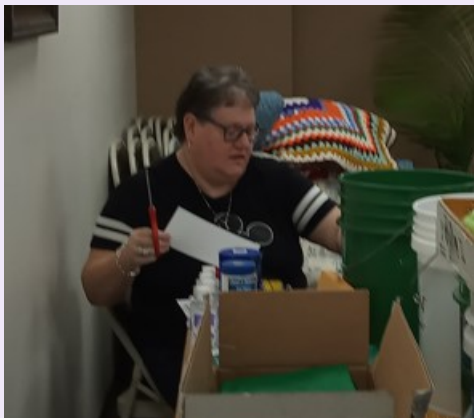




Made in crafting class



Thank you to all the volunteers on the green carnation



AREA FIVE MENU

Call 574-223-8170 for information on this service

April 2023



AREA FIVE AGENCY SENIOR MENU

Monday

Tuesday

Wednesday

Thursday

Friday

3
Smoked Sausage
Green Beans &
Potatoes
Fruit Cocktail
Dessert
Wheat Bread
Milk

4
Breaded
Tenderloin
Baked Beans
Juice Box
Dessert
Bun
Milk

5
Lasagna Roll Up
Toss Salad
Blueberries
Dessert
Garlic Bread
Milk

6
Hot Dog with
Relish
Potato Salad
Pear Cup
Dessert
Hot Dog Bun
Milk

7
**GOOD
FRIDAY
AGENCY
CLOSED**

10
Chicken Salad
Bean Salad
Fruit Cocktail
Dessert
Bun
Milk

11
Hamburger
Sweet Potatoes
Applesauce
Dessert
Bun
Milk

12
Chili
Baby Bakers
Oranges
Dessert
Crackers
Milk

13
Sloppy Jo
Broccoli
Peaches
Dessert
Bun
Milk

14
Chicken Pot Pie
Toss Salad
Pineapple
Dessert
Roll
Milk

17
Hamburger
Casserole
Corn
Mixed Fruit Cup
Dessert
Wheat Bread
Milk

18
Breakfast
Casserole
Cubed Potatoes
Mandarin Orange
Cup
Dessert
Biscuit
Milk

19
Breaded Chicken
Patty
Peas
Diced Pears
Dessert
Bun
Milk

20
Fish
Coleslaw
Mango
Dessert
Roll
Milk

21
Grilled Chicken
Carrots
Strawberries
Dessert
Bun
Milk

24
Chicken & Gravy
Mashed Potatoes
Fruit Cocktail
Dessert
Roll
Milk

25
Meatballs in
Sauce
Broccoli
Pineapple
Dessert
Roll
Milk

26
BBQ Pork
Cheesy Potatoes
Brussel Sprouts
Dessert
Bun
Milk

27
**CHEFS
SPECIAL**

31
Chicken Strips
Cauliflower
Tropical Fruit
Dessert
Wheat Bread
Milk



*Hello April...
Please Don't
Fool Me!*

Did you know?

April is the best month of the year
to look up to the skies and watch
meteor showers!



April 2023



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------|---|--|---|--|---|--|
| 26 | 27 | 28 | 29 | 30 | 31 | 1 April Fool's Day |
| 2 | 3 Bingo 9:30 Exercise class 9:30 | 4 | 5 Bingo 9:30 Exercise class 9:30 Piano By Isa 11:00 | 6 Bridge 12:00 | 7 Good Friday Closed | 8 KRSH |
| 9 Easter Sunday | 10 Bingo 9:30 Exercise class 9:30 | 11 | 12 Bingo 9:30 Exercise class 9:30 Piano By Isa 11:00 | 13 Bridge 12:00 | 14 Bingo 9:30 Exercise class 9:30 | 15 |
| 16 DNB | 17 Bingo 9:30 Exercise class 9:30 | 18 Bakery Bingo 9:30 Tax Day | 19 Bingo 9:30 Exercise class 9:30 Piano By Isa 11:00 | 20 Crafting with kathy 9:30am Bridge 12:00 | 21 Bingo 9:30 Exercise class 9:30 | 22 International MotherEarth Day KAB |
| 23 | 24 Bingo 9:30 Exercise class 9:30 | 25 | 26 Bingo 9:30 Exercise class 9:30 Piano By Isa 11:00 | 27 Bridge 12:00 | 28 Bingo 9:30 Exercise class 9:30 | 29 |
| 30 | 1 Hello MAY | Notes | | | | |



The Ultimate Chicken Noodle Soup

TOTAL TIME: Prep: 15 min., Cook: 45 min. + standing

YIELD: 10 servings (about 3-1/2 quarts).

My first Wisconsin winter was so cold, all I wanted to eat was homemade chicken noodle soup. Of all the chicken noodle soup recipes out there, this type of soup is my favorite and is in heavy rotation from November to April. It has many incredibly devoted fans.—Gina Nistico, Denver, Colorado

Ingredients

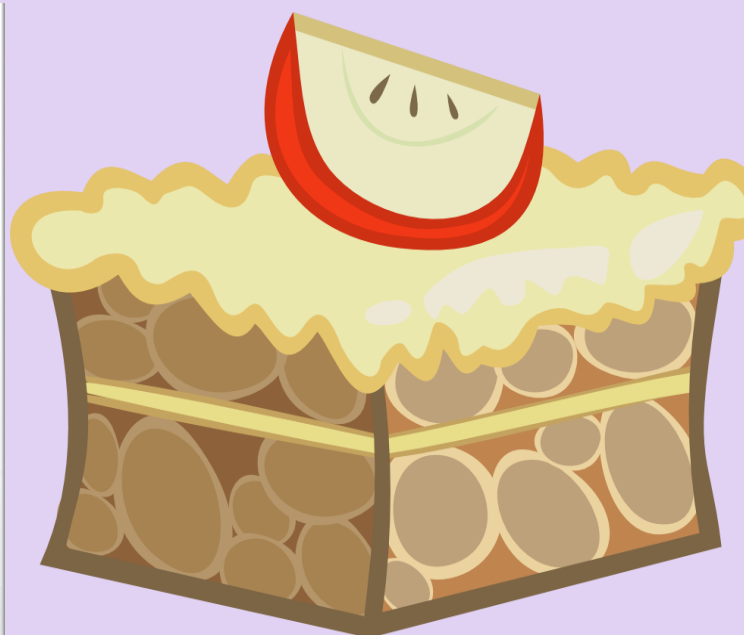
- 2-1/2 pounds bone-in chicken thighs or chicken breast
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 tablespoon canola oil
- 1 large onion, chopped
- 1 garlic clove, minced
- 10 cups chicken broth
- 4 celery ribs, chopped
- 4 medium carrots, chopped
- 2 bay leaves ✕
- 1 teaspoon minced fresh thyme or 1/4 teaspoon dried thyme
- 3 cups uncooked kluski or other egg noodles (about 8 ounces) ¹ use Ramen in the freezer section
- 1 tablespoon chopped fresh parsley
- 1 tablespoon lemon juice **Optional**
- Optional: Additional salt and pepper

Directions

1. Pat chicken dry with paper towels; sprinkle with salt and pepper. In a 6-qt. stockpot, heat oil over medium-high heat. Add chicken in batches, skin side down; cook until dark golden brown, 3-4 minutes. Remove chicken from pan; remove and discard skin. Discard all but 2 tablespoons drippings.
 2. Add onion to drippings; cook and stir over medium-high heat until tender, 4-5 minutes. Add garlic; cook 1 minute longer. Add broth, stirring to loosen browned bits from pan. Bring to a boil. Return chicken to pan. Add celery, carrots, bay leaves and thyme. Reduce heat; simmer, covered, until chicken is tender, 25-30 minutes.
 3. Transfer chicken to a plate. Remove soup from heat. Add noodles; let stand, covered, until noodles are tender, 20-22 minutes.
 4. Meanwhile, when chicken is cool enough to handle, remove meat from bones; discard bones. Shred meat into bite-sized pieces. Return meat to stockpot. Stir in parsley and lemon juice. If desired, adjust seasoning with additional salt and pepper. Discard bay leaves.
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© MidgetMomma.com



Potluck German Apple Cake

TOTAL TIME: Prep: 15 min. Bake: 55 min. + cooling

YIELD: 16 servings.

My mother made this German apple cake for my brothers and me when we were kids. It's an excellent choice for a Christmas potluck or actually any time of year. —Edie DeSpain, Logan, Utah



Ingredients

- 3 large eggs, room temperature
- 2 cups sugar
- 1 cup vegetable oil
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 2 teaspoons ground cinnamon
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 4 cups chopped peeled tart apples **Almost any fruit works**
- 3/4 cup chopped pecans **Optional**

FROSTING:

- 1 package (8 ounces) cream cheese, softened
- 2 teaspoons butter, softened
- 2 cups confectioners' sugar

Directions

1. In a large bowl, beat the eggs, sugar, oil and vanilla. Combine the flour, cinnamon, baking soda and salt; add to egg mixture and mix well. Fold in apples and nuts. Pour into a greased 13x9-in. baking dish. Bake at 350° until a toothpick inserted in the center comes out clean, 55-60 minutes. Cool on a wire rack.
 2. In a small bowl, beat cream cheese and butter. Add confectioners' sugar, beating until smooth. Spread over cake. Refrigerate leftovers.
- © 2023 RDA Enthusiast Brands, LLC

Four-Cheese Scalloped Potatoes

Level: Easy

Total: 50 min

Active: 20 min

Yield: 6 to 8 servings

Ingredients:

- 1 1/2 tablespoons unsalted butter, cut into pieces, plus more for brushing
- 1/2 clove garlic
- 1/3 cup shredded mozzarella cheese
- 1/3 cup shredded asiago cheese
- 1/3 cup shredded raclette or comté cheese
- 2 pounds russet potatoes, peeled and sliced 1/8 inch thick
- Kosher salt and freshly ground pepper
- 2 cups heavy cream
- 1/4 teaspoon freshly grated nutmeg
- 4 fresh bay leaves
- 1/4 cup grated parmesan cheese

Directions:

- 1** Position a rack in the upper third of the oven and preheat to 425 degrees F. Generously brush a large skillet with butter, then rub with the garlic. Combine the mozzarella, asiago and raclette in a bowl.
- 2** Heat the skillet over medium-high heat. Add half of the potatoes, spreading them out. Sprinkle with 3/4 teaspoon salt, half of the cut-up butter, half of the shredded cheese blend, and pepper to taste. Arrange the remaining potatoes on top. Sprinkle with 3/4 teaspoon salt, and pepper to taste. Pour the cream over the potatoes, then add the nutmeg and bay leaves; simmer 3 minutes. Dot the potatoes with the remaining cut-up butter.
- 3** Generously brush a shallow baking dish with butter; slide the potatoes into the dish; arrange with a fork, if desired. (If your skillet is ovenproof, you can skip this step and bake the potatoes in the skillet.)
- 4** Sprinkle the potatoes with the parmesan and the remaining shredded cheese blend. Bake until golden, about 25 minutes. Let rest 5 minutes before serving. Discard the bay leaves.
- 5** Photograph courtesy Anna Williams



Cheesy Potato Casserole

Level: Easy

Total: 1 hr 55 min

Prep: 20 min

Inactive: 10 min

Cook: 1 hr 25 min

Yield: 6 servings

Ingredients:

- Butter, at room temperature
- 1 shallot, minced
- 2 cups heavy cream
- 1 clove garlic, minced
- Kosher salt and freshly ground pepper
- 3 medium russet potatoes (about 2 1/4 pounds), peeled and sliced 1/8-inch thick
- 2 cups grated sharp white Cheddar cheese
- 1/4 cup grated Parmesan

Directions:

- 1** Heat oven to 375 degrees F. Butter a 1 1/2 to 2-quart baking dish and sprinkle with just a bit of the shallot.
- 2** Add the heavy cream to a medium saucepan along with the remaining shallot, garlic, salt and pepper. Place over medium heat and bring to a simmer while stirring. Let simmer until you see the liquid begin to thicken, 2 to 3 minutes.
- 3** Layer 1/3 of the sliced potatoes in the baking dish, cover with some Cheddar and a sprinkling of Parmesan; repeat the layering 2 more times.
- 4** Pour the hot liquid over the potatoes. Add the remaining cheese, cover with foil, and bake for 1 hour, then remove the foil to bake until the cheese is golden and brown, 15 to 20 minutes. Let rest for 10 minutes before slicing so it can settle.



| | | | |
|---|---|---|---|
| 3 | 2 | 4 | 1 |
| | | | |
| 4 | 3 | 1 | |
| | | | 4 |



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Times Theater

Senior Day

Every **third (3rd)** Tuesday
of the month.

The movie is **FREE**, but if you
would like snacks, there will be a
charge for those items.

If you need a ride from the Center, Transpo will be
leaving here at 12:15. Please let us know in advance.

Movie starts at 12:30

With gas prices on the raise again,
finding things to do closer to home helps save money.
Come in and join us at Fulton County Community Resource Center
& Council on Aging. We have things going on you might enjoy.

Bakery Bingo

Exercise Class

Crafting Class

Clay Class

Bingo

Food Pantry

Volunteer Program

Lunch

Bridge

And so much more

Crossword Puzzle



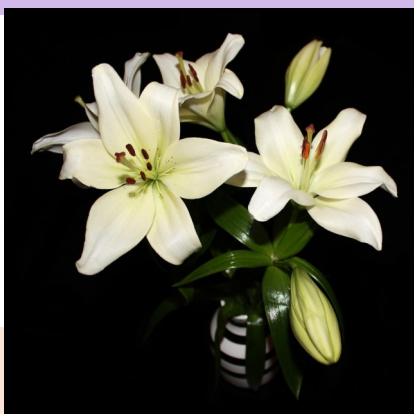
ACROSS

- 4) Fuzzy fruit
- 5) Kind of split
- 7) Bronx cheer
- 8) Clunker
- 11) Nectar source
- 12) National fruit of India
- 15) Kind of sauce
- 17) Picnic fare
- 18) Sundae crown

DOWN

- 1) Breakfast melon
- 2) Vineyard fruit
- 3) Green-fleshed melon
- 6) Noggin
- 9) Shortcake item
- 10) Good in muffins
- 13) Halloween hue
- 14) New Zealand native
- 16) Cut back

WELCOME



RSVP New Members:

Kathy Amor
Piper Cavender

Join us at the Recycling Center!

RSVP Volunteers can help at the Recycling Center in 2023.

We have the following dates (all Saturdays):

June 10, July 22, Aug 12, & Sept 9

Contact Anne King if you would like to help out!

2023 BUS TRIPS

Charleston, South Carolina

April 30 – May 5, 2023 = Cost \$990 (based on dbl occ)

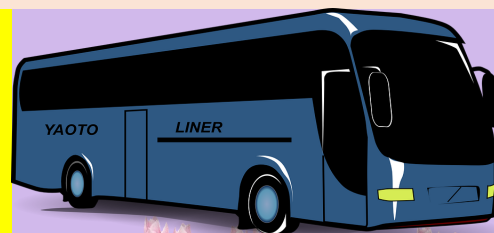
Trip includes all lodging & motorcoach transportation, guided tours of Charleston, SC & Savannah, GA, 8 meals including lunch at Paula Deen’s Lady & Sons Restaurant, carriage ride in Savannah, tour of Fort Sumter, Charleston harbor cruise, Magnolia Plantation home & nature tram tour, visits to Charleston City Market and River Street District, all meal gratuities, and a souvenir gift.

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 these trips. A \$100 **non-refundable** deposit at the time of sign-up will hold your seat.





**AmeriCorps
Seniors**

R.S.V.P.

Anne King 574-223-3716

rsvpanne84@yahoo.com



- 04/01 IKE HALASCHAK
- 04/01 KAREN HELTZEL
- 04/03 MARRIANNE CHRISTENSON
- 04/03 JANET FREYBERG
- 04/05 CAROL SMITH
- 04/06 KATHLEEN STEPHENS-HAWKE
- 04/09 RUTH BOHS
- 04/12 MARY LIPSETT
- 04/14 VIOLET SEIWERT
- 04/15 PAT JOLLIFF
- 04/19 PAT HOWELL
- 04/22 MARCIA SUE BICK
- 04/25 KAY HANKEE
- 04/28 LADONNA NICKLAUS

Volunteer Needs

RSVP is looking for volunteers to help with receptionist duties at our front desk in the Community Center. If you would like to help answer our phones and direct people to the right places in our building (Food Pantry, Transpo, etc...), contact Anne King to help out!

Are you looking for ways to help your community? Are you newly retired and would like something to fill your time? Are you age 55 or better? If you are at least age 55 and would like to volunteer your talents to our community, consider joining RSVP! The Retired & Senior Volunteer Program can match you with a variety of organizations that are in need of volunteers. Joining is free and easy - just contact Anne King and stop by to see her. Bring your photo ID and once you fill out the registration form, you are ready to go. You can make new friends and have fun at the same time!



**Our Father who art in heaven,
 Hallowed be thy Name.
 Thy kingdom come.
 Thy will be done,
 On earth as it is in heaven.
 Give us this day our daily bread.
 And forgive us our trespasses,
 As we forgive those who trespass against us.
 And lead us not into temptation,
 But deliver us from evil.
 For thine is the kingdom,
 and the power, and the glory,
 for ever and ever.**



Amen.

Answers:

| Word List | | 3 | 2 | 4 | 1 |
|-----------|--------|---|---|---|---|
| bird | petals | 1 | 4 | 2 | 3 |
| cloudy | shower | 4 | 3 | 1 | 2 |
| frogs | thaw | 2 | 1 | 3 | 4 |
| garden | warm | | | | |
| grass | | | | | |

**Fulton County Resource
Center & Council on Aging**
625 Pontiac Street
Rochester, In. 46975

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

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

TO:

You can also check us out online at
www.fultoncountycoa.com



RATES:

IN TOWN - \$2.00 PER TRIP

IN COUNTY - \$4.00 PER TRIP

SENIORS - DONATION ONLY