

ORGANIZED WISE COUNTY
LUNCHES FOR SENIORS



JU
2024

OWLS Newsletter

- ❖ July's two birth flowers are the Larkspur and the Water Lily.
- ❖ Cancer (June 21 to July 22) and Leo (July 23 to August 22) are the horoscope signs for July.
 - ❖ The birthstone for July is the Ruby.

The name is derived from the Latin word *ruber*, meaning "red" – the color of love and passion.

- ❖ Holidays and observances include: I Forgot Day (7/2), Independence Day (7/4), Bastille Day (7/14), Fortune Cookie Day (7/20), International Tiger Day (7/29)



*Remember, we'll be OPEN on
July 4 and CLOSED on July 5!*

*The WCCA Newsletter is provided to our clients and
others in Wise County. It is edited by Thomas Clark
for the Wise County Committee on Aging.*





Client Satisfaction Survey

Please fill out this survey and return it to us.

Name: _____

1. How would you rate the meal program overall?

☐ Excellent ☐ Very goods ☐ Good ☐ Fair ☐ Poor

2. Would you recommend the meals to a friend?

☐ Yes ☐ Sometimes ☐ No ☐ Don't Know

3. Would you recommend the OWLS Senior Center to a friend?

☐ Yes ☐ Sometimes ☐ No ☐ Don't Know

4. Do the meals taste good?

☐ Yes ☐ Sometimes ☐ No ☐ Don't Know

5. Do you eat healthier foods as a result of the program?

☐ Yes ☐ Sometimes ☐ No ☐ Don't Know

6. Is there enough food in each meal?

☐ Yes ☐ Sometimes ☐ No ☐ Don't Know

7. Is the temperature of the meal satisfactory?

☐ Yes ☐ Sometimes ☐ No ☐ Don't Know

8. Has anyone mentioned that you can make a donation toward the cost of the meals if you want?

☐ Yes ☐ Sometimes ☐ No ☐ Don't Know

9. Of the meals we've served you, what has been your favorite?

10. What activities would you enjoy doing at the OWLS Center?

Comments:

1. ¿Cómo calificaría el programa de comidas en general?
☐ Excelente ☐ Muy bien ☐ Bien ☐ Mas o menos ☐ Pobre
2. ¿Recomendarías las comidas a un amigo?
☐ Si ☐ A veces ☐ No ☐ No sé
3. ¿Recomendarías el Centro para Personas Mayores OWLS a un amigo?
☐ Si ☐ A veces ☐ No ☐ No sé
4. ¿Sabes bien las comidas?
☐ Si ☐ A veces ☐ No ☐ No sé
5. ¿Comes alimentos más saludables como resultado del programa?
☐ Si ☐ A veces ☐ No ☐ No sé
6. ¿Hay suficiente comida en cada plato?
☐ Si ☐ A veces ☐ No ☐ No sé
7. ¿Es satisfactoria la temperatura de la comida?
☐ Si ☐ A veces ☐ No ☐ No sé
8. ¿Alguien ha mencionado que puedes donar el costo de las comidas si quic
☐ Si ☐ A veces ☐ No ☐ No sé
9. De las comidas que te hemos servido, ¿Cuál ha sido tu favorita?
10. ¿Qué actividades te gustaría hacer en el Centro OWLS?

Comentarios:

JUNE

2024

SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31	1
2	3	4	5	6	7	8
	bingo 930 lunch 1130	42 club 930 lunch 1130 abuelitos 1230	bingo 930 lunch 1130	42 club 930 lunch 1130	42 club 930 lunch 1130 abuelitos 1230	
9						
	10	11	12	13	14	15
	bingo 930 lunch 1130	42 club 930 lunch 1130 abuelitos 1230	bingo 930 lunch 1130	42 club 930 lunch 1130	42 club 930 lunch 1130 abuelitos 1230	
16	17	18	19	20	21	22
	bingo 930 lunch 1130	42 club 930 lunch 1130 abuelitos 1230	bingo 930 lunch 1130	42 club 930 lunch 1130	42 club 930 lunch 1130 abuelitos 1230	
23	24	25	26	27	28	29
	bingo 930 lunch 1130	42 club 930 lunch 1130 abuelitos 1230	bingo 930 lunch 1130	42 club 930 lunch 1130	42 club 930 lunch 1130 abuelitos 1230	
30	1	2	3	4	5	6



JUNIO 2024



DOMINGO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO
30		Lotería con Mandina cada martes de 12:30-2:00			1	
2	3	4 Practica 	5	6	7 Asesoría Financiera \$\$ Celebraciones	8
9	10	11 Ejercicios 	12	13	14 Visita asilo en FortWorth 	15
16	17	18 Practica 	19	20	21 Manualidades 	22
23	24	25 Visita a Escuela Fort Worth 	26	27	28 Ejercicios 	29



Persona de la
semana cada
viernes



Celebraciones
del mes el 7 de
junio



Traigan su hoja
de los pasos el
14 de junio



Música con
Ubaldo el 21 de
junio

Coloring

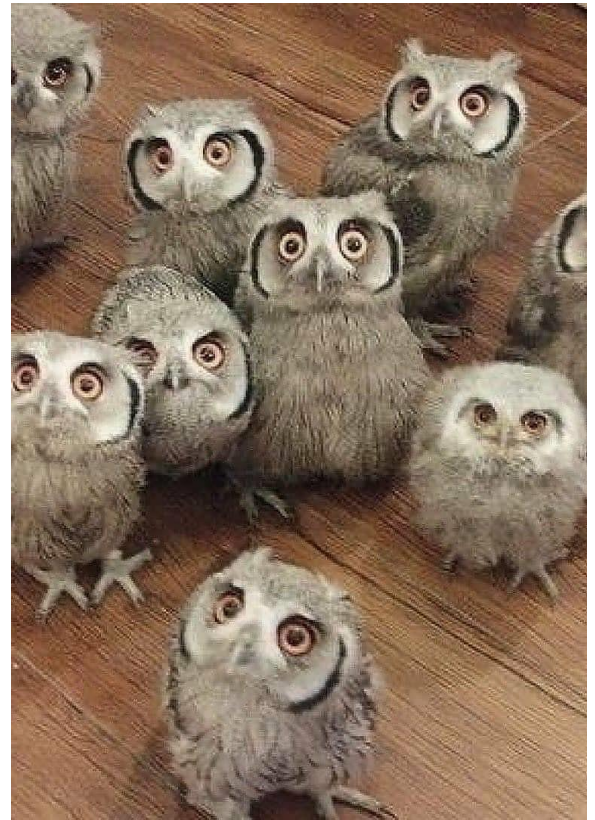
Page



Answers to THIS month's puzzles:

FAMILY AND FRIENDS

HIDDEN QUOTATION
BY
Princess Diana



Solution:

1	S	2	T	3	A	4	Y	5	S		6	P	7	T	8	S	9	D		10	P	11	A	12	M
13	S	I	L	E	N	T				14		15	S	H	O	E				16	I	C	Y		
17	T	E	L	L	O	N					18	T	E	A	L					19	C	E	O		
					20	L	O	T	21	H		22	F	R	I	23	E	N	D	S					
		24	S	H	O	P			26	E	A	T	S			28	V	I	I	I					
29	C	H	O	W			30	H	I	P	S			31	P	E	C	A	N						
32	D	E	W			33	Y	O	R	E			34	T	A	N									
35	S	A	L	A	A	M	S			37	C	O	R	S		38	I	C	40	A					
					41	P	R	E		42	H	A	W	K		43	S	R	I						
44	D	45	A	46	V	I	D		47	F	E	R	N		48	A	L	U	M						
49	O	V	E	N			50	C	A	M	E			51	F	L	E	X							
52	G	I	N	G		53	H	A	M			54	T	55	R	I	P								
56	M	A	D			57	E	R	I	E			59	E	N	A	B	61	L	62	E				
63	A	T	E			64	W	A	L	K			65	V	I	C	T	O	R						
66	S	E	E			67	S	T	Y	E			68	S	A	U	T	E							

Word Find

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

By Evelyn Johnson - www.qets.com

Aunt	Friend	Sister
Camp	Grandchild	Son
Child	Grandparent	Spouse
Children	Husband	Stepson
Cousin	Mother	Swim
Daughter	Nephew	Trip
Father	Sibling	Uncle

Let's Laugh at Something!

- What do you call fish with no eyes? Fsh

- A boy calls 911 and says, "Hello? I need your help!" The 911 operator responds, "Alright, what is it?" The boy says, "Two girls are fighting over me!" The operator answers, "So what's your emergency?"

The boy replies, "The ugly one is winning."

- These are not gray hairs! They are wisdom highlights.
- What's the key to a structured retirement?
- A rigid nap schedule.
- The older we get, the earlier it gets late.
- How many retirees does it take to change a light bulb? One, but it'll take all day!
- I always wanted to marry Mrs. Right. I just didn't know her first name was going to be "Always."
- Husbands are like lawn mowers: They're hard to get started, emit foul odors and don't work half the time.
- How is the moon like dentures?
Both come out at night.



Junio 2024



NOTICIAS

ABUELITOS UNIDOS DEL CONDADO DE WISE



Boletín de Noticias



WISE COUNTY PROM

Los Abuelitos Unidos del Condado de Wise fueron al primer PROM de Wise County para personas mayores. Nuestros propios Abuelitos Homer y Maricruz fueron nombrados Rey y Reina del Prom. Muchas Felicidades!

AGRADECIDOS POR LAS OPORTUNIDADES

El Ballet Folklórico de Los Abuelitos Unidos del Condado de Wise es el orgullo de Wise County y esta teniendo la oportunidad de visitar diferentes lugares y así



Sigue nuestra Pagina en el Facebook:
Abuelitos Unidos del Condado de Wise

ABUELITOS UNIDOS DEL CONDADO DE WISE

EDICIÓN 6

JUNIO

SOCIEDAD

AGRADECIDOS POR LAS OPORTUNIDADES

seguir promoviendo la cultura hispana y amor de las tradiciones Mexicanas.

Aquí vemos a los Abuelitos visitando la escuela Shulze Elementary en Irving. A los residents de Decatur Medical Lodge y alegrando el festival de Primavera en Chico.

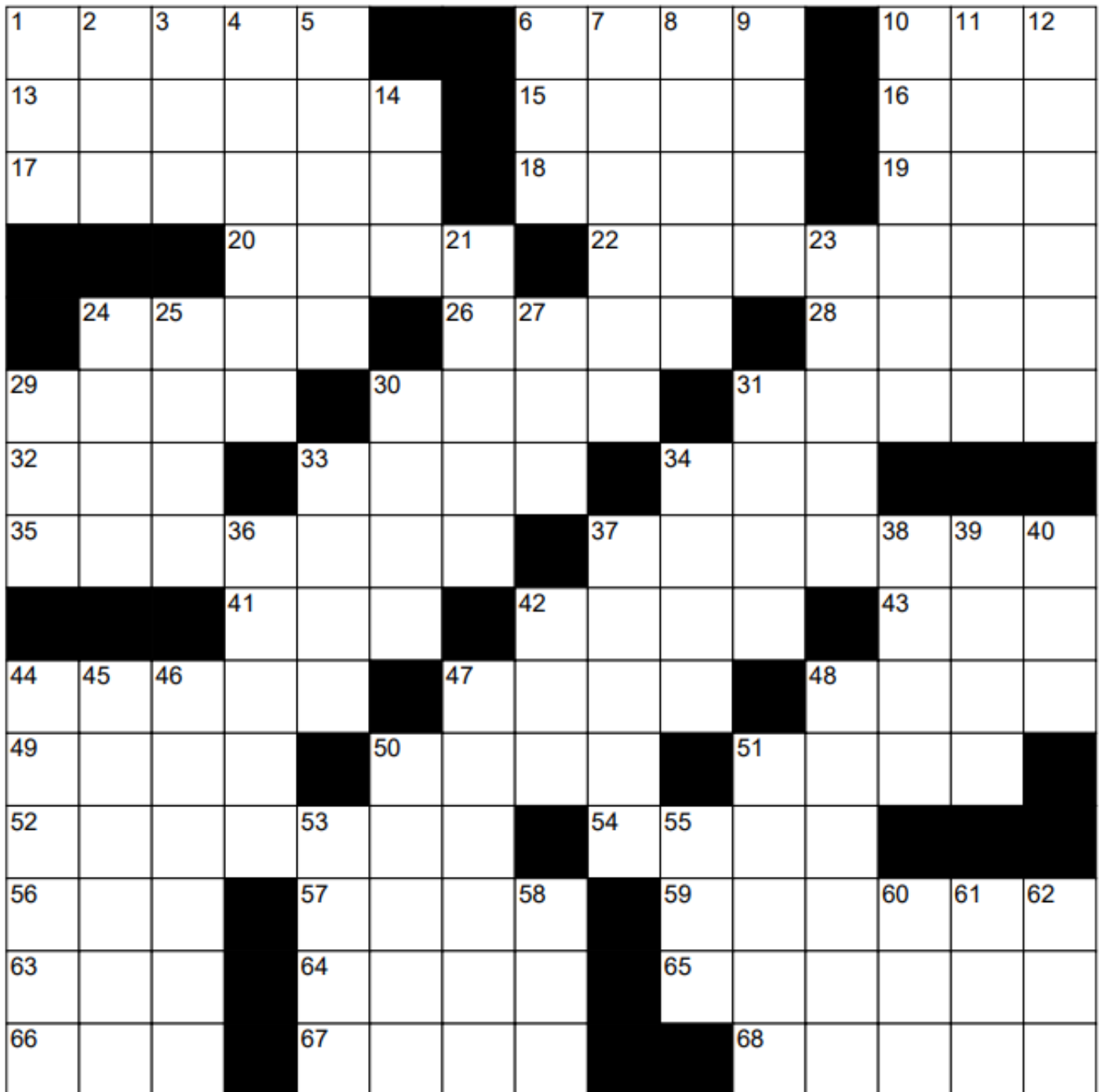


DECATUR MEDICAL LODGE

Los Abuelitos alegrando los corazones de los residentes del asilo de Decatur Medical Lodge. Sus visitas han sido tan exitosas a todos los lugares que han asistido que les piden que regresen.

Crossword Puzzle

FAMILY AND FRIENDS



By Jimmy and Evelyn Johnson - www.qets.com

Across

1. Remains
6. Post traumatic stress disorder
10. Highest trump in some loo
13. Noiseless
15. Footgear
16. Freezing
17. Tattle (2 words)
18. Duck
19. Executive
20. Unwilling
22. People closely attached to each other by attention
24. Small retail store
26. Dines
28. Romal eight
29. Food
30. What legs are attached to
31. Pie nut
32. Condensation
33. Past times
34. Summer skin color

Down

1. Fast plane
2. Bird
3. Ensure
4. Color
5. Observe secretly
6. Clock time
7. Robberies
8. Flies
9. Cafe
10. Informal outdoor meal
11. Spiritual boredom
12. Muscle contraction protean
14. Trinitrotoluene
21. Successors
23. Levels
24. Popular stadium
25. Wail
27. Gorilla
29. Disks
30. Place where one lives
31. Area of public land set aside of relaxation
33. Open area next to a house

35. Bows
37. French Mediterranean island
41. Before (prefix)
42. Hunting bird
43. _____ Lanka
44. Michelangelo's famous statue
47. Plant life
48. Astringent
49. Kitchen appliance
50. It ____ Upon a Midnight Clear...
51. Contract
52. Yarn-dyed cotton cloth
54. Journey, voyage, or excursion
56. Crazy
57. Canal
59. Endure
63. Snacked
64. Stroll
65. Winner
66. Visualize
67. Eye infe

34. Center of population larger than a village but smaller than a city
36. Imitating
37. Insertion mark
38. Island
39. Meaning
40. Aspire
42. Skirt edge
44. Beliefs
45. Fly
46. Buyer
47. Group consisting of parents and their children
48. S. American llama
50. Diamond weight unit
51. End
53. Chops
55. Pastor (abbr.)
58. Stretch to make do
60. Heat unit
61. Oodles
62. Before, poetically



Menu is subject to change due to availability.

We apologize for any inconvenience.

Wise County

July 2024



Monday 7/1/2024	Tuesday 7/2/2024	Wednesday 7/3/2024	Thursday 7/4/2024	Friday 7/5/2024
Smothered Pork Chop Scalloped Potatoes Mixed Vegetables White/Wheat Roll Orange Zephyr Whip	Stuffed Pepper Casserole Yellow Squash Tossed Salad Wheat Roll LS Dressing Cherry Crisp	Chicken Salad Sandwich Green Pea Salad Chunly Fruit Salad Upside Down Cake	Rosemary Chicken Breast Rice Pilaf Carrots Wheat Roll Fruit Yoghurt	Salmon Croquette Baby Bakers Lemon Broccoli White/Wheat Roll Fruit Cup
Monday 7/8/2024	Tuesday 7/9/2024	Wednesday 7/10/2024	Thursday 7/11/2024	Friday 7/12/2024
Beef Steak Fingers LS Cream Gravy LS Mashed Potatoes LS Carrots Wheat Bread Seasonal Fresh Fruit	Charbroiled Beef Patty Baked Beans Oven Baked French Fries Lettuce, Tomato, Onion Wheat Hamburger Bun Apple Slices	Cajin Baked Tilapia Corn Tossed Salad LS Dressing Wheat Roll Fruit Crisp	Oriental Pork Fried Rice LS Carrots Egg Roll Seasonal Fresh Fruit	LS Tuna Salad Sandwich Primavera Pasta Salad Spinach Salad (No Bacon) FF Italian Dressing Fresh Fruit
Monday 7/15/2024	Tuesday 7/16/2024	Wednesday 7/17/2024	Thursday 7/18/2024	Friday 7/19/2024
Corn Flake Chicken Mashed Potatoes Green Beans Amandine Wheat Roll Frosted Angel Food Cake	LS Chili Loaded Baked Potato Tossed Salad LS Dressing LS Saltine Crackers Apple Crisp	Stuffed Cabbage Casserole Baby Bakers LS Carrots Wheat Bread Snickendoodle Ice Fruit Cup	LS Deli Sandwich Garden Pasta Salad Lettuce, Tomato, Onion Watermelon Chunks Oatmeal Raisin Cookie	Veggie Quiche LS Oven Potatoes Spinach with Onion Sweet Dinner Roll Asst. Yogurt
Monday 7/22/2024	Tuesday 7/23/2024	Wednesday 7/24/2024	Thursday 7/25/2024	Friday 7/26/2024
Beef Pepper Steak Garlic Mashed Potatoes Capri Vegetables Wheat Roll Seasonal Fresh Fruit	Herbed Baked Chicken Thigh Roasted Sweet Potatoes Mixed Vegetables Dinner Roll Frosted Cupcake	Battered Cod Buttered Rice Lemon Broccoli White/Wheat Roll Snickendoodle Cookie	BBQ Beef on Bun LS Pinto Beans Oil & Vinegar Coleslaw Fruited Gelatin	Orange Glazed Pork Chops Brown Rice Pilaf LS Oriental Vegetables Vegetable Pork Egg Roll Mandarin Oranges Tapioca Pudding
Monday 7/29/2024	Tuesday 7/30/2024	Wednesday 7/31/2024	 	
Italian Chicken Buttered Noodles Seasoned Broccoli Tossed Salad Whole Wheat Bread Frosted Angel Food Cake	Meatloaf Mashed Potatoes Seasonal Green Beans Wheat Roll Fruited Gelatin	Meatballs w/LS Gravy LS Fluffy Rice LS Vegetable Medley Dinner Roll Emerald Pears		



WCCA

PO Box 903
Decatur, Texas 76234
940-627-5329



How You Can Help the WCCA.

- Donate to the WCCA.
- Donate to United Way of Wise County through your work and ask it to be earmarked for WCCA.
- Donate through your workplace's HR Department. Did you know that lots of national companies have a Super PAC that matches your donation? Your \$100 becomes \$200 and helps that many more seniors!
- Volunteer to help deliver meals once a month, once a week, or as often as you can! Every extra person delivering meals means a senior that gets a hot meal that day.



Stay mindfull of your health!

- Wash your hands!***
- Keep Social Distance (six feet apart!)***
- Wear a mask / cover your nose & mouth in public if you can!***
- If you're sick, stay home!***
- If you have COVID or the flu please, tell us so we know!***