredded lettuce or salsa

Serve & Enjoy!

Fun & Games

Memorial Day Crossword



Across

3. The field or ground on which a battle is fought

7. Soldiers in the armed forces

10. Great courage in the face of danger, especially in battle

11. Place where people are buried

Down

1. A badge, medal, etc., worn as a mark of honor

2. A person noted for courageous acts or nobility of character

4. A document embodying or displaying an announcement

5. Joining of different smaller pieces to create one larger unit

6. Past events

8. Brave spirit or conduct; courage valor

9. Freedom from external rule; independence

Work Gloves

Trailer

Spurs

Truck

Saddle Pads

Poncho

Boots

Horse

Cowboy Hat

Saddle

Cattle

Rope

Horseshoes

Reigns

Chaps

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

Monthly Meal Calendar- May

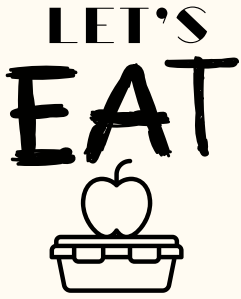
Monday

Tuesday

Wednesday

Thursday

Friday



1
Meatloaf
Macaroni & Cheese
Corn
Wheat Bread
Apple Crumble
Milk

2
Roast Pork
Sweet Potatoes
Roll
Green Peas
Coconut Pie
Milk

3
Corn Dogs
French Fries
Cole Slaw
Brownie Cookie
Milk

6
Chicken Sandwich
Lettuce, Tomato &
Onion
Macaroni & Cheese
Baked Beans
Chocolate Cake
Milk

7
Barbecue Chicken
Potato Salad
Green Beans
Whole Wheat Bread
Fruit Cup
Milk

8
Chicken & Dumplings
Peas & Carrots
Corn
Garlic Bread
Lemon Pie
Milk

9
Pork Chops
Mashed Potatoes
w/ Gravy
Yellow Squash
Roll
Chocolate Chip
Milk

10
Fried Fish
Potato Salad
Green Beans
Cornbread
Caramel Cake
Milk

13
Cheeseburger w/ Bun
Lettuce, Tomato, Onion
Condiments
Green Beans
Bakes Beans
Banana Pie
Milk

14
Chicken Tenders
French Fries
Mixed Vegetables
Roll
Peanut Butter Cookie
Milk

15
Roast Pork
Rosemary Potatoes
Brown Gravy
Steamed Cabbage
Cornbread
Peach Cobbler
Milk

16
Hamburger Steak
Onion Gravy
Mashed Potatoes
Green Peas
Roll
Apple Crumble
Milk

17
Chicken Alfredo
Broccoli
Garlic Bread
Peanut Butter
Milk

20
Hot Dog w/ Bun
Baked Beans
Cole Slaw
Mixed Fruit
Milk

21
Fried Fish
Green Beans
Potato Salad
Roll
Strawberry Cake
Milk

22
Fried Chicken
Green Beans
Confetti Rice
Roll
Vanilla Pudding
Milk

23
Baked Lasagna
Tossed Salad
Ranch Dressing
Garlic Bread
Pineapples
Milk

24
Chicken & Sausage
Gumbo
Seasoned Rice
Vegetable Medley
Roll
Banana Pie
Milk



28
Cheeseburger w/ Bun
Lettuce, Tomato & Onion
Potato Salad
Green Beans
Sugar Cookie
Milk

29
Chicken Pot Pie
Tossed Salad
Roll
Lemon Cake
Milk

30
Sweet & Sour Chicken
Seasoned Rice
Peas & Carrots
Roll
Apple Cobbler
Milk

31
Chicken Tenders
Macaroni & Cheese
Mixed Vegetables
Roll
Lemon Meringue Pie
Milk

MENU SUBJECT TO CHANGE

ADVANCE NOTICE REQUEST FOR LUNCH!!



TO ENSURE WE HAVE ENOUGH MEALS
PREPARED FOR THE DAY, KINDLY CALL BEFORE
9AM THE DAY OF TO LET US KNOW IF YOU
PLAN TO HAVE LUNCH.



CALL 850-888-1023

Monthly Activities Calendar- May
















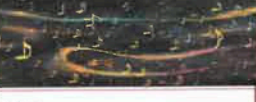




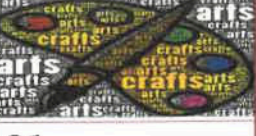


ACTIVITIES SUBJECT TO CHANGE

Senior Activities Calendar May 2024

Daily Activities include: Cards & Board Games
Wednesday
Line Dancing 1:00

Wakulla Senior Citizens Center
33 Michael Drive, Crawfordville, FL 32327
850-888-1023 www.wakullaseniorcenter.com

Calendar is subject to change.
IF YOU PLAN TO HAVE LUNCH CALL BEFORE 9:00am THAT DAY

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p>06 10:00 MOVIE FAR HAVEN 2023 1H41MIN</p> 	<p>07 10:00 PICKIN & GRINNIN BAND 10:00 ARTS AND CRAFTS</p> 	<p>01 10:00 MOVIE THE LONGEST RIDE 2015 2H19MIN</p> 	<p>02 10:30 GOSPEL</p> 	<p>03 10:00 PICKIN & GRINNIN BAND 10:00 ARTS AND CRAFTS</p> 
<p>13 10:00 MOVIE WILD WILD WEST 1990 1H46MIN</p> 	<p>14 10:00 PICKIN & GRINNIN BAND 10:00 ARTS & CRAFTS</p> 	<p>08 10:00 CHAIR YOGA 11:00 SENIOR FOOD DISTRIBUTION</p> 	<p>09 11:00 BINGO</p> 	<p>10 10:00 PICKIN & GRINNIN BAND 10:00 HAPPY MOTHER'S DAY</p> 
<p>20 10:00 MOVIE TRUE GRIT 2010 1H50MIN</p> 	<p>21 10:00 PICKIN & GRINNIN BAND 10:00 ARTS AND CRAFTS</p> 	<p>15 10:00 CAKE RAFFLE 10:30 CHAIR YOGA 11:00 BINGO</p> 	<p>16 10:30 GOSPEL</p> 	<p>17 10:00 PICKIN & GRINNIN BAND 10:00 ARTS ANDCRAFTS</p> 
<p>27 CLOSED memorial DAY</p> 	<p>28 10:00 PICKIN & GRINNIN BAND 10:00 ARTS & CRAFTS</p> 	<p>22 10:00 CHAIR YOGA 11:00 SENIOR FOOD DISTRIBUTION</p> 	<p>23 11:00 BINGO</p> 	<p>24 10:00 PICKIN & GRININ BAND 10:00 ARTS AND CRAFTS</p> 
	<p>29 10:00 HEALTH DEPARTMENT DENTAL CARE PRESENTATION 11:00 BETTER HALF</p> 	<p>30 10:00 PHISHING (FRAUD) PRESENTATION</p> 	<p>31 10:00 PICKIIN & GRINNIN BAND 10:00 ARTS AND CRAFTS</p> 