

THE GOLDEN CHRONICLE

A large field of bright yellow sunflowers with dark brown centers stretches across the foreground and middle ground. The sunflowers are in full bloom, and their green leaves are visible. In the background, a line of dark trees separates the field from the horizon. The sky is filled with soft, colorful clouds in shades of orange, pink, and purple, with a bright sun low on the horizon, creating a warm, golden glow.

September 2025

www.fultoncountycoa.com



Be the change.

Help change a life. Give blood.



Blood Drive
Fulton County Community Center

Terry Moore Memorial Activity Room
625 Pontiac St
Rochester

Monday, October 13
2:00 p.m. to 6:00 p.m.

Please call 1-800-RED CROSS (1-800-733-2767) or visit
RedCrossBlood.org and enter: fccoac to schedule an appointment.



Come to give blood Sept. 22-Oct. 19 for a \$10
Amazon.com Gift Card by email! See rcblood.org/fall



Fashion Show

Sponsored by Brooch Boutique

Place: Fulton County Council on Aging

625 Pontiac St. Rochester

Friday, September 12, Time: 1:00 pm



A festive Labor Day graphic. The words "LABOR DAY" are prominently displayed in the center in a bold, sans-serif font. "LABOR" is red and "DAY" is blue. The text is surrounded by numerous stars in red, white, and blue. To the right of the text is a stylized American flag motif with red and white stripes. The background is white.

PLEASE ACCEPT MY DONATION OF:

Name: _____

Please attribute my gift to: ☐ ***Senior Activities*** ☐ ***Newsletter*** ☐ ***General Fund***
 ☐ ***Memorial/Honorarium***

Thank You for your donation

September 2025

AREA FIVE AGENCY SENIOR MENU

Monday	Tuesday	Wednesday	Thursday	Friday
 1 Happy LABOR DAY	2 Meatloaf Sandwich Baby Bakers Seasoned Green Beans Peach Cup Bread Milk	3 Sausage Patty Fried Egg Hashbrown Casserole Watermelon English Muffin Milk	4 BBQ Chicken Baked Beans Chuckwagon Corn Nutty Bar Bread Milk	5 Fish Warm German Potato Salad Brussel Sprouts Mandarin Oranges Bread Milk
8 Vegetable Soup Tuna Melt Slider Spiced Peaches Cottage Cheese Milk	9 Lasagna Roll Up Italian Beans Warm Spiced Apples Garlic Bread Milk	10 Pork Ribette Red Skinned Potatoes Spinach Fresh Orange Bun Milk	11 Salisbury Steak & Gravy Mashed Potatoes Normandy Blend Vegetables Cookie Bread Milk	12 Broccoli Cheddar Chicken Rice Pilaf Buttered Carrots Tropical Fruit Cup Bread Milk
15 Ham Scalloped Potatoes Brussel Sprouts Pudding Bread Milk	16 Chicken w/Creamy Garlic Sauce Baby Bakers Asparagus Mixed Fruit Cup Bread Milk	17 Hamburger Baked Beans Coleslaw Jello w/Fruit Bun Milk	18 Chicken Burger Loaded Mashed Potatoes Beets Brownie Bread Milk	19 CHEFS SPECIAL
22 French Onion Chicken Baby Bakers Carrots Cookie Bread Milk	23 Quarter Pound Hot Dog Tater Tot Creamed Corn Pineapple Cup Hot dog Bun Milk	24 Sloppy Jo Macaroni & Cheese Mixed Vegetables Applesauce Bun Milk	25 Cabbage Rolls Mashed Potatoes Cucumber, Tomato & Onion Salad Peaches Roll Milk	26 BBQ Pork Broccoli Corny Feet Salad Dump Cake Bun Milk
29 Stuffed Green Pepper Sweet Potatoes Green Peas Peach Cup Bread Milk	30 Sausage Gravy Scrambled Eggs Diced Potatoes Mandarin Orange Cup Biscuit Milk	Did you know? September 30th is known as International Translation Day, and September 12th marks the beginning of the first ever submarine test.		

September 2025

MON	TUE	WED	THU	FRI	SAT	SUN
1 Monday	2 Tuesday	3 Wednesday	4 Thursday	5 Friday	6 Saturday	7 Sunday
Labor Day CLOSED	Open Crafting 8-11 T.O.P.S. 3:30	Bingo 9:30 Exercise 10:00 Mahjong 1:00	Open Crafting 8-11	Senior Games No regular activities		
8	9	10	11	12	13	14
Bingo 9:30 Euchre 9:30 Exercise 10:00	Open Crafting 8-11 T.O.P.S. 3:30	Bingo 9:30 Exercise 10:00 Mahjong 1:00	Open Crafting 8-11	Bingo 9:30 Exercise 10:00 Fashion Show 1:00		
15	16	17	18	19	20	21
Bingo 9:30 Euchre 9:30 Exercise 10:00	Card making with Anne 10:00 T.O.P.S. 3:30	Bingo 9:30 Exercise 10:00 Mahjong 1:00	Crafting with Kathy 9:30	Bingo 9:30 Exercise 10:00		
22	23	24	25	26	27	28
Bingo 9:30 Euchre 9:30 Exercise 10:00	Open Crafting 8-11 T.O.P.S. 3:30	Bingo 9:30 Exercise 10:00 Mahjong 1:00	Open Crafting 8-11	Bingo 9:30 Exercise 10:00		
29	30	October 1	2	3	4	5
Bingo 9:30 Euchre 9:30 Exercise 10:00	Open Crafting 8-11 T.O.P.S. 3:30	Hello October				



Senior Games

September 05, 2025

Breakfast starts at 8:00am

August B



B
i
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d
a
y



Labor Day

Word Scramble

Labor Day is celebrated in the United States on the first Monday of September. The jumbles here include both historically significant words and ways people celebrate today.

MVNEMEOT

MANPLUL

AYPTR

EBESRMTEP

EWEKEDN

SWEAG

TSRGIH

AYONDM

DRAET

TKEIRS

ABUEERCB

TFAFIRC

IOTAVACN

ILOYAHD

IRZEAOGN

CUYTISRE

LRAYL

CPCIIN

RCEGMIU

BARLO

ARDPEA

NNUIO

RTPI

OJB



Smash Burger

Total Time Prep/Total Time: 15 Min.

Yield 4 Servings

★★★★☆

Test Kitchen Approved

In this smash burger recipe, each patty gets delightfully crispy edges cooking in a cast-iron skillet. Add a slice of cheese and a few crunchy pickles, and these smash burgers taste like they were made in a restaurant.

Ingredients

- 1 pound ground beef (preferably 80% lean)
- 1 teaspoon canola oil
- 1 teaspoon kosher salt, divided
- 1 teaspoon coarsely ground pepper, divided
- 4 hamburger buns, split
- Optional: Mayonnaise, sliced American cheese, sliced tomato, dill pickle slices, lettuce, ketchup and yellow mustard

(You can also add onions, peppers, mushrooms or whatever sounds good to you, mix with meat and cook)

Directions

- 1 Place a 9-in. cast-iron skillet over medium heat. Meanwhile, gently shape beef into 4 balls, shaping just enough to keep together (do not compact).
- 2 Increase burner temperature to medium-high; add oil. Add 2 beef balls. With a heavy metal spatula, flatten each to 1/4- to 1/2-in. thickness; sprinkle each with 1/8 tsp. salt and 1/8 tsp. pepper. Cook until edges start to brown, about 1-1/2 minutes. Turn burgers and sprinkle each with additional 1/8 tsp. salt and 1/8 tsp. pepper. Cook until well browned and a thermometer reads at least 160°, about 1 minute. Repeat with remaining beef.
- 3 Serve burgers on buns with toppings as desired.



Cucumber Salad with Sour Cream

Total Time Prep: 15 Min. + Chilling

Yield 8 Servings

★★★★☆

Test Kitchen Approved

Cucumber salad with sour cream is the side dish you need. It is cool and creamy—the perfect way to use all those cucumbers from your garden!

Ingredients

- 1/2 cup sour cream
- 3 tablespoons white vinegar
- 1 tablespoon sugar
- Pepper to taste
- 4 medium cucumbers, peeled if desired, and thinly sliced
- 1 small sweet onion, thinly sliced and separated into rings

Directions

- 1 In a large bowl, whisk sour cream, vinegar, sugar and pepper until blended. Add cucumbers and onion; toss to coat. Refrigerate, covered, at least 4 hours. Serve with a dollop of sour cream.



Marinated Tomatoes

Total Time Prep: 10 Min. + Marinating.

Yield 8 Servings

★★★★☆ Contest Winner

Test Kitchen Approved

In just about 10 minutes, you can prepare these tasty marinated tomatoes, a quick, light and family-friendly recipe.

Ingredients

- 3 large or 5 medium fresh tomatoes, thickly sliced
- 1/3 cup olive oil
- 1/4 cup red wine vinegar
- 1 teaspoon salt, optional
- 1/4 teaspoon pepper
- 1/2 garlic clove, minced
- 2 tablespoons chopped onion
- 1 tablespoon minced fresh parsley
- 1 tablespoon minced fresh basil or 1 teaspoon dried basil

Directions

- 1 Arrange tomatoes in a large shallow dish. Combine remaining ingredients in a jar; cover tightly and shake well. Pour over tomato slices. Cover and refrigerate for several hours.





Creamy Coleslaw

Total Time Prep/Total Time: 10 Min.

Yield 6 Servings

★★★★☆

Test Kitchen Approved

This creamy coleslaw recipe is rich, tangy and sweet. It's the perfect partner for barbecue, but it tastes just as good as a topping for tacos or a meaty sandwich.



Ingredients

- 1 package (14 ounces) coleslaw mix
- 3/4 cup mayonnaise
- 1/3 cup sour cream
- 1/4 cup sugar
- 3/4 teaspoon seasoned salt
- 1/2 teaspoon ground mustard
- 1/4 teaspoon celery salt

Directions

- 1 Place coleslaw mix in a large bowl. In a small bowl, combine the remaining ingredients; stir until blended. Pour over coleslaw mix and toss to coat. Refrigerate until serving.



Pistachio Salad

Total Time Prep: 10 Min. + Chilling

Yield 12 Servings

★★★★☆

Test Kitchen Approved

Fluffy, creamy, sweet pistachio salad isn't exactly what you expect from a salad—but it is delicious. Here's how (and when) to make this vintage side dish.

Ingredients

- 1 carton (16 ounces) whipped topping
- 1 package (3.4 ounces) instant pistachio pudding mix
- 6 to 7 drops green food coloring, optional
- 3 cups miniature marshmallows
- 1 can (20 ounces) pineapple tidbits, undrained
- 1/2 cup chopped pistachios or walnuts
- Additional whipped topping, optional

Directions

- 1 In a large bowl, combine whipped topping, pudding mix and, if desired, food coloring. Fold in the marshmallows and pineapple. Cover and refrigerate for at least 2 hours. Just before serving, top with additional whipped topping if desired, and sprinkle with nuts.

Horse Breeds

Word Search

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.



AKHAL TEKE

ANDALUSIAN

APPALOOSA

ARABIAN

BELGIUM DRAUGHT

CAMARGUE

CLYDESDALE

CRIOLLO

FALABELLA

FJORD

HACKNEY

HANOVERIAN

ICELANDIC

LIPIZZAN

MORGAN

MUSTANG

PAINT

PALOMINO

PERCHERON

PERUVIAN PASO

PINTO

QUARTER

SADDLEBRED

STANDARD BRED

SUFFOLK

TENNESSEE WALKING

THOROUGHBRED

DID YOU KNOW?

The Akhal-Teke is a horse breed from Turkmenistan that is known for its metallic sheen and endurance.

ACROSS

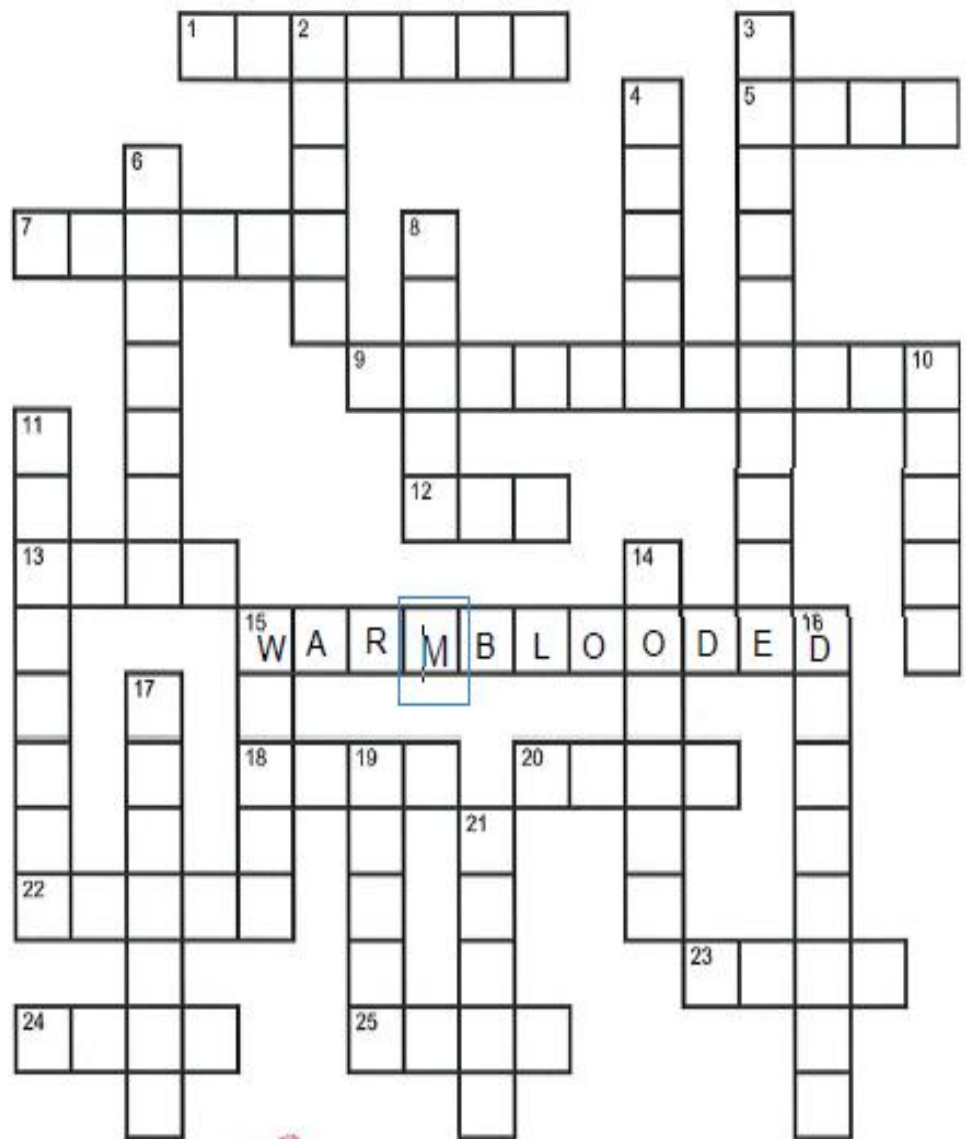
1. Flightless bird with the largest eggs
5. Avian offspring containers
7. Aerial locomotion method for most birds
9. Tiny nectar-sipping flyer
12. Number of wings on a typical bird
13. Scientific class for feathered friends
15. Thermal regulation trait of birds
18. Avian home construction
20. Bird's vocal communication
22. Common food source for many birds
23. Bird's specialized mouth part
24. Feather-cleaning water activity
25. How a bird might eat or explore

DOWN

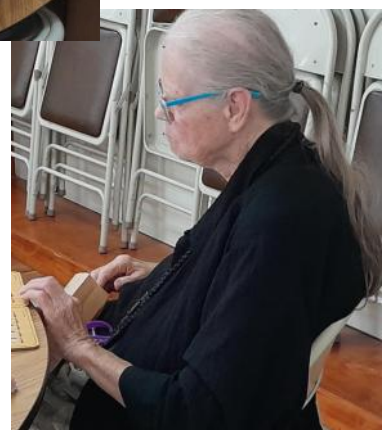
2. Feature birds lack, replaced by gizzards
3. Biological classification including all birds
4. Feather maintenance behavior
6. Seasonal bird travel
8. Colorful food enjoyed by some birds
10. Courtship ritual of certain bird species
11. Unique covering of all birds
14. Characteristic of bird bones for flight
15. Avian appendages for flying
16. Ancient relatives of modern birds
17. Small creatures often hunted by birds
19. Diving flight maneuver
21. Group of birds flying together

All About Birds

Crossword



AVES	INSECTS
BATH	MIGRATE
BEAK	NEST
CALL	OSTRICH
DANCE	PECK
DINOSAUR	PREEN
EGGS	SEEDS
FEATHERS	SWOOP
FLIGHT	TEETH
FLOCK	TWO
FRUIT	VERTEBRATE
HOLLOW	WARM-BLOODED
HUMMINGBIRD	WINGS





Volunteer Opportunities

RSVP Days 2025 at Recycling Center:

Sat Oct 4 = 8am to 12noon

If you would like to help at the Recycling Center,

contact Anne King at 574-223-3716 to sign up!



New RSVP Member:

Alberta Moore



2025 Fundraiser Trips

Saturday, November 1, 2025 = Day bus trip to The Beef House in Covington, IN to see The Fatal 50s Affair. The cast of 50s TV sitcom "Make Way for Winky" is on a reunion tour when an audience member is murdered. Local TV host Barry West leads the audience through this murder-mystery to discover the killer, determining that the Winky cast members are not as wholesome as they appear to be. Cost = \$140/person, and includes transportation, meal, and show ticket.

Monday, December 1 through Thursday, Dec 4, 2025: Bus trip to Branson, Missouri. Cost = \$859/person (dbl occ) or \$1059 (single), and includes all motorcoach transportation, lodging at Hotel Grand Victorian with buffet breakfast, visits to Silver Dollar City, Butterfly Palace Experience, College of The Ozarks tour with Ralph Foster Museum, a performance of David at The Sights & Sounds Theatre, Christmas Wonderland Show, meals at Mel's Hard Luck Diner and College of The Ozarks, Branson Belle Dinner Cruise, a performance by Clay Cooper, and shopping at Grand Village Shops. Your \$100 nonrefundable deposit will hold your seat. This trip is currently waitlist only.

European Riverboat Cruise = Sept 10-20, 2026 = Jewels of the Rhine ~ Visit Switzerland, France, Germany, & The Netherlands all while sailing on a riverboat on the Rhine River. See castles, cathedrals, and the Swiss Alps, among many other sites. Included are 23 meals, free airfare, and an English-speaking crew aboard the riverboat. Flyers are available ~ call for pricing. Trip insurance is highly encouraged.



**AmeriCorps
Seniors**

R.S.V.P.

Anne King 574-223-3716

rsypanne84@yahoo.com



09/01 Sue Geib

09/05 Barbara Troyer

09/06 Rebecca Banashak

09/09 Lois Morton

09/09 Pamela Moyer

09/10 Laura Baugher

09/17 Sharon Mutchler

09/21 Linda Nolte

09/24 Barbar Absi

09/27 Carolyn Baldwin

09/27 Phillis Brown

09/27 Nyoka (Nikki) Davis

09/28 Shirley Willard

09/30 Mona Elsea

Are you age 55+ and looking to give back to your community? Consider joining RSVP! The Retired & Senior Volunteer Program can find a volunteer opportunity where you can shine! We have several ways to serve ~ contact us today at 574-223-3716.



Join Anne for a fun free cardmaking class!

When: Tuesday September 16 @ 10AM

Where: Community Center

Please sign up ahead of time ~ come and enjoy!

LABOR DAY





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

T0;



www.fultoncountywellness.com
574-223-3657



2024 MEMBER



RATES:

IN TOWN - \$2.00 PER TRIP

IN COUNTY - \$4.00 PER TRIP

SENIORS - DONATION ONLY



United
Way



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