

The Golden Chronicle



Fulton County Council on Aging
celebrating 50 years of service

Check out our activity calendar for upcoming events





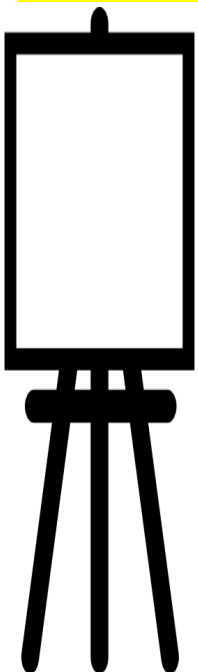
Make sure to check out our events calendar to see what is happening this month.

**Fulton County Council on Aging
Trips update**



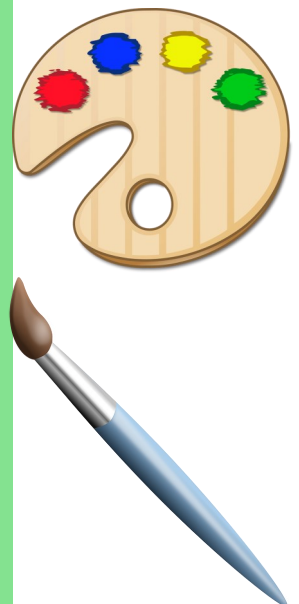
We have had excellent responses to our day trips. At this time, all trips are full with waiting list started. Our trip to Cook's Bison Farm will leave promptly at 9am from the Center. Please be on time to board the buses.

The date for the South Bend Chocolate factory will be announced in the July Newsletter due to the new factory opening in June.



**Painting with Bob Ross
June 20, 9:00**

**You must be signed up for this class.
Open Crafting will be available that day.**





Fulton County Council on Aging



625 Pontiac St, Rochester, IN 46975

Happy Father's Day!

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!

AREA FIVE MENU

FOR MORE INFORMATION

CALL (574)-223-8170

JUNE 2024

SENIOR MENU

Monday

Hamburger
Ranch Potatoes
Buttered Corn
Jello
Bun
Milk

3

Tuesday

Baked Ham
Scalloped Potatoes
Brussel Sprouts
Snack Cake
Roll/Margarine

4

Wednesday

Chicken Parmesan
Over Pasta
Cauliflower
Pear Cup
Bread/Margarine
Milk

5

Thursday

Sausage Gravy &
Biscuit
Oven Fried
Potatoes
Apple Slices
Milk

6

Friday

Chili Hot Dog
Macaroni & Cheese
Snap Peas
Fresh Fruit
Hotdog Bun
Milk

7



• "And what is so rare as a day in June? Then, if ever, come perfect days." – James Russell Lowell

BBQ Riblet
Red Skinned Potatoes
Succotash
Applesauce Cup
Bun

10

Chicken Alfredo
Seasoned Green Beans
Fruit Crisp
Breadstick
Milk

11

Homemade Beef
Stew
Corn
Peach Cobbler
Biscuit
Milk

12

Sloppy Jo
Tater Tots
Mixed Vegetables
Brownie
Bun
Milk

13

Chicken Fajita
Casserole
Stewed Tomatoes
Snack Cake
Mexican Cornbread
Milk

14

Sausage-Green Beans & Potatoes
Strawberry Cobbler
Roll
Milk

17

French Onion Chicken
Baby Bakers
Carrots
Cookie
Bread/Margarine
Milk

18

AGENCY
CLOSED

19

Swiss Mushroom
Burger
Buttered Corn
Baked Beans
Apple Crisp
Bun
Milk

20

Turkey & Cheese
Macaroni Salad
Sliced Cucumbers
Banana
Bun
Milk

21

Smoked Sausage
Mashed Potatoes
Sauerkraut
Applesauce
Bread/Margarine
Milk

24

Meatloaf
Sandwich
Baby Bakers
Three Bean Salad
Spiced Peaches
Bread/Margarine
Milk

25

Egg Omelet
Hashbrown Patty
Pear Cup
Yogurt
Biscuit
Milk

26

BBQ Chicken
Baked Beans
Chuckwagon Corn
Pudding Cup
Rye Bread
Margarine
Milk

27

CHEFS
SPECIAL

28

DID YOU KNOW?

The June Bug is the name for several large beetles seen in the United States during May and June.

2024 June



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27	28	29	30	31	01 	02
03 Exercise Class 9:30 Bingo 9:30 Euchre 9:30	04 Open Crafting 8am	05 Exercise Class 9:30 Bingo 9:30	06 Chair Yoga 10:30 Open Crafting 8am Bridge 12:30	07 Exercise Class 9:30 Bingo 9:30	08 32nd Annual Golf Scramble	09
10 Exercise Class 9:30 Bingo 9:30 Euchre 9:30	11 Make it & Taste it with Mona 10:00 Open Crafting 8am	12 Exercise Class 9:30 Bingo 9:30	13 Chair Yoga 10:30 Open Crafting 8am Bridge 12:30	14 Exercise Class 9:30 Bingo 9:30	15	16 Father's Day
17 Exercise Class 9:30 Bingo 9:30 Euchre 9:30	18 Open Crafting 8am	19 Senior's Cook-out must be signed up Exercise Class	20 Painting with Bob Ross 9:00 Chair Yoga 10:30 Bridge 12:30	21 Exercise Class 9:30 Bingo 9:30 Karaoke 11:00	22	23
24 Exercise Class 9:30 Bingo 9:30 Euchre 9:30	25 HarvestMoon Bingo 9:30 Open Crafting 8am	26 Exercise Class 9:30 Bingo 9:30 Birthday Party 11am	27 Scrap Booking with Anne 9:30 Chair Yoga 10:30 Bridge 12:30 Bison Trip	28 50th Celebration Open House 11am - 4pm	29	30
01 	02	Notes: Transpo will NOT be running Friday, June 28th. Lunch is served daily at 11:30am you must sign up (2) days in advance for this service				



Try your hand at chair volleyball

Happy "90th" Birthday Jim



Crafting
Try Euchre
on Mondays

TOPS





Bakery Bingo



Call Transpo
for a ride



A relaxing afternoon
at Bridge



Say "Hi" to
our Director



BINGO

Sometimes you
just need to relax



Become a Volunteer



Father's Day Trivia

1. What year was the first Father's Day celebrated in the U.S.
A. 1930 B. 1920 C. 1910 D. 1900
2. Who is credited with founding Father's Day?
A. Mary Todd B. Sonora Dobb C. James Dobb
3. Father's Day officially became a national holiday when?
A. 1971 B. 1972 C. 1973 D. 1974
4. Which President signed Father's Day into law as a National holiday?
A. John Kennedy B. Lyndon Johnson C. Richard Nixon
5. What day of the week does Fathers Day fall on?
A. Sunday B. Saturday C. Friday D. Monday
6. What TV dad says "D'oh"?
A. John Wenchester B. Homer Simpson C. John Walton
7. Who was the dad of the Brady Bunch?
A. Wayne Brady B. Tom Brady C. Mike Brady D. Mathew Brady
8. Which state was the first to celebrate Father's Day?
A. Washington B. Virginia C. Indiana D. Ohio
9. What popular outdoor activity is associated with Father's Day?
A. Horseshoes B. Fishing C. Cornhole D. Shopping
10. Which state has an official Father's Day Rose Garden?
A. California B. Utah C. Oregon D. Nevada
11. Which American president is often associated with the phrase "Founding Father"?
A. Samuel Adams B. George Washington C. John Adams D. James Madison
12. What popular sport holds its championship event on Father's Day weekend?
A. Superbowl B. World Series C. U.S. Open D. Indianapolis 500
13. What animated movie features a father and son clownfish duo?
A. Incredible Mr. Limpit B. Finding Nemo C. Shark Tales D. Free Willy
14. On Father's Day, what clothing-related gift is stereotypically given to dads?
A. Underware B. Necktie C. Shorts D. Ball cap
15. Which luxury item became a popular Father's Day gift in the early 20th century?
A. Dress shirt B. Pocket Watch C. Tabacco Pipe D. Victrola

Recipe Corner



Cheddar Hash Brown Omelet Recipe photo by Taste of Home

Cheddar Hash Brown Omelet

TOTAL TIME: Prep/Total Time: 20 min.

YIELD: 4 servings.

My husband loves it when I make crescent rolls to go with this easy family favorite. — Betty Kleberger, Florissant, Missouri



Ingredients

2 cups frozen shredded hash brown potatoes, thawed (Fresh works too)
1/2 cup chopped onion
1/2 cup chopped green pepper
2 tablespoons butter
1 cup diced fully cooked ham or Polish sausage
6 large eggs
1/4 cup 2% milk
1/4 teaspoon pepper
1/8 teaspoon salt
1/2 cup shredded cheddar cheese

Directions

1. In a 10-in. nonstick skillet, saute potatoes, onion and green pepper in butter until tender. Sprinkle with ham. In a large bowl, whisk eggs, milk, pepper and salt; add to skillet.
2. As eggs set, lift edge, letting uncooked portion flow underneath. When eggs are set, remove from heat. Sprinkle with cheddar cheese; fold omelet in half. Cover; cook for 1-2 minutes or until cheese is melted.



Sweet-and-Spicy Baby Back Ribs

Level: Easy

Total: 1 hr 50 min

Prep: 40 min

Cook: 1 hr 10 min

Yield: 4 to 6 servings

Ingredients:

1/3 cup rice vinegar (not seasoned)
3 1-pound racks baby back pork ribs
Juice of 1 lemon
Kosher salt and freshly ground pepper
1/2 cup lager-style beer
4 tablespoons unsalted butter
8 cloves garlic, thinly sliced (I use 2-4 cloves)
1 tablespoon chipotle chile powder
1 cup Thai sweet chile sauce (such as Mae Ploy)
2 tablespoons packed light brown sugar
1 cup of water

Directions:

- 1 Preheat the oven to 325 degrees F. Put the ribs meat-side down on a cutting board. Insert a paring knife between the membrane and the bones on one end of each rack, then loosen the membrane and pull it off. Rub the ribs with the lemon juice and sprinkle evenly with 1 teaspoon salt and 1/2 teaspoon pepper. Place the ribs bone-side down in a large roasting pan, then add the beer. Cover tightly with foil, transfer to the oven and roast until the meat pulls away from the bone, about 1 hour.
- 2 Meanwhile, make the sauce: Melt the butter in a medium saucepan over medium-high heat; add the garlic and cook, stirring occasionally, until slightly golden, about 2 minutes. Add the chile powder and cook 1 minute. Stir in the chile sauce, brown sugar, vinegar and 1 cup water and bring to a boil. Reduce the heat to low and simmer, stirring occasionally, until the sauce is thickened and reduced by half, about 40 minutes. Remove the ribs from the oven; increase the temperature to 400 degrees F. Uncover the pan; carefully pour out the cooking liquid. Stir 1/4 cup cooking liquid into the sauce, then discard the rest of the liquid. Generously brush the ribs with the sauce. Return the pan to the oven and continue roasting, uncovered, until the ribs are golden brown and tender, about 35 minutes. Transfer the ribs to a cutting board and slice, then return to the roasting pan. Pour the remaining sauce on top and toss. Photograph by Anna Williams



ACROSS

2. Ritual performed to mark a formal occasion.
4. The Stars and Stripes.
6. A 21 gun ____ might be a part of Memorial Day ceremonies.
7. Member of the US Army.
11. US Citizen.
13. Describes a flag's position on the pole as a symbol of mourning.
15. Person who formerly served in the military.
16. Memorial Day was originally called ____ Day.
17. Possible gathering place on Memorial Day.
19. A person idolized for their courage.
20. Flower symbolizing Memorial Day.
21. Something that is created to honor and remember people or events.



DOWN

1. Memorial Day serves as a reminder of the sacrifices made for our ____.
3. Month in which Memorial Day takes place.
4. Describes someone who has died on the battlefield.
5. The Star-Spangled Banner is the US national ____.
6. Nickname for the US flag: Stars and ____.
8. These are often decorated with small American flags on Memorial Day.
9. Devoted to one's country
10. Time spent in the armed forces.
12. US military cemetery located near Washington DC.
14. Day of the week on which Memorial Day is celebrated.
18. Song played on the bugle at military memorial services.
19. Respect paid to a person for their qualities or actions.



American, Anthem, Arlington, Cemetery, Ceremony, Decoration, Fallen, Flag, Freedom, Graves, Half Mast, Hero, Honor, May, Memorial, Monday, Patriotic, Poppy, Salute, Service, Soldier, Stripes, Taps, Veteran

Kokomo Glass Co. Trip



Lunch



Domino's





Have you been wondering how you can give back to your community? Would you like to try something different, maybe learn a new skill, and make new friends all at the same time? If you are age 55 or better and have a desire to help your fellow community members, give Anne King at RSVP a call! Our Retired & Senior Volunteer Program could use you in a variety of ways. Joining RSVP is free and easy. Call today! 574-223-3716



Scrap Booking with Anne
June 27, 9:30 am
Sign up for this class

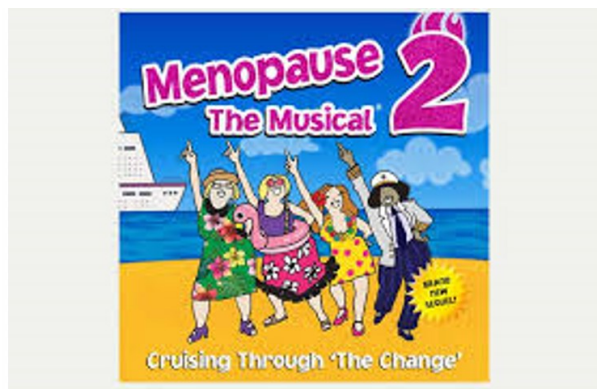


Recycle Days! Join RSVP at the Recycling Center – 8AM to 12PM and help with intake of recyclable materials.

2024 dates (all Saturdays):

June 8, July 13, Aug 24, Oct 5





*Just added! New Day Trip to see Menopause The Musical 2!
Wednesday, November 6, 2024 at Blue Gate Performing Arts
Center in Shipshewana, Indiana.*

*Cost of \$140 includes transportation, family-style meal, and show
ticket, plus a little time for shopping. Call Anne to sign up!*



**AmeriCorps
Seniors**

R.S.V.P.

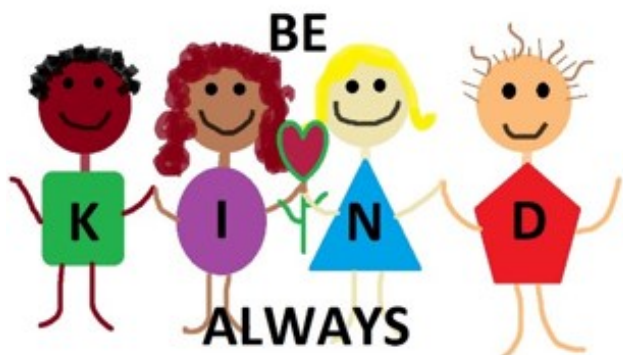
Anne King 574-223-3716

rsvpanne84@yahoo.com



New RSVP Members:

Barbara Reasoner



Happy
Father's
Day



*06/02 Virgina Willis
06/07 John Roberts
06/10 Phil McCarter
06/11 Richard Enyart
06/11 Liz Robertson
06/11 Ruth Schneider
06/16 Paul Henderson
06/16 John King*

Join us for these exciting trip opportunities!

Maine & Newport, Rhode Island = September 8-14, 2024 = Cost of \$1265 (based on dbl occ), and includes all motorcoach transportation & lodging, 10 meals including a Downeast Lobster Bake and dinner at La Forge Restaurant at the Tennis Hall of Fame, tours of Portland, Kennebunkport, Perkins Cove, Boothbay Harbor, and Portland Head Light Lighthouse, harbor cruise of Casco Bay, LL Bean Factory Outlet, Nubble Lighthouse, tour of Newport RI and Breakers Mansion, and Flight 93 Memorial visit. \$100 non-refundable deposit holds your seat.

SECOND MAINE TRIP ADDED!!! Tentative Dates = Aug 25-31, 2024.

Christmas Market Cruise – Danube River = Dec 7-15, 2024 Flyers Available

Tournament of Roses Parade = Dec 29 2024 thru Jan 2 2025 = Fly roundtrip from Chicago to LA and enjoy 6 meals, a tour of LA, Academy Museum of Motion Pictures, behind-the-scenes parade float building, 136th Tournament of Roses Parade, and a visit to Santa Monica. Call for pricing = flyers available

Donna's Birthday Bash Cruise = Feb 15-23, 2025 = Sail Norwegian Cruise Lines with stops in San Jaun, Punta Cana, Aruba, Curacao, Bonaire, St Luca, & St Kitts. Call for pricing. Flyers available...

Alaskan Cruise = June 17-29, 2025 = Sail Holland America Cruise Lines, with stops in Fairbanks, Denali, Whittier, Glacier Bay, Skagway, Juneau, Ketchikan, & Vancouver. Call for pricing. Flyers available...

Trips can fill up quickly, so if you are interested, be sure to sign up and pay your deposit to hold your seat!

Answer:

1. 1910
2. Sonora Dobb
3. 1972
4. Richard Nixon
5. Sunday
6. Homer Simpson
7. Mike Brady
8. Washington
9. Fishing
10. Oregon
11. George Washington
12. U.S. Open
13. Finding Nemo
14. Necktie
15. Tobacco Pipe



JUNE EVENTS AT THE TIMES THEATER



JUNE 6
THURSDAY

BLAZING SADDLES
Movie

7PM



JUNE 8
SATURDAY

LAND BEFORE TIME
Movie

2PM



JUNE 8
SATURDAY

SILENCE OF THE LAMBS
Movie

7PM



JUNE 9
SUNDAY

WIZARD OF OZ
Movie

2PM



JUNE 15
SATURDAY

GREGGIE AND THE JETS
A Tribute to Elton John

\$20
7PM



JUNE 18
TUESDAY

BEST MAN IN GRASS CREEK
Movie

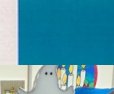
2PM & 7PM



JUNE 22
SATURDAY

THE WHY STORE
With Special Guest Ike & Rory

\$10
7PM



JUNE 29
SATURDAY

ALL PRAISE GOSPEL JAM

FREE
4-6 PM

The Times Theater - Rochester, Indiana
schedule subject to change - www.thetimestheater.com
follow us on Facebook & Instagram



Memorial Day

Word Search

AMERICAN

ANTHEM

CEMETERY

CEREMONY

COMMEMORATE

DECORATION

FALLEN

FLAGS

FLOWERS

FREEDOM

GRAVE

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



HALF MAST

HEROES

HOLIDAY

HONOR

MAY

MEMORIAL

OBSERVANCE

PATRIOTIC

REMEMBRANCE

SACRIFICE

SALUTE

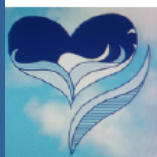
SERVICE

SOLDIERS

TAPS

VETERANS

WAR



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

**HAPPY
FATHER'S
DAY**

TO:



www.fultoncountycoa.com



**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



2024 MEMBER



RATES:

IN TOWN - \$2.00 PER TRIP

IN COUNTY - \$4.00 PER TRIP

SENIORS - DONATION ONLY