



*Look for our Seniors
King Phil Miller
Queen Brenda Herrrell
In Akron's 4th of July Parade*



*Senior Games coming
In September, 2023*

574-223-8170

JULY 2023

AREA FIVE SENIOR MENU

MONDAY

3

AGENCY CLOSED

HAVE A SAFE
AND ENJOYABLE
HOLIDAY!

TUESDAY

4

AGENCY CLOSED



WEDNESDAY

5

Lasagna
Green Beans
Pear Cup
Dessert
Breadstick
Milk

THURSDAY

6

BBQ Chicken
Baby Bakers
Watermelon
Roll
Dessert
Milk

FRIDAY

7

Turkey & Cheddar
Cheese Sandwich
Baked Chips
Strawberry Applesauce
Dessert
Bun
Milk

10

Cheeseburger
Red Skinned
Potatoes
Tomatoes & Zucchini
Dessert
Bun
Milk

11

Meatballs in
Sauce
Broccoli
Pineapple
Dessert
Roll
Milk

12

Chicken Strips
California Bl Veg
Oranges
Dessert
Roll
Milk

13

Breaded
Tenderloin
Lettuce Pea Salad
Juice Box
Dessert
Bun
Milk

14

Ham & Swiss
Sandwich
Macaroni Salad
Fresh Broccoli
Cantaloupe
Rye Bread
Milk

17

Goulash
Buttered Corn
Mixed Fruit Cup
Dessert
Cornbread
Milk

18

Breaded Chicken
Patty
Caesar Salad
Diced Pears
Dessert
Bun
Milk

19

Spanish Hot Dog
Potato Salad
Peaches
Dessert
Hot dog Bun
Milk

20

CHEFS
CHOICE

21

Chicken Salad
Greek Salad
Applesauce
Dessert
Bun
Milk

24

Biscuits & Gravy
Scrambled Eggs
Red & Green Peppers
Mandarin Orange Cup
Dessert
Milk

25

Chicken Burger
Scalloped Potatoes
Tropical Fruit
Dessert
Bun
Milk

26

Salisbury Steak with
Brown Onion Gravy
Mashed Potatoes
Brussel Sprouts
Dessert
Roll
Milk

27

Kielbase Sausage
Roasted Onions &
Peppers
Peas
Honeydew
Dessert
Hot dog Bun
Milk

28

Ham Salad
Fresh Cucumbers
Cherry Tomatoes
Raisin Box
Dessert
Bun
Milk

31

Orange Chicken
White Rice
Stir Fry Veggies
Pineapple
Roll
Milk

Did you know?

July has some pretty delicious month-long observances, too! In the US, at least there are three, in particular, that stand out – It's National Watermelon Month, National Hot Dog Month, and National Ice Cream Month. Yum!



"Freedom is nothing else
but a chance to be better."
— Albert Camus



July 2023



This Photo by Unknown Author is licensed under [CC BY-SA](https://creativecommons.org/licenses/by-sa/4.0/)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
2	3 Senior Cookout 11:30 Book Club (1)	4 CLOSED	5	6 Bridge 12:00	7	8
9	10	11 Make It & Taste It with Mona :930	12	13	14	15
16	17 Book Club (2)	18	19 Movie 12:15	20 Crafting with Kathy 9:30 Bridge 12:00	21	22
23	24	25	26	27 Bakery Bingo 9:30 Bridge 12:00	28	29
30	31	Notes *Exercise Class every Mon.Wed., Fri. starting at 9:30am. *Piano by Isa every Wed. 10:45am				



A FREE GIFT OF GRATITUDE FOR INDIANA RESIDENTS WHO SERVED IN THE MILITARY DURING THE VIETNAM WAR ERA (1955-1975) REGARDLESS OF DUTY STATION

**★ VIETNAM VETERANS ★
FREE GIFT GIVEAWAY**

**WEDNESDAY - SEPTEMBER 13, 2023
1:00 - 3:00PM**

**VETERAN SERVICE OFFICER ON SITE
TO HELP WITH BENEFITS AND RESOURCES**



**FULTON COUNTY MUSEUM
37 East 375 North
Rochester, IN 46975**

**Contact: Fulton County Veteran Service Officer
Ric Fouts 574-223-2217**



**GIFTS ARE PRESENTED TO
EACH VETERAN
Pre-order yours today!
VETSGIFT.COM**



Make It & Taste It with Mona



New classes starting July 11, 2023

Come in and join us. Classes start at 9:30am



Senior Volunteer Models Needed



We are looking for senior volunteer models,
to model clothing in a fashion show,
that will take place here
(Fulton County Community Resource Center &
Council on Aging) on August 29, 2023 1:00pm

Sponsored by "Brooch Boutique"

Sorry gentlemen we are only looking for
female models at this point.

Please let Lisa know if you are interested.

Red, White, and Blue Potato Salad

★★★★★

This recipe uses a trio of potatoes and makes a festive July 4th recipe. Use only one type if you prefer.

Yield: 6 servings (serving size: 1 cup)



Randy Mayor; Cindy Barr

Ingredients

2 cups fingerling potatoes, halved lengthwise (about 10 ounces)

2 cups small red potatoes, quartered (about 10 ounces)

2 cups small blue potatoes, halved lengthwise (about 10 ounces)

¼ cup finely chopped red onion

2 tablespoons chopped fresh parsley

1 tablespoon chopped fresh dill

1 tablespoon chopped fresh chives

3 hard-cooked large eggs, finely chopped

¼ cup red wine vinegar

2 tablespoons olive oil

1 ¼ teaspoons salt

2 teaspoons Dijon mustard

½ teaspoon freshly ground black pepper

1 garlic clove, minced

Directions

Step 1

Place fingerling and red potatoes in a saucepan; cover with water. Bring to a boil. Reduce heat; simmer 15 minutes or until tender. Drain; cool slightly. Place potatoes in a large bowl.

Step 2

Place blue potatoes in a saucepan; cover with water. Bring to a boil. Reduce heat; simmer 10 minutes or until tender. Drain; cool slightly. Add blue potatoes, onion, parsley, dill, chives, and eggs to bowl; toss gently.

Step 3

Combine vinegar and remaining ingredients. Pour over potato mixture; toss gently to combine. Serve warm, at room temperature, or chilled.

Chef's Notes

Blue potatoes are starchier than the others and tend to bleed, so cook them separately. If you need to, prepare this dish a day ahead, but add the blue potatoes just before serving. If your potatoes are larger than the ones we call for, cut them to a uniform size.

Nutrition Facts

Per Serving: 250 calories; calories from fat 27%; fat 7.5g; saturated fat 1.5g; mono fat 4.4g; poly fat 0.9g; protein 6.9g; carbohydrates 39.6g; fiber 3.9g; cholesterol 106mg; iron 2.7mg; sodium 576mg; calcium 36mg.



Recipe C



Foolproof Key Lime Pie

Key Lime Pie is a classic for a reason - it's got an unrivaled flavor that nobody can resist. Whip up this Foolproof Key Lime Pie for an easy dessert your guests are sure to enjoy. In a pinch, you can use regular limes, but when it comes to fresh juice versus bottled, the real thing always triumphs.

Ingredients

12 graham cracker sheets, finely ground (1 1/2 cups graham cracker crumbs)

¼ cup packed brown sugar

¼ teaspoon salt, divided

6 tablespoons unsalted butter, melted

1 cup heavy cream, divided

3 teaspoons Key lime zest, divided

½ cup fresh Key lime juice

1 (14-ounce) can sweetened condensed milk

2 large egg yolks

1 large egg

1 tablespoon powdered sugar

½ teaspoon vanilla extract

Garnish: Key lime slices

Directions

Step 1

Preheat oven to 350°F. Mix 1/2 cup salt in a crumb mixture; to 1/2 cup salt in crumb mixture into bottom of pie dish. Bake 8 minutes.

Step 2

Whisk together 1/2 cup heavy cream, milk, eggs, and fresh Key lime juice. Pour mixture into pie shell and let cool 15 minutes.

Step 3

Combine powdered sugar, vanilla, and egg yolks in a bowl. Beat with a whisk. Dollop pie with w

Corner



Hands-On: 23 mins

Total: 3 hrs

Yield: Makes 8 servings



350°. Combine cracker crumbs, sugar, and 1/8 cup butter in a bowl, stirring well to combine. Drizzle butter over crumbs with a fork until crumbs are moist. Press crumbs into bottom and up sides of a 9-inch glass or ceramic pie plate; let cool on a wire rack.

2/3 cup cream, 2 teaspoons lime zest, lime juice, and remaining 1/8 teaspoon salt in a bowl until smooth. Bake in cooled crust. Bake 15 minutes. Remove from oven; refrigerate 2 hours or until set.

1/2 cup sugar, vanilla, and remaining 2/3 cup cream in a bowl. Whip in an electric mixer at high speed until soft peaks form. Whip in whipped cream; garnish, if desired.

Buttermilk-and-Honey Chicken Kabobs

A buttermilk marinade ensures tender meat and juicy flavor. The kabobs are delicious on their own, but even better with Toasted Pecan Pesto or Romesco Sauce.

By Southern Living Editors Updated on February 5, 2018

Hands On Time: 30 mins

Total Time: 3 hrs 30 mins

Ingredients

- 1/4 cup hot sauce
- 1/4 cup tomato paste
- 3 tablespoons honey
- 1 cup buttermilk
- 1/2 small sweet onion, grated
- 6 garlic cloves, minced
- 1 tablespoon cracked black pepper
- 2 1/4 teaspoons salt, divided
- 3 pounds skinned and boned chicken thighs, trimmed and cut into 2-inch chunks
- 10 (6-inch) wooden or metal skewers
- Vegetable cooking spray
- Grilled lemon halves
- Toasted Pecan Pesto or Romesco Sauce

Directions

Step 1

Whisk together first 3 ingredients in a large bowl until smooth; whisk in buttermilk, next 3 ingredients, and 2 tsp. salt until blended.

Step 2

Place buttermilk mixture and chicken in a large zip-top plastic freezer bag; seal and chill 3 hours.

Step 3

Meanwhile, soak wooden skewers in water 30 minutes. (Omit if using metal skewers.)

Step 4

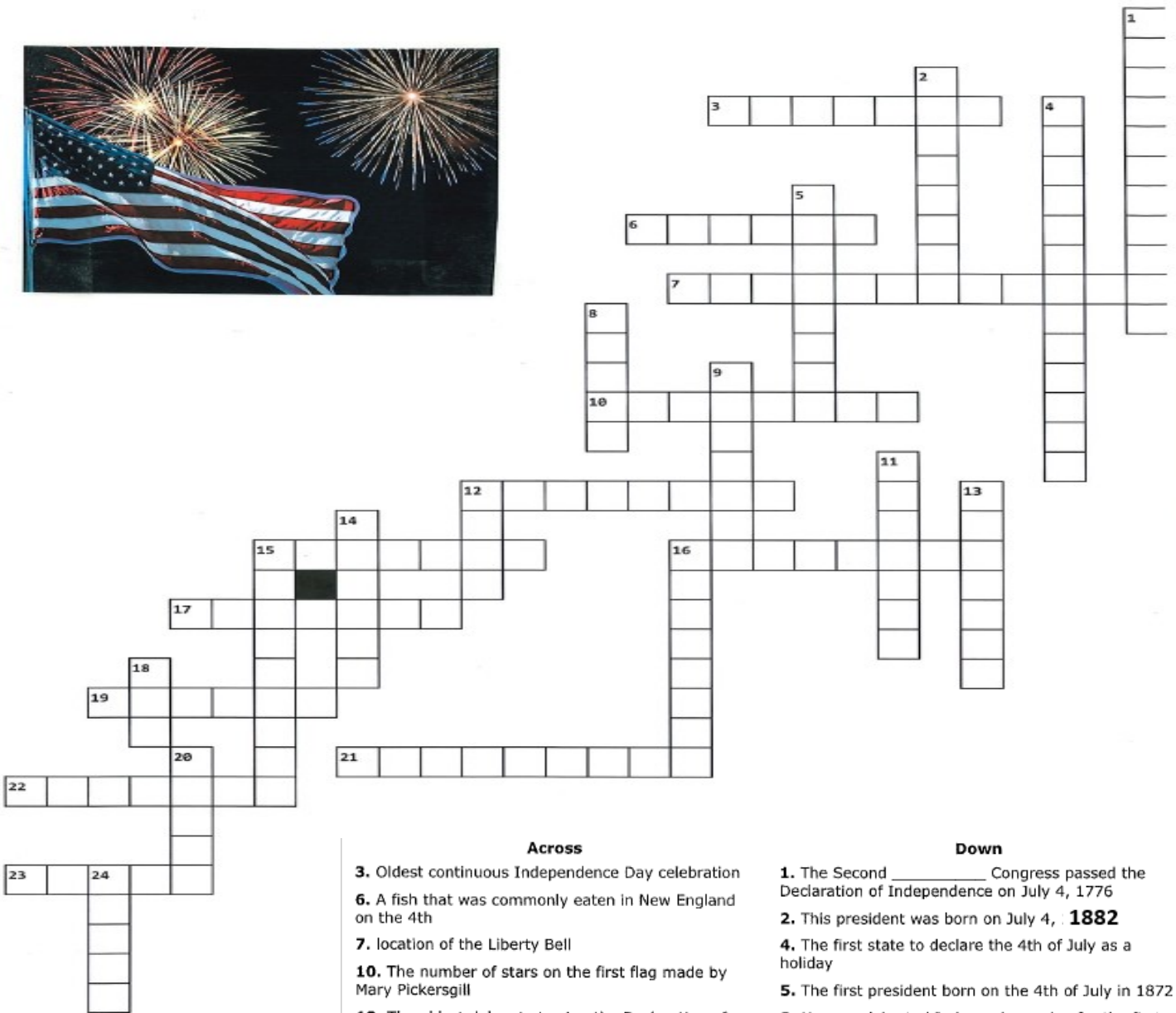
Coat cold cooking grate of grill with cooking spray, and place on grill. Preheat grill to 350° to 400° (medium-high) heat. Remove chicken from marinade, discarding marinade. Thread chicken onto skewers, leaving a 1/8-inch space between pieces; sprinkle with remaining 1/4 tsp. salt.

Step 5

Grill kabobs, covered with grill lid, 6 to 8 minutes on each side or until chicken is done. Serve with lemon halves and Toasted Pecan Pesto or Romesco Sauce.



4th of July



Across

- 3. Oldest continuous Independence Day celebration
- 6. A fish that was commonly eaten in New England on the 4th
- 7. location of the Liberty Bell
- 10. The number of stars on the first flag made by Mary Pickersgill
- 12. The oldest delegate to sign the Declaration of Independence
- 15. The author of the Star Spangled Banner
- 16. Number of stripes on our American flag
- 17. Whose broad _____ and bright stars, thro' the perilous fight
- 19. One of three presidents that died on July 4, 1826
- 21. Wrote the majority of the Declaration of Independence
- 22. The statue of King George III was torn down and melted into _____
- 23. These were in a circle on the original American flag so all the Colonies would appear equal

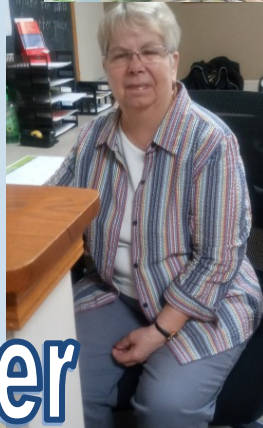
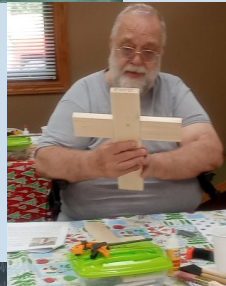
Down

- 1. The Second _____ Congress passed the Declaration of Independence on July 4, 1776
- 2. This president was born on July 4, 1882
- 4. The first state to declare the 4th of July as a holiday
- 5. The first president born on the 4th of July in 1872
- 8. House celebrated Independence day for the first time in 1908
- 9. Independence Day celebrates America's independence from what empire?
- 11. Maine shares this city name with 58 other cities in the United States
- 12. The land of the _____ and the home of the brave
- 13. Whose name is signed the largest on the Declaration of Independence
- 14. The Liberty Bell is _____ not actually rung 13 times every 4th of July to honor the original 13 colonies
- 15. The loudest noise that can be heard on the 4th of July
- 16. The number of times the Liberty Bell rang at the signing of the Declaration
- 18. dogs Over 150 million of these will be eaten on the 4th of July
- 20. Along with fireworks and canons were all part of the first celebration on the 4th of July
- 24. One of our presidents who died at age 90 on July 4, 1826

Join a Crafting class



Make a
new
friend



Become a volunteer



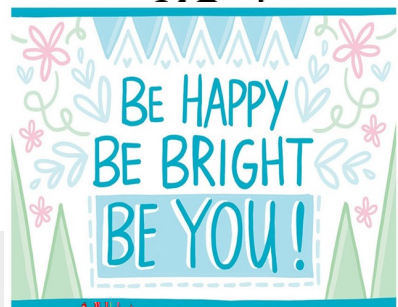
You are invited!

Have you recently retired? Are you looking for something meaningful to do in your free time? Do you want to give back to your community? If you are age 55 or better, we invite you to join the Retired & Senior Volunteer Program (RSVP)! We have several opportunities for you to serve here in Fulton County. You can volunteer and learn a new skill, or utilize your current skills. It's free and easy to join – you can have fun and make new friends all at once! Contact Anne King today to find out more details.



R.S.V.P.

Anne King 574-223-3716

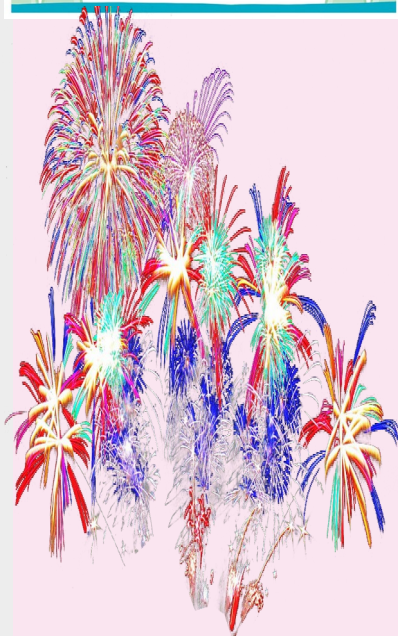


2023 BUS TRIP

Castles of New York

October 16 - 20, 2023 = Cost \$925 (based on dbl occ)

Trip includes all lodging & motorcoach transportation, 8 meals, visits to Boldt Castle, Singer Castle, Wing's Castle, Millbrook Vineyards & Winery (on the Hudson River) including wine tasting, a cruise on the St. Lawrence River, a guided tour of the NY State Capital Building, and a souvenir gift.



Contact Anne King at 574-223-3716 with any questions and to sign up for this trip. A \$100 non-refundable deposit at the time of sign-up will hold your seat.



Join us at the Recycling Center!

RSVP Volunteers can help at the Recycling Center in 2023.

**We have the following dates (all Saturdays):
July 22, Aug 12, & Sept 9 = from 8AM – 12noon
Contact Anne King if you would like to help out!**

Other Trip Opportunities:

**From the Rockies to the Red Rocks = Sept 25 – Oct 2, 2023
Branson, MO = Dec 4-7, 2023 – wait list
HGTV Favorites bus trip = Spring 2024
Iceland = 2024**

Day trip = Beef House, Covington IN = Cost = \$120 to see a performance of The Hallelujah Girls on Sat Oct 28, 2023. Cost includes transportation, meal, and show ticket.



Volunteer Needs

RSVP could use volunteers at our receptionist front desk to help answer the telephone. If you are interested, please contact Anne King.



- 07/01 Vicki Jacobs
- 07/02 Larry Mikesell
- 07/03 Doris Clemans
- 07/03 Timothy Grosvendor
- 07/05 Carolyn Murphy
- 07/09 Bonnie Dunbar
- 07/13 Pat Bingle
- 07/15 Deborah Hunter
- 07/16 Jane Davidson
- 07/16 Steve Politz
- 07/16 Phyllis Wisely
- 07/18 Carol Bridge
- 07/18 Patricia Pomeroy
- 07/19 Lois Abbott
- 07/20 Tami Powell
- 07/22 Kathy Amor
- 07/23 David Moore
- 07/24 Nora Delworth
- 07/24 Brenda Mallot
- 07/24 Janet Sheetz
- 07/25 Tom Nickaus
- 07/26 James Bryant
- 07/26 Betty Jo Pugh
- 07/26 Barbara Van Duyne
- 07/30 Isa Kendall
- 07/30 Kristine Martin
- 07/31 Richard Flether

Wishing everyone a safe & happy Fourth of July!





Come in and join us for
Crafting with Kathy on
Thursday, July 20, 2023 at 9:30am
To make one of the Bee Hive's
or possible all 3



CarMell Community Development Corp.

Will be sponsoring a Community Meal on
Saturday, July 15, 2023 from 11:00am to 1:00pm
at the Fulton County Community Resource
Center & Council on Aging
625 Pontiac Street
Rochester, In. 46975

Free to the public, but Donations always welcome

Fourth of July

WORD SEARCH

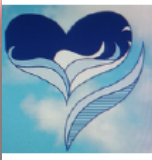
C A G F D P S J F R E E D O M
 R E V O L U T I O N L W L S X
 O V B I S T A T E S I V T J Y
 E F U D N X Z Z B W B C G U W
 F O L N H D Q I W A E I F L G
 E I H A I P E Q V R R L N Y V
 A C R N G T A P H A T F L A G
 M C J E B O E T E N Y Z Y S J
 E S X P W S D D R N K R M B V
 R U U I E O T R S I D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

United States
 Liberty
 States
 Parade

Independence
 America
 Stars
 Flag

Revolution
 Freedom
 Flag
 Summer

Fireworks
 Picnic
 Patriotic
 July



Fulton County Community
Resource Center
625 Pontiac Street
Rochester, In. 46975
www.fultoncountycoa.com

Non-Profit Organization
U.S. Postage
PAID
Rochester, In.
Permit # 161

TO:



(574)-223-4213



RATES:

IN TOWN - \$2.00 PER TRIP
IN COUNTY - \$4.00 PER TRIP
SENIORS - DONATION ONLY



Important Numbers

Community Center

574-223-6953

Transpo

574-223-4213

R.S.V.P.

574-223-3716

Kitchen

574-223-8170

Fax

574-223-4962

Food Pantry

574-223-4802

Energy Assistance

574-223-7649

November – March