

THE GOLDEN CHRONICLE

A scenic photograph of a pond with vibrant autumn foliage reflected in the water under a blue sky with clouds. The trees along the shoreline are in full autumn color, with shades of red, orange, and yellow. The water is calm, creating a clear reflection of the trees and the sky. The sky is a deep blue with scattered white and grey clouds.

September 2026

www.fultoncountycoa.com



www.fultoncountycoa.com

574-223-4213

CLOSED

Monday, September 07, 2026
Labor Day

Have a fun & safe holiday weekend



FOOD PANTRIES

Food Finders:

- Nov. 11 - 11 a.m.
- Location: Kewanna - Corner of Logan St. & Aurora St.
- Nov. 25 - 11 a.m.
- Location: Rochester - First Baptist Church

Joseph's Storehouse:

- 2nd & Last Wednesday
- Time: 9-11 a.m. and 4-6 p.m.
- Location: Delong Lighthouse Church

Matthew's Market:

- Mondays & Thursdays
- Time: 11-1 and 4-6
- Location: The Cross

United Ministries:

- Mondays, Wednesdays, Fridays
- Time: 1-3 p.m.
- Location: The Cross
- Serves Rochester, Richland, & Liberty

Kewanna Community Food Pantry:

- Thursdays
- Time: 8:30-11 a.m.
- Location: 114 S. Toner St.
- Serves Union, Wayne, & Aubbeenaubee

United We Stand Ministries:

- Thursdays
- Time: 2-4 p.m.
- Location: 107 E Walnut St., Akron
- Serves Henry & New Castle Townships

FREE MEALS

Grace United Methodist:

- Every Wednesday
- Time: 5:30-7 p.m.

Fishes & Loaves: (Carry out Only)

- Every Saturday
- Time: 4:30-6 p.m.
- Locations Vary by Date:
- Nov. 8 - Solid Rock Church Parking Lot
- Nov. 15 - Church of the Heartland Parking Lot



The first 50 participants will receive a free hygiene kit and \$10 gas card

ALL
SERVICES
ARE
FREE

HEALTH SCREENINGS,
COMMUNITY RESOURCES,
VACCINES, GIVEAWAYS AND MORE!

Fulton County Community HEALTH FAIR

**Wednesday,
September 16**
3:30 – 6:30 pm

Fulton County
Fairgrounds
1009 W. 3rd St.
Rochester, IN 46975

Scan for more
information and
to register



INDIANA
IMMUNIZATION
COALITION
#VACCINATEINDIANA



SENIOR GAMES/OPEN

Due to scheduling conflicts
The Seniors Games/Open
have been rescheduled to
Wednesday, September 23, 2026

Thank you,
Area Five





FULTON COUNTY COMMUNITY CENTER & Council on Aging

625 Pontiac St., Rochester, In. 46975



Your contribution is very important!
All donations made to the COA are tax deductible.

PLEASE ACCEPT MY DONATION OF:

☐ \$300 ☐ \$200 ☐ \$100 ☐ \$50 ☐ \$25 ☐ Other _____

Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Home Ph: _____ Cell Ph: _____ Email (optional): _____

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

Thank You for your donation

Thank You for your donation

September 2026

AREA FIVE AGENCY SENIOR MENU



Monday



Tuesday

Wednesday

Thursday

Friday

Meatloaf
Sandwich
Baby Bakers
Green Beans
Peach Cup
Bun
Milk

Sausage & Egg
On English Muffin
Diced Potatoes
Banana
Yogurt Cup
Milk

BBQ Chicken
Baked Beans
Chuckwagon Corn
Pudding Cup
Bread
Milk

Fish
Warm German
Potato Salad
Brussel Sprouts
Mandarin Oranges
Bread/Tartar Sauce
Milk

Lasagna Roll Up
Italian Beans
Warm Spiced Apples
Garlic Bread
Milk

BBQ Pork
Red Skinned Potatoes
Spinach
Fresh Orange
Bun
Milk

Salisbury Steak
w/Gravy
Mashed Potatoes
Buttered Cauliflower
Cookie
Bread
Milk

Broccoli Cheddar
Chicken
Rice Pilaf
Buttered Carrots
Tropical Fruit Cup
Bread
Milk

Ham
Scalloped Potatoes
Brussel Sprouts
Pudding
Bread
Milk

Cheeseburger
Baked Beans
Coleslaw
Jello with Fruit
Bun
Milk

Chicken w/ Creamy
Garlic Sauce
Baby Bakers
Broccoli
Mixed Fruit Cup
Bread
Milk

Biscuit & Sausage
Gravy
Sausage Patty
Oven Roasted
Potatoes
Watermelon
Milk

**CHEF
SPECIAL**

French Onion Chicken
Baby Bakers
Carrots
Cookie
Bread
Milk

Quarter Pound Hot
Dog
Kidney Bean Salad
Diced Peaches
Dump Cake
Hot dog Bun/Milk

Sloppy Jo
Macaroni & Cheese
Mixed Vegetables
Applesauce
Bun
Milk

Cabbage Rolls
Mashed Potatoes
Italian Beans
Poke Cake
Bread
Milk

Chicken Salad
Toss Salad
Cherry Tomatoes
Nutty Bar
Bun
Milk

Breaded Tenderloin
Sweet Potatoes
Green Peas
Peach Cup
Bun
Milk

Breakfast Casserole
Diced Potatoes
Banana
Fig Newton
Biscuit
Milk

Boneless Chicken
Wings w/ Honey
Mustard Sauce
Scalloped Potatoes
Green Pepper Strips
Cookie
Bread/Milk

Did you know?

The Sapphire is the primary birthstone, traditionally believed to protect against evil and symbolizes wisdom, loyalty, and nobility.

- The first Labor Day parade was held in New York City in 1882.
- Labor Day became a U.S. national holiday in 1894.
- Labor Day marks the unofficial end of summer in America.

ALL MENU'S ARE
SUBJECT TO
CHANGE WITHOUT
NOTICE



September

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Open Crafting 9:00 T.O.P.S. 3:30	2 Bingo 9:30 Exercise class 9:30	3 Open Crafting 9:00 Chair Yoga 10:30 Bridge 12:00	4 Bingo 9:30 Exercise class 9:30	5
6	7 CLOSED Labor Day	8 Open Crafting 9:00 T.O.P.S. 3:30	9 Bingo 9:30 Exercise class 9:30	10 Open Crafting 9:00 Chair Yoga 10:30 Bridge 12:00	11 Bingo 9:30 Exercise class 9:30	12
13	14 Bingo 9:30 Exercise class 9:30 Euchre 9:30	15 Open Crafting 9:00 T.O.P.S. 3:30	16 Bingo 9:30 Exercise class 9:30	17 Crafting with Kathy	18 Bingo 9:30 Exercise class 9:30	19
20	21 Bingo 9:30 Exercise class 9:30 Euchre 9:30	22 Open Crafting 9:00 T.O.P.S. 3:30	23 Senior Games Exercise class 9:30	24 Open Crafting 9:00 Chair Yoga 10:30 Bridge 12:00	25 Bingo 9:30 Exercise class 9:30	26
27	28 Bingo 9:30 Exercise class 9:30 Euchre 9:30	29 Open Crafting 9:00 T.O.P.S. 3:30	30 Bingo 9:30 Exercise class 9:30	<i>Hello October</i>		
	Food Pantry 1-3 Mon, Wed, Fri.					





Chocolate Peanut Butter Poke Cake

Total Time Prep: 20 Min. Bake: 25 Min. + Chilling

Yield 20 Servings



Test Kitchen Approved

Don't be afraid to bring this chocolate peanut butter poke cake as the dessert for a potluck. It's easy, impressive and feeds 20.



Ingredients

- 1 package chocolate cake mix (regular size)
- 2 teaspoons vanilla extract, divided
- Dash salt
- 2/3 cup creamy peanut butter
- 2 cans (14 ounces each) sweetened condensed milk
- 1 cup confectioners' sugar
- Toppings: Chopped peanut butter-filled sandwich cookies, peanut butter cups or a combination of both

Directions

- 1 Preheat oven to 350°. Prepare cake mix according to package directions, adding 1 teaspoon vanilla and salt before mixing batter. Transfer to a greased 13x9-in. baking pan. Bake and cool completely as package directs.
- 2 Whisk peanut butter and milk until blended. Using the end of a wooden spoon handle, poke holes in cake 2 in. apart. Slowly pour 2 cups peanut butter mixture over cake, filling each hole. Refrigerate cake and remaining peanut butter mixture, covered, until cake is cold, 2-3 hours.
- 3 Combine remaining vanilla and remaining peanut butter mixture; gradually beat in enough confectioners' sugar to reach a spreading consistency. Spread over cake. Add toppings as desired. Refrigerate leftovers.



Mediterranean Turkey Skillet

Total Time Prep/Total Time: 30 Min.

Yield 6 Servings



Test Kitchen Approved

Our one-pot Mediterranean turkey skillet recipe, filled with lean ground turkey, a rainbow of vegetables and savory black beans, is a weeknight winner.

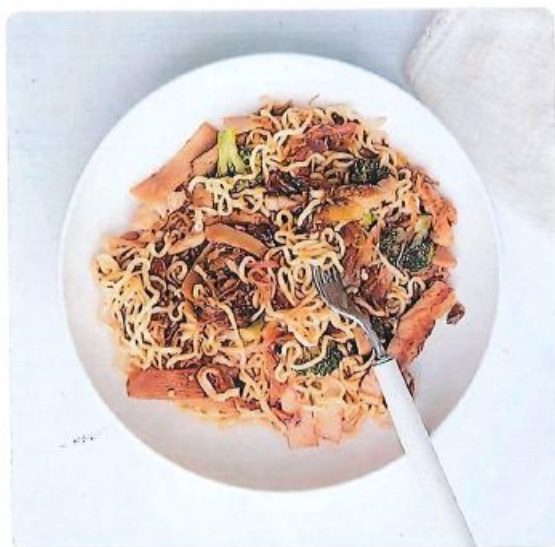


Ingredients

- 1 tablespoon olive oil
- 1 package (20 ounces) lean ground turkey
- 2 medium zucchini, quartered lengthwise and cut into 1/2-inch slices
- 1 medium onion, chopped
- 2 banana peppers, seeded and chopped
- 3 garlic cloves, minced
- 1/2 teaspoon dried oregano
- 1 can (15 ounces) black beans, rinsed and drained
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 1 tablespoon balsamic vinegar
- 1/2 teaspoon salt

Directions

- 1 In a large skillet, heat oil over medium-high heat. Add turkey, zucchini, onion, peppers, garlic and oregano; cook 10-12 minutes or until turkey is no longer pink and vegetables are tender, breaking up turkey into crumbles; drain. Stir in remaining ingredients; heat through, stirring occasionally.



Pork Ramen Noodles

 **Total Time** Prep/Total Time: 30 Min.

Yield 4 Servings



 **Test Kitchen Approved**

Turn basic instant ramen noodles into a full meal with this easy pork ramen noodles recipe. A very filling and yummy meal that's great for any night of the week.

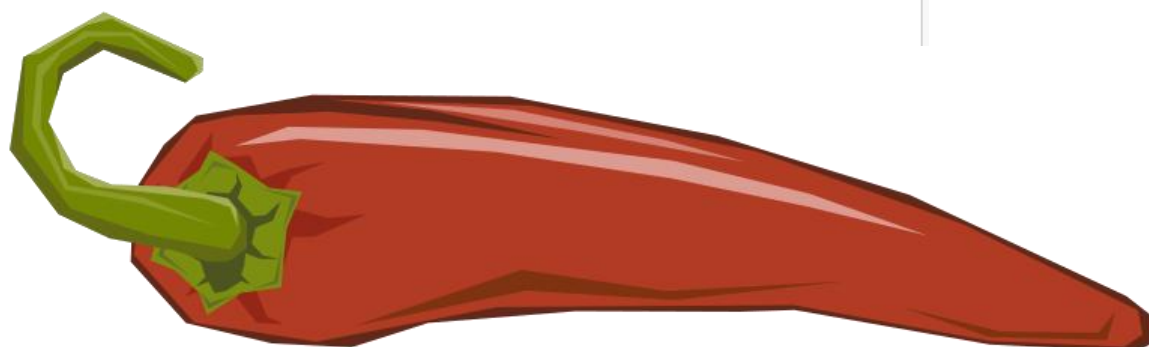
Ingredients

- 1/4 cup reduced-sodium soy sauce
- 2 tablespoons ketchup
- 2 tablespoons Worcestershire sauce
- 2 teaspoons sugar
- 1/4 teaspoon crushed red pepper flakes
- 3 teaspoons canola oil, divided
- 1 pound boneless pork loin chops, cut into 1/2-inch strips
- 1 cup fresh broccoli florets
- 4 cups coleslaw mix
- 1 can (8 ounces) bamboo shoots, drained
- 4 garlic cloves, minced
- 2 packages (3 ounces each) ramen noodles



Directions

- 1** In a small bowl, whisk the first 5 ingredients until blended. In a large skillet, heat 2 teaspoons oil over medium-high heat. Add pork; stir-fry 2-3 minutes or until no longer pink. Remove from pan.
- 2** In same pan, stir-fry broccoli in remaining oil 3 minutes. Add coleslaw mix, bamboo shoots and garlic; stir-fry 3-4 minutes longer or until broccoli is crisp-tender. Stir in soy sauce mixture and pork; heat through.
- 3** Meanwhile, cook noodles according to package directions, discarding or saving seasoning packets for another use. Drain noodles; add to pork mixture and toss to combine.





Labor Day

Crossword

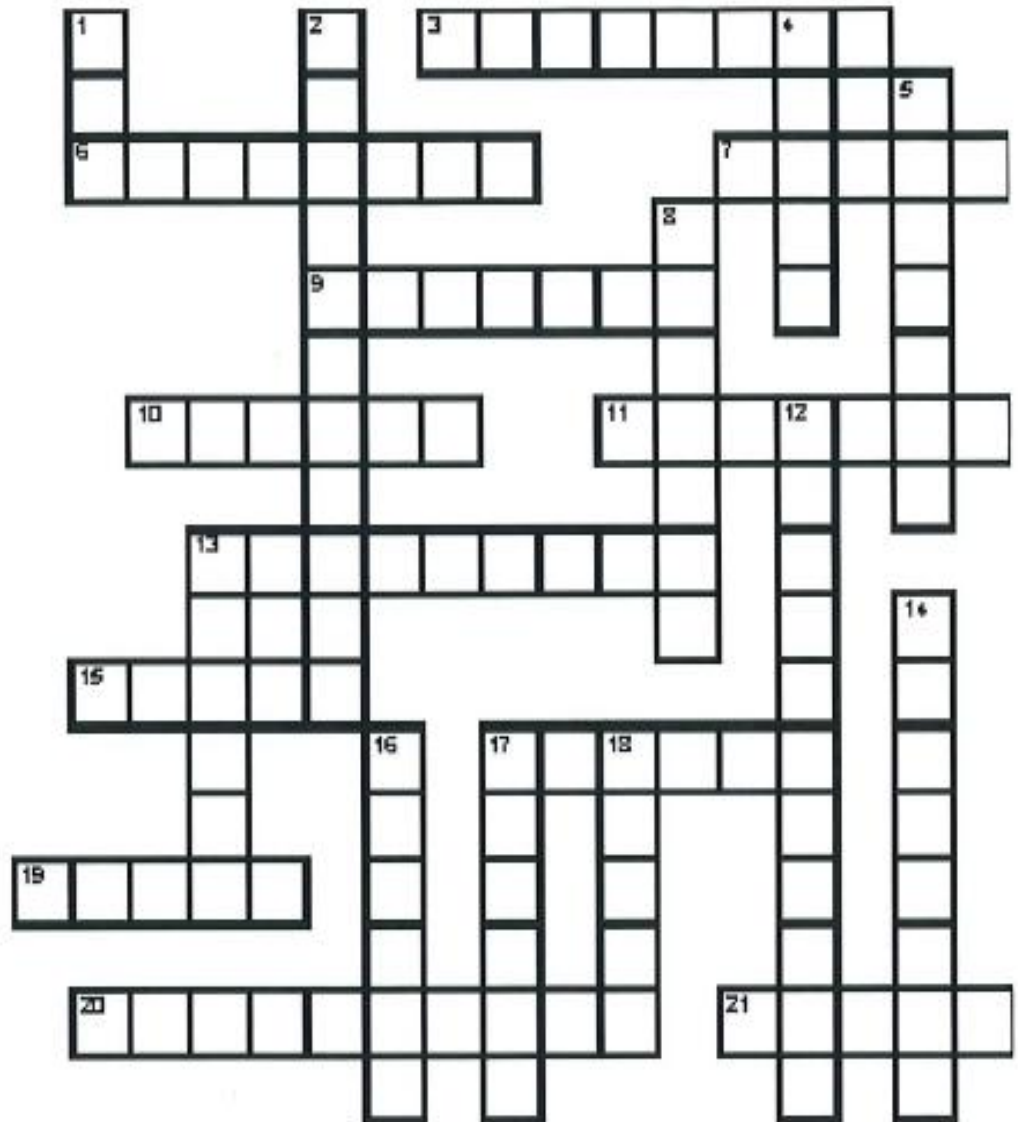
ACROSS

3. Workplace perks beyond salary
6. Popular outdoor cooking event
7. Work or effort, especially physical
9. Increased road congestion during holiday travel
10. Labor Day is associated with the end of ____
11. Railway car company central to 1894 strike
13. Month of this annual celebration
15. Social gathering to celebrate the occasion
17. Festive procession with floats and marchers
19. Monetary compensation for work
20. Unity among workers for common goals
21. Organized group representing workers' interests

DOWN

1. Employment position or occupation
2. Extra compensation for additional hours
4. Skilled occupation or profession
5. Official day off from work
8. Labor leader who proposed this holiday
12. Three-day break from work
13. Work stoppage to protest conditions
14. Extended time away from job duties
16. Day of the week for this observance
17. Outdoor meal often associated with this day
18. Public gathering to support a cause

Barbecue	Overtime Pay	Strike
Benefits	Parade	Summer
Holiday	Party	Trade
Job	Picnic	Traffic
Labor	Pullman	Union
Long Weekend	Rally	Vacation
McGuire	September	Wages
Monday	Solidarity	





Scrambled Bartender

How many of these
terms all relating
to bartending can
you unscramble?

SPEANTU _____

SXIMRE _____

TECRSOA _____

TTEBOL _____

OEEPRN _____

PROU _____

LEERBND _____

RBDENARET _____

AKOVD _____

TICUEBKCE _____

SHAEKR _____

TRGARE _____

HOTS _____

RASMUEE _____

ELRQUUI _____

TUILAQE _____

MELUDRD _____

ILOCCAKT _____

BDRANY _____

LLWBAO _____

YKWSIHE _____

IGN _____

NULNFE _____

RISNTRAE _____

EWLTO _____

JGRIGE _____

LEUTF _____

HHBALLGI _____

URM _____

OERCSWKCR _____

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

My Best Friend

Word Search

ADOPT
AFFECTION
BARK
BEST FRIEND
BONE
COMPANION
DEVOTION
DOGHOUSE
FAITHFUL
FETCH
FRISBEE



GROOMING

PLAYTIME

HAPPINESS

PUPPY

KENNEL

RESCUE

KINDNESS

TAIL WAG

LEASH

TREAT

LOYALTY

VETERINARIAN

OBEDIENCE

WALK

PAWPRINT

WOOF



September 2026

RSVP (Retired & Senior Volunteer Program) is for individuals age 55+ who would like to volunteer in our community. We have several opportunities for volunteers to serve, and joining RSVP is free and easy! Stop in or call Anne King at the Community Center in Rochester and sign up today!

2026 Fundraiser Trips



Day Trip: Four Old BROADS on The High Seas

The Beef House on Saturday September 26, 2026 Cost = \$149

Tickets are nonrefundable



***Dolly's Jingle Jangle Christmas
Pigeon Forge, Tennessee
Nov 30 – Dec 3, 2026
Cost \$1099/person***

2027 Trips

Sedona's Red Rocks & Grand Canyon = May 16-21, 2027 Flyers available

Alaskan Cruise = June 15-27, 2027 Call for pricing = flyers available

London & Paris = October 5-14, 2027 Flyers available



**Day Trip: The Beef House Saturday
Oct 31, 2026**

**to see Reunion at Hippie High –
A murder mystery show!
Cost \$149**

=Tickets are nonrefundable





**AmeriCorps
Seniors**

R.S.V.P.

Anne King 574-223-3716

rsvpanne84@yahoo.com



Welcome new RSVP members:

Barbara LaFollette

Tim Cory

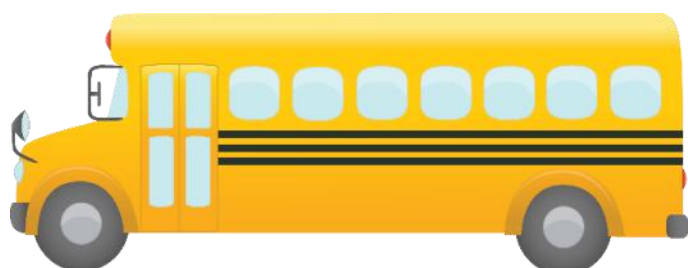
Chris Hooker

**One RSVP Recycle Day left in 2026:
Saturday October 10 from 8am – 12noon
Contact Anne to volunteer!**



**House on the Rock in Wisconsin
October 8-10, 2026.**

**Enjoy a tour of House on the Rock,
a dinner cruise on Lake Geneva,
a performance of the musical
Come From Away, plus more!
Cost = \$895/person**



**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 Mutcher
09/19 Rita Funk
09/21 Linda Nolte
09/24 Barbara Absi
09/27 Carolyn Baldwin
09/27 Phyllis Brown
09/27 Nyoka (Nikki) Davis
09/28 Shirley Willard
09/30 Mona Elsea**

SPEANTU	PEANUTS	TUILAQE	TEQUILA
SXIMRE	MIXERS	MELUDRD	MUDDLER
TECRSOA	COASTER	ILOCCAKT	COCKTAIL
TTEBOL	BOTTLE	BDRANY	BRANDY
OOEPRN	OPENER	LLLWBAO	LOWBALL
PROU	POUR	YKWSIHE	WHISKEY
LEERBND	BLENDER	IGN	GIN
RBDENARET	BARTENDER	NULNFE	FUNNEL
AKOVD	VODKA	RISNTRAE	STRAINER
TICUEBKCE	ICE BUCKET	EWLTO	TOWEL
SHAEKR	SHAKER	JGRIGE	JIGGER
TRGARE	GRATER	LEUTF	FLUTE
HOTS	SHOT	HHBALLGI	HIGHBALL
RASMUEE	MEASURE	URM	RUM
ELRQUUI	LIQUEUR	OERCSWKCR	CORKSCREW



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;



www.fultoncountywellness.com
574-223-3657



2024 MEMBER



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