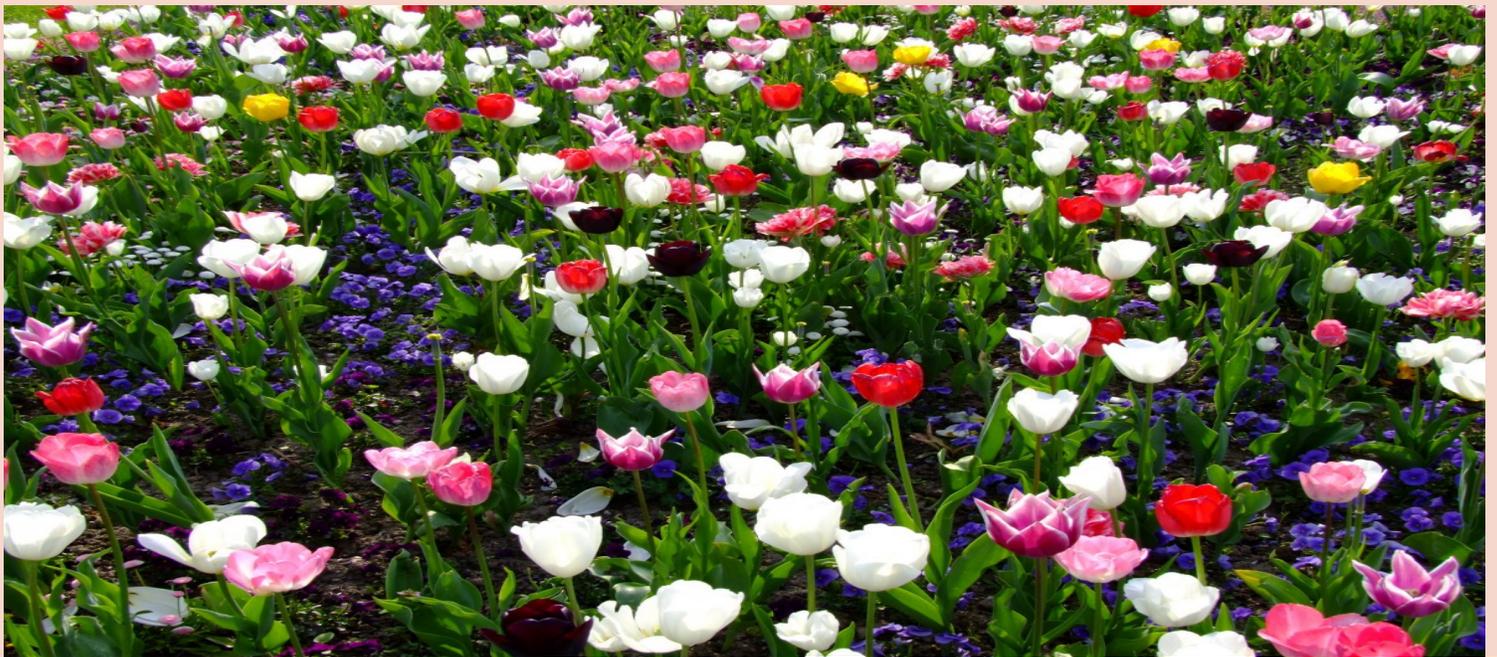


The Golden Chronicle

April 2024



April 8th, 2024



Come and listen to the
Choral Club 11am

April 19th, 2024

Don't forget to check out the

Total Solar Eclipse on

April 8th, 2024, around

12pm – 4pm depending on your area



AREA FIVE MENU

FOR MORE INFORMATION

April 2024

SENIOR MENU

Monday

1
Polish Sausage
Mashed Potatoes
Sauerkraut
Applesauce
Bread/Margarine
Milk

Tuesday

2
Meatloaf Sandwich
Rice Pilaf
Three Bean Salad
Spiced Peaches
Bread/Margarine
Milk

Wednesday

3
Egg Omelet
Hash Brown Patty
Pear Cup
Yogurt
Biscuit
Milk

Thursday

4
BBQ Chicken
Baked Beans
Chuckwagon Corn
Pudding Cup
Rye Bread/Marg.
Milk

Friday

5
Philly Cheesesteak
Tater Tots
Broccoli
Mandarin Orange Cup
Bun
Milk

8
Salisbury Steak
Mashed Potatoes
Carrots
Peach Cup
Bread/Margarine
Milk

9
Lasagna
Toss Salad
Spiced Apples
Flavored Craisins
Garlic Bread
Milk

10
Ham & Beans
Spinach
Mousse
Cornbread
Milk

11
Chicken Strips
Baby Bakers with
Sour Cream
Vegetable Blend Veg
Banana
Bread/Margarine
Milk

12
Potato Crusted Fish
Mac & Cheese
Green Beans
Cookie
Bread/Margarine
Milk

15
Penne Pasta with
Meat Sauce
Broccoli
Applesauce Cup
Garlic Bread
Milk

16
Baked Chicken
Garlic Mashed Potatoes
California BI Vegetables
Tropical Fruit Cup
Roll/Margarine
Milk

17
BBQ Pork
Baked Beans
Stewed Tomatoes
Pie
Bun
Milk

18
Sweet & Sour
Chicken
Fried Rice
Broccoli
Pineapple Cup
Milk

19
**CHEF'S
SPECIAL**

22
Hamburger
Ranch Potatoes
Buttered Corn
Jello-o
Bun
Milk

23
Baked Ham
Scalloped Potatoes
Brussel Sprouts
Snack Cake
Roll/Margarine
Milk

24
Chicken Parmesan
Over Pasta
Cauliflower
Pear Cup
Bread/Margarine
Milk

25
Sausage Gravy &
Biscuit
Oven Fried Potatoes
Apple Slices
Milk

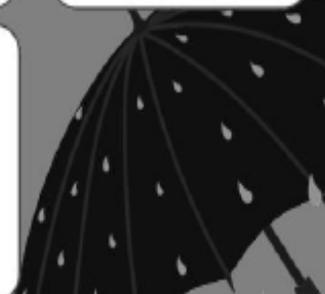
26
Chili Hot Dog
Macaroni & Cheese
Snap Peas
Fresh Fruit
Hotdog Bun
Milk

29
BBQ Riblet
Red Skin Potatoes
Succotash
Applesauce Cup
Bun
Milk

30
Chicken Alfredo
Seasoned Green
Beans
Fruit Crisp
Breadstick
Milk

Did You Know?

April is named after the Greek goddess of love, Aphrodite. In the Roman calendar, the fourth month April is spelled Aprilis, meaning "to open." Festivals which were planned for April included Parrilla, a day celebrating the founding of Rome.



2024 April



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
01 April Fools Day Bingo 9:30 Euchre 9:30	02 Open Crafting 8-11:30	03 Bingo 9:30 Piano by Isa 11am	04 Chair Yoga 10am Open Crafting 8-11:30 Bridge 12:30	05 Bingo 9:30 Open Crafting 8-11:30	06	07
08 Bingo 9:30 Euchre 9:30 Eclipse 12-4	09 Make it & Taste it with Mona 10am	10 Bingo 9:30 Piano by Isa 11am	11 Chair Yoga 10am Open Crafting 8-11:30 Bridge 12:30	12 Bingo 9:30 Open Crafting 8-11:30	13	14
15 Bingo 9:30 Euchre 9:30 Exercise Class 9:30 Book Club 10:00	16 Open Crafting 8-11:30 Lake City Bank	17 Bingo 9:30 Piano by Isa 11am	18 Chair Yoga 10am Crafting with Kathy 9:30am Bridge 12:30	19 Bingo 9:30 Open Crafting 8-11:30 Choral Club 11am	20	21
22 Bingo 9:30 Euchre 9:30 Exercise Class 9:30	23 Open Crafting 8-11:30	24 Bingo 9:30 Piano by Isa 11am Birthday Party	25 Chair Yoga 10am Open Crafting 8-11:30 Bridge 12:30	26 Bingo 9:30 Open Crafting 8-11:30 Karaoke 11am	27	28
29 Bingo 9:30 Euchre 9:30 Exercise Class 9:30	30 Open Crafting 8-11:30 Bakery Bingo 9:30	01 	02	03	04	05



Spring Word Scramble

1. gpsrni _____
2. rtseea _____
3. oeswlrff _____
4. srsag _____
5. usbd _____
6. sgeanrd _____
7. pltiu _____
8. msobslo _____
9. atweerh _____
10. nhnesshu _____
11. warniob _____
12. oxeuiqn _____
13. ftbutryle _____
14. nria _____
15. snseaso _____
16. ufutbliae _____
17. sdsee _____
18. mngiwrg _____
19. ghhnatci _____
20. hbriret _____



Free
Veterans
BREAKFAST

Every 3rd Thurs. of every month, 8 a.m.
(1st breakfast is March 21)
LIFE CARE CENTER OF ROCHESTER

Join us for a delicious breakfast! All veterans are welcome.

★ ★ ★ ★ ★

Life
Care
Center
of Rochester

Please call 574.223.4331 to RSVP.

827 W. 13th St. • Rochester, IN 46975 • LifeCareCenterOfRochester.com

FULTON COUNTY PUBLIC LIBRARY

Learn the elements and history of **Storytelling** as you explore a personal story using a variety of creative tools to

EXPRESS YOUR STORY

MONDAYS 1:15 - 3:15 PM
APRIL 8 - MAY 13

REGISTER AT THE LIBRARY
OR CALL 574-223-2713

An Indiana Lifelong Arts Program for Older Adults
Sponsored by

INDIANA ARTS COMMISSION
MAKING THE ARTS HAPPEN

INDIANA STATE UNIVERSITY

Facilitated by local artist
Jennifer Weinert

An illustration of two women. One woman with short grey hair and glasses is wearing a red shirt and is gesturing with her hand. The other woman with dark hair is wearing a brown top and is also gesturing. They appear to be in conversation. There are also illustrations of a notepad with a pencil and an easel with a colorful abstract painting.



Join us
for Euchre

Thank you Brooch Boutique
& all our beautiful models
for a lovely fashion show



32ND ANNUAL GOLF SCRAMBLE

SPONCERED BY: FULTON COUNTY COUNCIL ON AGING
CELEBRATING "50" YEARS OF SERVICE



WHEN:
SATURDAY
JUNE 8TH, 2024

Skins and Mulligans, Hole Prizes, Cash Prizes,
Carts Included - Good Food All Day **ELK'S GOLF COURSE**

WHERE:

ENTRY DEADLINE

FRIDAY, MAY 31, 2024

FEE: \$250 PER TEAM

Please drop off, mail in, fax or email your entry form to:

F.C. Community Resource Center, 625 Pontiac Street, Rochester, In. 46975
fcoa@rtcol.com or fcoa2@rtcol.com

Fax: 574-223-4962 - Questions? Call Doug 574-223-6953

TEE TIMES: 8:30AM & 12:30PM PLEASE MAKE SURE TO PICK A TIME.

Team Name or Sponsor _____ Please pick a Tee Time _____ Tee Time AM or PM _____

Name _____ Handicap _____ Phone # _____

Recipe Corner



Taste of Home

Hawaiian Hash

TOTAL TIME: Prep: 20 min. Cook: 15 min.

YIELD: 6 servings.

I like the combination of ginger, pineapple and macadamia nuts. This dish brings back memories of an island vacation.
—Roxanne Chan, Albany, California

Ingredients

2 teaspoons canola oil
1 teaspoon sesame oil
4 cups cubed peeled sweet potatoes (about 1 pound)
1 cup chopped onion
1/2 cup chopped sweet red pepper
1 teaspoon minced fresh gingerroot
1/4 cup water
1 cup cubed fully cooked ham
1 cup cubed fresh pineapple or unsweetened pineapple tidbits, drained
1/4 cup salsa verde
1 teaspoon soy sauce
1/2 teaspoon black sesame seeds
Chopped fresh cilantro
Chopped macadamia nuts, optional

Directions

1. In a large cast-iron or other heavy skillet, heat oils over medium-high heat. Add sweet potatoes, onion, pepper and gingerroot; cook and stir 5 minutes. Add water. Reduce heat to low; cook, covered, until potatoes are tender, 8-10 minutes, stirring occasionally.



Sue's Chocolate Zucchini Cake

TOTAL TIME: Prep: 20 min. Bake: 25 min. + cooling

YIELD: 15 servings.

Our family absolutely loves zucchini, especially when we grow it ourselves. We've found many ways to use it, including this spiced cake that's super moist and chocolaty good. —Sue Falk, Warren, Michigan

Ingredients

2 cups all-purpose flour
2 cups sugar
1/2 cup dark baking cocoa
1-1/2 teaspoons ground cinnamon
1 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon salt
2 large eggs, room temperature
3/4 cup reduced-fat plain yogurt
1/4 cup canola oil
2 teaspoons vanilla extract
2 cups shredded zucchini
FROSTING:
1 can (5 ounces) evaporated milk
1 cup sugar
1/4 teaspoon vanilla extract
4 ounces unsweetened chocolate, chopped
1/4 cup butter, cubed

Directions

- Preheat oven to 350°. Grease a 13x9-in. baking pan.
- In a large bowl, whisk the first seven ingredients. In another bowl, whisk eggs, yogurt, oil and vanilla until blended. Add to flour mixture; stir just until moistened. Stir in zucchini.
- Transfer batter to prepared pan. Bake 25-30 minutes or until top springs back when lightly touched. Cool completely in pan on a wire rack.
- For frosting, place evaporated milk, sugar and vanilla in a blender jar; cover and process 30 seconds. In a microwave, melt chocolate and butter; stir until smooth. Add to milk mixture; cover and process 30-45 seconds or until thickened and smooth, stopping to scrape blender jar as needed.

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



Taste of Home

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
3/4 cup chopped pecans
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.

© 2024 RDA Enthusiast Brands, LLC

Slow-Cooker Stuffed Peppers

Stuffed bell peppers have never been simpler to prepare, thanks to your slow cooker! Just stir all the filling ingredients together (raw ground beef included), then stuff the mixture into the peppers and let the cooker do the rest. Top with sour cream for a comforting, nourishing dinner your whole family will love.

Level: Easy
Total: 3 hr 30 min
Active: 20 min
Yield: 5 servings

Ingredients:

5 large red, orange or yellow bell peppers
1 pound 90-percent lean ground beef
One 14.5-ounce can fire-roasted diced tomatoes
2 cups shredded pepper jack cheese (from one 8-ounce block)
1 cup cooked medium-grain white rice
4 cloves garlic, minced
4 scallions, thinly sliced
2 teaspoons chili powder
1/2 teaspoon ground cumin
Kosher salt and freshly ground black pepper
1/2 cup low-sodium chicken broth
Sour cream, for serving

Directions:

Special equipment: a 6-quart slow cooker

- Trim about 1/8 inch from the bottom of each pepper so it can stand upright. Cut the top 1/4 inch off each pepper. Remove and discard the stems, then finely chop the remaining flesh from the tops and set aside. Scoop out and discard the seeds and as much of the membranes as you can from inside the peppers.
- Mix the reserved chopped pepper with the ground beef, tomatoes and their juices, 1 cup of the cheese, cooked rice, garlic, 3 of the scallions, chili powder, cumin, 1 1/2 teaspoons salt and several grinds of black pepper in a large bowl with your hands until combined. Dividing evenly, spoon the filling into the hollowed-out peppers, packing it in (the filling will mound a bit above the tops).
- Pour the chicken broth into the bottom of a 6-quart slow cooker, then add the stuffed peppers. Season the top of each pepper with another pinch of salt. Cover and cook on high until the peppers are tender and the ground beef is cooked through, for 3 to 3 1/2 hours. Top with the remaining 1 cup cheese, cover and cook on high for 10 minutes more to melt the cheese. Sprinkle the peppers with the remaining scallions and add a dollop of sour cream to each.



**2024 Valentine
King & Queen
Randy & Laura**



Craft Room Hours



**SUMMER HOURS (April - September)
TUESDAY & THURSDAY 8:00AM – 11:30AM**

**MONTHLY CRAFT CLASS
3RD THURSDAY OF THE MONTH
9:30AM – 11:30AM**

**THE CRAFT ROOM & ACTIVITY ROOM WILL OPEN AT 9:15AM.
NOT OPEN ON THIS DAY FOR CERAMICS, DIAMOND
PAINTINGS, OR OPEN CRAFTS.**

**ANNE'S SCRAP BOOKING CLASS
JUNE 27, 2024
9:30AM – 11:30AM**

MUST SIGN UP FOR THIS CLASS
**THE CRAFT ROOM & ACTIVITY ROOM WILL OPEN AT 9:15AM.
NOT OPEN ON THIS DAY FOR CERAMICS, DIAMOND
PAINTINGS, OR OPEN CRAFTS.**



Winner, Winner Chili Dinner



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.



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

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



Castles of New York = May 19-25, 2024 Cost = \$1435 (based on dbl occ), and includes all motorcoach transportation & lodging, 12 meals including dinner at the Tropicana Room, visits to Boldt Castle and Singer Castle, St Lawrence River Cruise, 1000 Island Winery + wine tasting, Corning Museum of Glass, Rock N Roll Hall of Fame, Luci-Desi Museum, tour of NY State Capitol Bldg, and Capt Bill's Seneca Lake Cruise. \$100 non-refundable deposit holds your seat.

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...

If you have been considering volunteering in our community, look no further! RSVP can match you with organizations in our community that need volunteers. Joining is free and easy! Contact Anne King today!

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**



Volunteer needs:

- Receptionist duties at the Community Center.
- Woodlawn Hospital in the gift shop and as a Patient Ambassador.



WELCOME

New RSVP Members:

Sue Darst

Connie Gamble



**AmeriCorps
Seniors**

R.S.V.P.

Anne King 574-223-3716

rsvpanne84@yahoo.com



This Photo by Helene Ansteth Escovedo on 02/07/17

VOLUNTEER

04/01 Ike Halaschak

04/01 Karen Heltzel

04/03 Marianne Christtenson

04/05 Carol Smith

04/08 Kathy Stephens-Hawke

04/09 Ruth Bohs

04/10 Phil Kline

04/15 Pat Jolliff

04/19 Pat Howell

04/25 Kay Hankee



Become a Volunteer



Spring Word Search

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

April	fog	puddle	stem
baseball	garden	rainbow	storm
bird	grow	raincoat	sunshine
bloom	hatch	rainy	thaw
butterfly	insect	roots	tulip
caterpillar	kite	season	umbrella
chick	leaf	seed	violet
cloud	lilac	shovel	warm
daffodil	March	shower	water
dig	May	soil	weed
earth	nest	spring	wind
egg	picnic	sprout	worm
flower	plant		



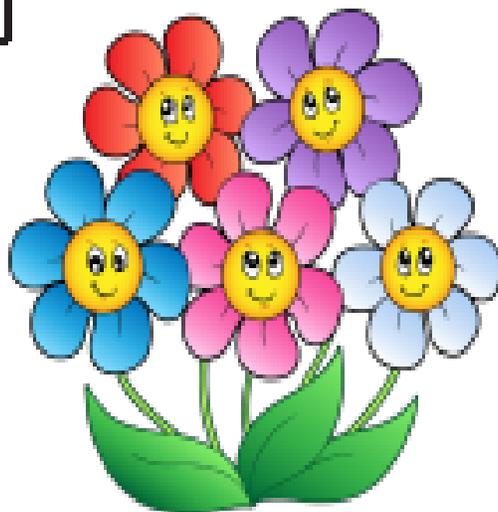
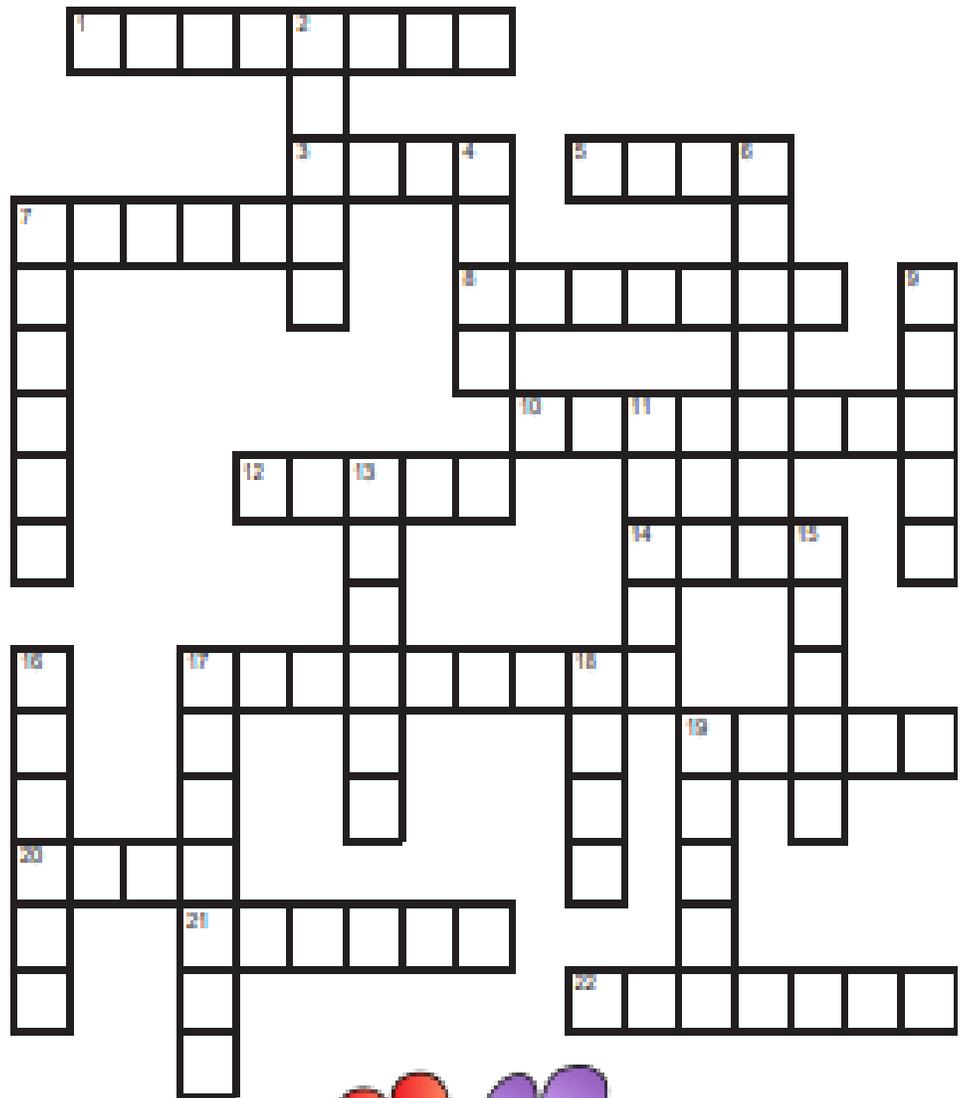
Spring is Here!

Across

1. It warms and brightens everything.
3. Warm up from a freeze.
5. They make honey.
7. Meal in the park.
8. Colorful arc in the sky.
10. It keeps the rain off you.
12. The color of spring grass.
14. Where a bird lives.
17. An adult caterpillar.
19. A baby chicken.
20. What chicks hatch from.
21. It comes after winter.
22. Red insect with black spots.

Down

2. Come out of an egg.
4. Wiggly creature that lives in the ground.
6. Short rainfalls.
7. Small pool of rain.
9. What the lawn is made of.
11. Another name for a rabbit.
13. A spring holiday.
15. Holland is famous for this flower.
16. Just a little wind.
17. Flower on a tree.
18. It is green and on a plant.
19. It might hide the sun.



Word Bank: Bees, Blossom, Breeze, Bunny, Butterfly, Chick, Cloud, Easter, Eggs, Grass, Green, Hatch, Ladybug, Leaf, Nest, Picnic, Puddle, Rainbow, Showers, Spring, Sunshine, Thaw, Tulip, Umbrella, Worm



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:



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