

The Golden Chronicle



Fulton County Council on Aging
celebrating 50 years of service

Check out our activity calendar for upcoming events





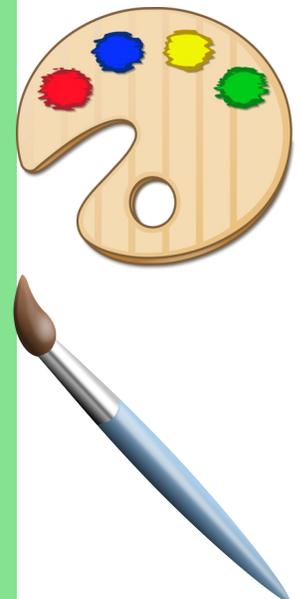
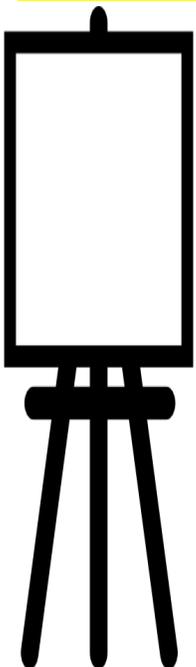
Make sure to check out our events calendar to see what is happening this month.

**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

3
Hamburger
Ranch Potatoes
Buttered Corn
Jello
Bun
Milk

Tuesday

4
Baked Ham
Scalloped Potatoes
Brussel Sprouts
Snack Cake
Roll/Margarine

Wednesday

5
Chicken Parmesan
Over Pasta
Cauliflower
Pear Cup
Bread/Margarine
Milk

Thursday

6
Sausage Gravy &
Biscuit
Oven Fried
Potatoes
Apple Slices
Milk

Friday

7
Chili Hot Dog
Macaroni & Cheese
Snap Peas
Fresh Fruit
Hotdog Bun
Milk

10
BBQ Riblet
Red Skinned
Potatoes
Succotash
Applesauce Cup
Bun

11
Chicken Alfredo
Seasoned Green
Beans
Fruit Crisp
Breadstick
Milk

12
Homemade Beef
Stew
Corn
Peach Cobbler
Biscuit
Milk

13
Sloppy Jo
Tater Tots
Mixed Vegetables
Brownie
Bun
Milk

14
Chicken Fajita
Casserole
Stewed Tomatoes
Snack Cake
Mexican Cornbread
Milk

17
Sausage-Green
Beans & Potatoes
Strawberry
Cobbler
Roll
Milk

18
French Onion Chicken
Baby Bakers
Carrots
Cookie
Bread/Margarine
Milk

19
**AGENCY
CLOSED**

20
Swiss Mushroom
Burger
Buttered Corn
Baked Beans
Apple Crisp
Bun
Milk

21
Turkey & Cheese
Macaroni Salad
Sliced Cucumbers
Banana
Bun
Milk

24
Smoked Sausage
Mashed Potatoes
Sauerkraut
Applesauce
Bread/Margarine
Milk

25
Meatloaf
Sandwich
Baby Bakers
Three Bean Salad
Spiced Peaches
Bread/Margarine
Milk

26
Egg Omelet
Hashbrown Patty
Pear Cup
Yogurt
Biscuit
Milk

27
BBQ Chicken
Baked Beans
Chuckwagon Corn
Pudding Cup
Rye Bread
Margarine
Milk

28
**CHEFS
SPECIAL**



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

DID YOU KNOW?

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

2024 June

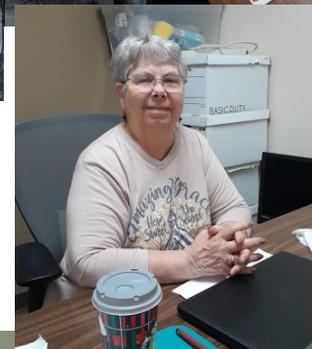


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27	28	29	30	31	01 	02
03 Exercise Class 9:30 Bingo 9:30 Euchre 9:30	04 Open Crafting 8am	05 Exercise Class 9:30 Bingo 9:30	06 Chair Yoga 10:30 Open Crafting 8am Bridge 12:30	07 Exercise Class 9:30 Bingo 9:30	08 32nd Annual Golf Scramble	09
10 Exercise 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 JULY	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





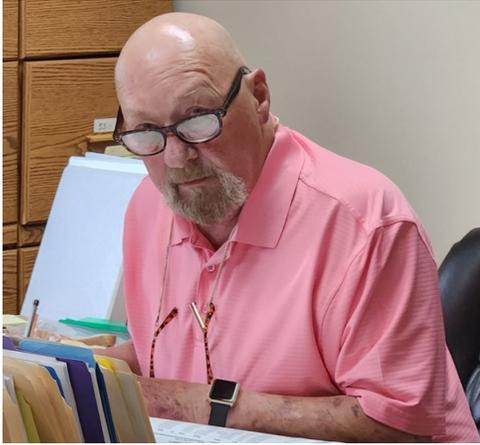
Bakery Bingo



**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. **Samual 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



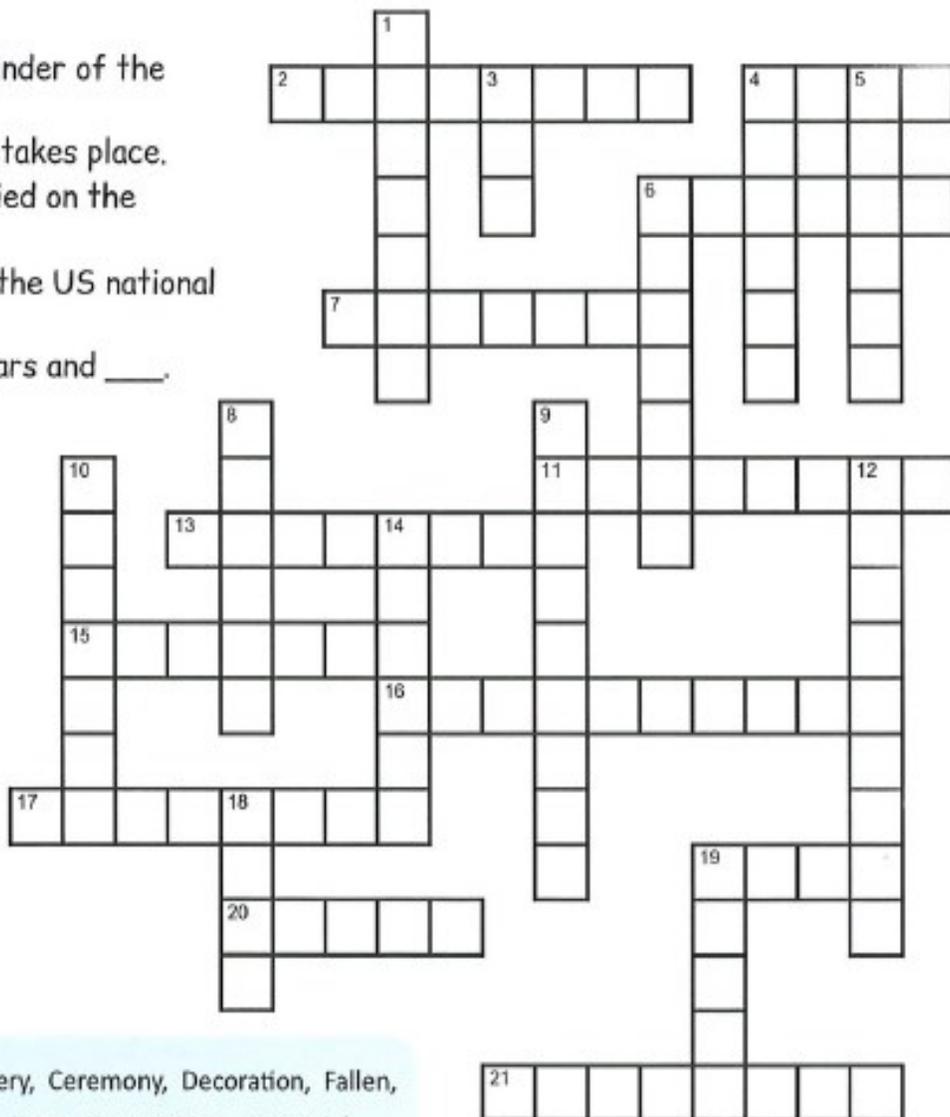
ACROSS

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



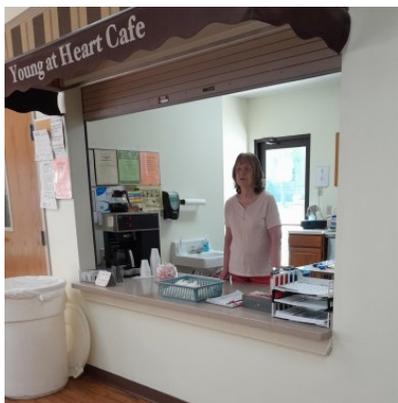
DOWN

- Memorial Day serves as a reminder of the sacrifices made for our ___.
- Month in which Memorial Day takes place.
- Describes someone who has died on the battlefield.
- The Star-Spangled Banner is the US national ___.
- Nickname for the US flag: Stars and ___.
- These are often decorated with small American flags on Memorial Day.
- Devoted to one's country
- Time spent in the armed forces.
- US military cemetery located near Washington DC.
- Day of the week on which Memorial Day is celebrated.
- Song played on the bugle at military memorial services.
- 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



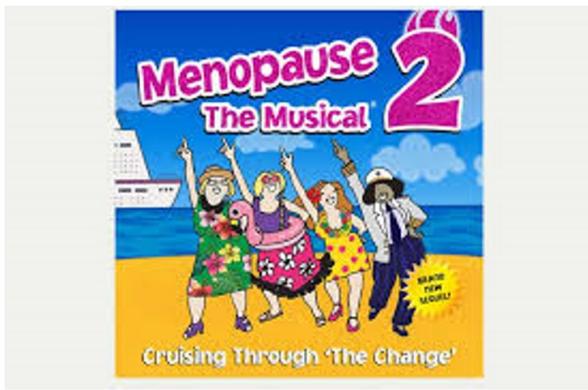
Scrap Booking with Anne
June 27, 9:30 am
Sign up for this class



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 Virginia 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



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



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