

THE GOLDEN CHRONICLE

A Halloween-themed background illustration featuring a dark blue night sky with a large, glowing full moon. Silhouettes of two bats are flying in the upper left and right. In the foreground, there are silhouettes of a haunted house with a chimney and a large, gnarled tree. The house has several windows, some of which are glowing with a blue light. The overall mood is spooky and festive.

October 2025

www.fultoncountycoa.com



Fulton County Transpo

will be

CLOSED

Wednesday, October 15th,
and resume regular hours
on Thursday,
October 16th, 2025
Thank you

1. The Boston Americans
2. The Simpsons
3. It's Breast Cancer Awareness Month.
4. Yosemite
5. Starbucks
6. Pumpkins
7. The World Series
8. Leaf peepers
9. Dr. No
10. Monty Python's Flying Circus
11. The Model T
12. The Jazz Singer
13. The War of the Worlds
14. Reggie Jackson

Be the change.
Help change a life. Give blood.

Blood Drive **Fulton County Community Center**

Terry Moore Memorial Activity Room
625 Pontiac St
Rochester

Monday, October 13
2:00 p.m. to 6:00 p.m.

Please call 1-800-RED CROSS (1-800-733-2767) or visit
RedCrossBlood.org and enter: fcco to schedule an appointment.



Come to give blood Sept. 22-Oct. 19 for a \$10
Amazon.com Gift Card by email! See rcblood.org/fall



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

First 50 people will receive a free hygiene kit
(minimum value \$25), a pair of socks and a \$10 gas card

All services are
FREE
All services are

**Fulton County Community
HEALTH FAIR**

**Wednesday,
October 29
3 – 6 pm**

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

Scan for more
information and
to register





A large collection of pumpkins and gourds of various sizes and colors (orange, white, yellow) arranged on a grassy lawn. In the background, there are hay bales, potted plants, and a wooden bench.

PLEASE ACCEPT MY DONATION OF:

Name: _____

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

Thank You for your donation

October 2025

AREA FIVE AGENCY SENIOR MENU

Monday

Did you know?

The main reason for the color change of the leaves is not autumn's chilly weather, but lack of light. The green color of leaves disappears when photosynthesis (from sunlight) slows down, and the chlorophyll breaks down. Trees with a lot of direct sunlight will produce red leaves, while other trees may turn yellow, orange, or brown.

Tuesday

Wednesday

Thursday

Friday

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

Sausage & Egg
Sandwich
Diced Potatoes
Pears & Blueberries
Oatmeal Cream Pie
Croissant
Milk

Cheeseburger
Baby Bakers
Creamed Corn
Fruit Crisp
Bun
Milk

Spaghetti with Meat
Sauce
Italian Vegetables
Tropical Fruit
Warm Spiced Apples
Garlic Bread
Milk

Pork Chops in Gravy
Sweet Potatoes
Brussel Sprouts
Fruit Cobbler
Bread
Milk

Shredded BBQ Chicken
Macaroni & Cheese
California Blend
Vegetables
Applesauce
Bun
Milk

Ham & Beans
Oven Fried
Potatoes
Mandarin Orange
Cup
Cornbread
Milk

Potato Crusted Fish
Scalloped Potatoes
Toss Salad
Pudding
Tartar Sauce
Bread
Milk

Chicken Pot Pie
Broccoli
Warm Spiced
Peaches
Brownie
Milk

Meatloaf with Gravy
Mashed Potatoes
Carrots
Mixed Fruit Cup
Bread
Milk

Sausage Gravy
Scrambled Eggs
Tater Tots
Grapes
Biscuit
Milk

Baked Chicken
Baby Bakers
Broccoli & Cheese
Peaches
Bread
Milk

Goulash
Peas
Applesauce
Dump Cake
Roll
Milk

Smoked Sausage
Green Beans & Potatoes
Toss Salad
Pie
Bread
Milk

Chicken & Noodles
Mashed Potatoes
Buttered Corn
Cookie
Roll
Milk

Sweet & Sour
Meatballs
Lo Mein Noodles
Mixed Vegetables
Pineapple
Bread
Milk

Homemade Beef
Stew
Corn
Diced Pears
Fruit Cobbler
Cornbread
Milk

**CHEF
SPECIAL**

Sloppy Jo
Tater Tots
Peas & Carrots
Fruit Cocktail
Bun
Milk

Breaded Chicken Patty
Red Skinned Potatoes
Grilled Corn Salad
Blueberries
Bun
Milk

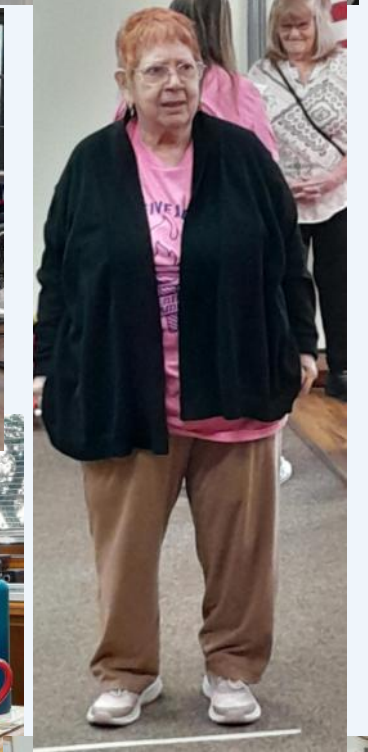
Salisbury Steak
Mashed Potatoes
Brussel Sprouts
Cookie
Bread
Milk

BBQ Pork
Cheesy Potatoes
Carrots
Chocolate Cake
Bun
Milk

Vegetable Soup
Chicken Salad Slider
Cottage Cheese
Spiced Peaches
Slider Bun
Milk

October 2025

MON	TUE	WED	THU	FRI	SAT	SUN
Monday	Tuesday	1 Wednesday	<u>2 Thursday</u>	<u>3 Friday</u>	4 Saturday	5 Sunday
		Bingo 9:30 Exercise class 9:30 Mahjong 1:00	Open Crafting 8-11 Bridge 12:30	Open Crafting 8-11 Bingo 9:30 Exercise class 9:30		
6	7	8	9	10	11	12
Bingo 9:30 Exercise class 9:30 Euchre 9:30	Open Crafting 8-11 T.O.P.S. 3:30	Bingo 9:30 Exercise class 9:30 Mahjong 1:00	Open Crafting 8-11 Hickory Creek Brain Bootcamp 9:30-10:00	Open Crafting 8-11 Bingo 9:30 Exercise class 9:30		
13	14	15	16	17	18	19
Red Cross Blood Drive 2pm-6pm	Open Crafting 8-11 T.O.P.S. 3:30	F.C. Transpo CLOSED The Center is open Mahjong 1:00	Crafting with Kathy 9:30am Bob Ross Bridge 12:30	Open Crafting 8-11 Bingo 9:30 Exercise class 9:30		
20	21	22	23	24	25	26
Bingo 9:30 Exercise class 9:30 Euchre 9:30	Open Crafting 8-11 T.O.P.S. 3:30	Bingo 9:30 Exercise class 9:30 Mahjong 1:00	Open Crafting 8-11 Bridge 12:30	Open Crafting 8-11 Bingo 9:30 Exercise class 9:30		
27	28	29	30	31	1	
Bingo 9:30 Exercise class 9:30 Euchre 9:30	Open Crafting 8-11 T.O.P.S. 3:30	Bingo 9:30 Exercise class 9:30 Birthday Celebration 11	Open Crafting 8-11 Bridge 12:30	Trick or Treat Bingo Costume Contest Craft room closed	Hello November	



Senior Games
Cook's Bison Farm
Lunch
Fashion
Show



Bingo
Crafting



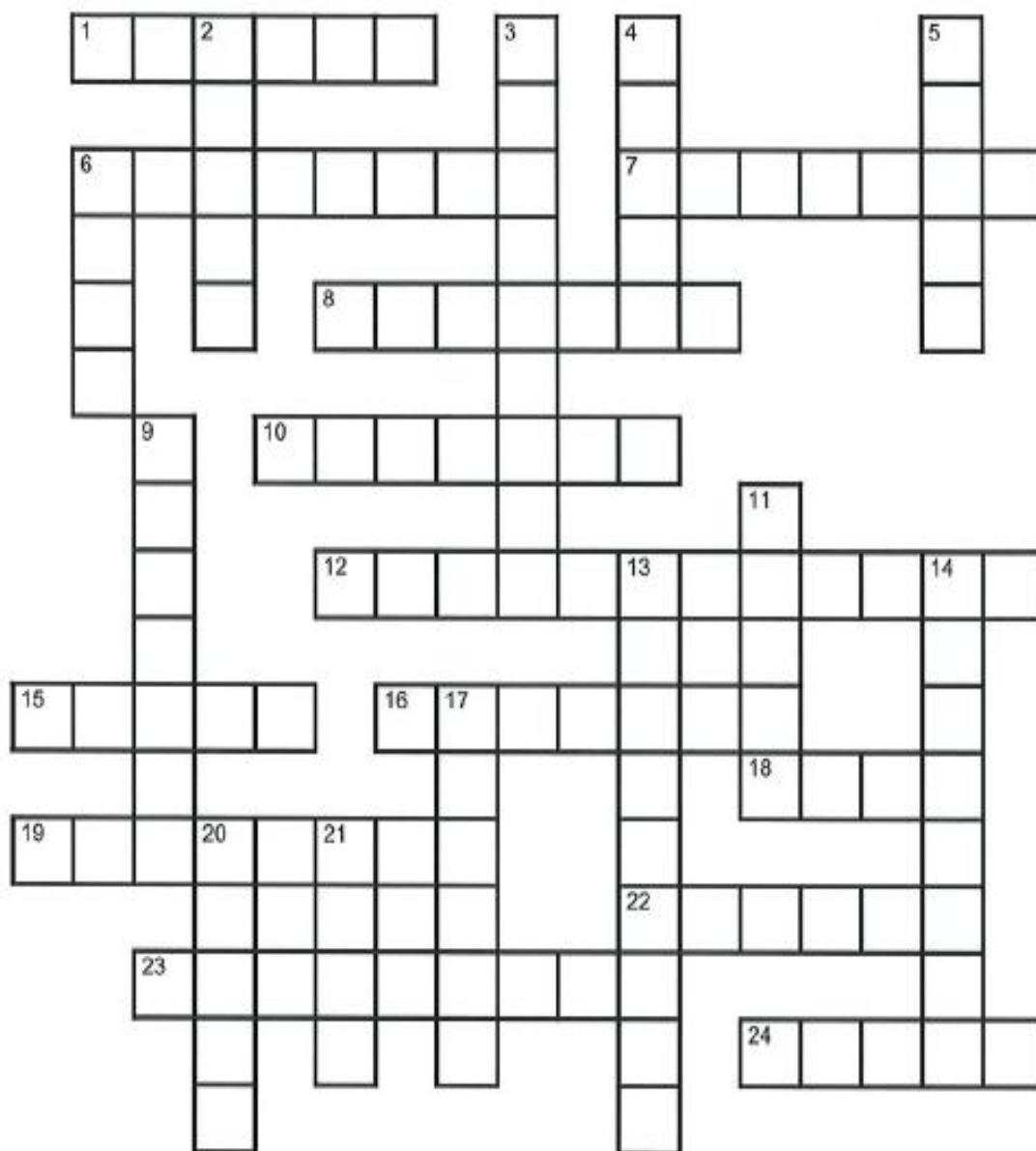
H	A	R	V	E	S	T	E	I	S	E	T
R	S	L	O	E	C	D	D	E	C	H	A
A	E	U	O	L	I	A	V	A	A	S	S
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E	N	E	N	P	U	M	P	K	I	N	R
G	Y	E	L	L	O	W	I	D	S	A	R

WORDS TO FIND:

pumpkin	harvest
yellow	apples
scarecrow	hayride
autumn	red
leaves	Thanksgiving
sunflower	football
acorns	orange
corn	



Acorn
 Apple
 Autumn
 Chestnut
 Cider
 Cobweb
 Fall
 Football
 Gourd
 Halloween
 Harvest
 Hay Bale
 Hayride
 Leaves
 Maize
 November
 Nuts
 October
 Pumpkin
 Quilt
 Rake
 Scarecrow
 September
 Sleet
 Thanksgiving



ACROSS

1. They fall from trees.
6. Popular autumn sport.
7. Jack-o-lantern gourd.
8. The 10th month of the year.
10. The gathering of crops.
12. The fourth Thursday in November.
15. Might be patchwork.
16. Seat at a square dance (two words).
18. Leaf gathering yard tool.
19. They are roasted on an open fire.
22. Halloween decoration made by a spider.
23. The 9th month of the year.
24. Decorative squash.

DOWN

2. Oak tree's fruit.
3. October 31st.
4. Honeycrisp.
5. Also known as corn.
6. The season that follows summer.
9. Fun activity on a farm.
11. Drink made from apples.
13. Used to keep birds off of crops.
14. The 11th month of the year.
17. Another word for the fall season.
20. Semi-frozen rain.
21. What squirrels often gather.





Apple Crisp

Total Time Prep: 20 Min. Bake: 1 Hour

Yield 8 Servings

★★★★☆ **Contest Winner**

Test Kitchen Approved

Every bite of this apple crisp has tart, tender apples and a cinnamon streusel topping. It smells like heaven when it's baking too!

Ingredients

- 1 cup all-purpose flour
- 3/4 cup rolled oats
- 1 cup packed brown sugar
- 1 teaspoon ground cinnamon
- 1/2 cup butter, softened
- 4 cups chopped peeled apples
- 1 cup sugar
- 2 tablespoons cornstarch
- 1 cup water
- 1 teaspoon vanilla extract
- Vanilla ice cream, optional

Directions

- 1 Preheat oven to 350°. In a large bowl, combine the first 4 ingredients. Cut in butter until crumbly. Press half into a greased 2-1/2-qt. baking dish or a 9-in. square baking pan. Cover with apples.
- 2 In a small saucepan, combine the sugar, cornstarch, water and vanilla. Bring to a boil; cook and stir 2 minutes or until thick and clear. Pour over apples. Sprinkle with remaining crumb mixture.
- 3 Bake 60-65 minutes or until apples are tender. Serve warm, with ice cream if desired.



Chicken Biscuit Casserole

Total Time Prep: 15 Min. Bake: 50 Min.

Yield 8 Servings

★★★★☆

Test Kitchen Approved

Chicken biscuit casserole is rich and satisfying with a broccoli cheddar base and a buttery biscuit topping. The recipe comes together in about an hour and is a great way to use up leftover chicken.

Ingredients

- 1 can (10-3/4 ounces) condensed cream of chicken soup, undiluted
- 2/3 cup mayonnaise
- 2 to 3 teaspoons Worcestershire sauce
- 4 cups cubed cooked chicken
- 3 cups chopped broccoli, cooked
- 1 medium onion, chopped
- 1 cup shredded cheddar cheese
- 2 tubes (12 ounces each) refrigerated buttermilk biscuits
- 2 large eggs
- 1/2 cup sour cream
- 2 teaspoons celery seed

Directions

- 1 In a large bowl, combine the soup, mayonnaise and Worcestershire sauce. Stir in the chicken, broccoli and onion. Transfer to a greased 13x9-in. baking dish. Sprinkle with cheese. Cover and bake at 375° for 20 minutes.
- 2 Separate biscuits; cut each in half. Arrange, cut side down, over hot chicken mixture.
- 3 In a small bowl, combine the remaining ingredients; pour over biscuits. Bake, uncovered, 28-32 minutes longer or until biscuits are golden brown and completely baked.



Air-Fryer Pumpkin Fries

Total Time Prep: 25 Min. Cook: 15 Min./Batch

Yield 4 Servings

★★★★☆ **Contest Winner**

Test Kitchen Approved

Move over french fries—these homemade pumpkin fries are divine! Not only are they healthier than traditional fries, but they are

Ingredients

- 1/2 cup plain Greek yogurt
- 2 tablespoons maple syrup
- 2 to 3 teaspoons minced chipotle peppers in adobo sauce
- 1/8 teaspoon plus 1/2 teaspoon salt, divided
- 1 medium pie pumpkin
- 1/4 teaspoon garlic powder
- 1/4 teaspoon ground cumin
- 1/4 teaspoon chili powder

October Trivia Questions

1. Who won the first World Series?
2. What TV show has aired a horror-themed Halloween special every year since October 25, 1990?
3. Why do people wear pink and sport pink ribbons in October?
4. What California national park celebrates has celebrated its birthday every October 1 since 1890?
5. An employee for what company invented the pumpkin spice latte in 2014?
6. What generates more than \$700 billion in sales every year, thanks, in large part, to October?
7. What October sporting tradition started on October 1, 1903?
8. In New England, what do they call people who come to look at the spectacular display of fall leaves?
9. On October 5, 1962, the first James Bond film debuted in London. What was it?
10. What infamous British sketch comedy show first debuted on October 5, 1969 on BBC?
11. What Ford first went on sale on October 1, 1908?
12. The first "talkie" opened in NYC on October 6, 1927. What was it?
13. What radio program panicked Americans on October 30, 1938?
14. What baseball player's nickname is Mr. October?



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HEETT

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**AmeriCorps
Seniors**

R.S.V.P.

Anne King 574-223-3716

rsvpanne84@yahoo.com

Be a SuperHero...Be a Volunteer!



Yes, you can! You can be a volunteer
and make a difference in someone's life.
Contact Anne @ RSVP to find out how!



**Happy
Halloween**



10/01 Linda Hudkins
10/01 Janet Summers
10/04 Nancy Garrett
10/06 Donna Smith
10/07 Barbara Reasoner
10/09 Shirley Calvert
10/10 Ruth Lowe
10/14 Kathy Isbell
10/16 Jo Bowers
10/17 Judy Hazelwood
10/18 Charlotte Miller
10/20 Sharron Mills
10/20 Lois Willians
10/22 John Gamble
10/23 Cheryl Downs
10/25 Vicki Runkle Hammell
10/26 Janet Houlihan



2025 Fundraiser Trips

Saturday, November 1, 2025 = Day bus trip to The Beef House in Covington, IN to see The Fatal 50s Affair. The cast of 50s TV sitcom "Make Way for Winky" is on a reunion tour when an audience member is murdered. Local TV host Barry West leads the audience through this murder-mystery to discover the killer, determining that the Winky cast members are not as wholesome as they appear to be. Cost = \$140/person, and includes transportation, meal, and show ticket.

Monday, December 1 through Thursday, Dec 4, 2025: Bus trip to Branson, Missouri. Cost = \$859/person (dbl occ) or \$1059 (single), and includes all motorcoach transportation, lodging at Hotel Grand Victorian with buffet breakfast, visits to Silver Dollar City, Butterfly Palace Experience, College of The Ozarks tour with Ralph Foster Museum, a performance of David at The Sights & Sounds Theatre, Christmas Wonderland Show, meals at Mel's Hard Luck Diner and College of The Ozarks, Branson Belle Dinner Cruise, a performance by Clay Cooper, and shopping at Grand Village Shops. Your \$100 nonrefundable deposit will hold your seat. This trip is currently waitlist only.

European Riverboat Cruise = Sept 10-20, 2026 = Jewels of the Rhine ~ Visit Switzerland, France, Germany, & The Netherlands all while sailing on a riverboat on the Rhine River. See castles, cathedrals, and the Swiss Alps, among many other sites. Included are 23 meals, free airfare, and an English-speaking crew aboard the riverboat. Flyers are available ~ call for pricing. Trip insurance is highly encouraged. Limited cabins available!

RSVP Volunteer Opportunities

Volunteers are needed to serve as our front desk receptionist, helping to answer the phones and direct walk-in traffic during a 4-hour shift (usually either morning or afternoon). We could also use a few extra volunteers to call Bingo, which is played Mon, Wed, & Fri from 9:30-11am. The rule is: if you can spell Bingo, you can call Bingo! If you would like to help out, please contact Anne for more information!



BINGO

14	24	44	53	68
7	28	31	54	73
2	26	★	51	67
3	22	39	57	75
9	20	37	50	71

Retired & Senior Volunteer Program (RSVP) is a program designed to match individuals (age 55+ who are looking to volunteer) with organizations that are in need of volunteer assistance. Joining RSVP is free and easy! Stop in to see Anne at the Community Center to sign up!



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

AEHD HEAD
KENC NECK
DHSELRU SHOULDER
MRA ARM
LOBWE ELBOW
NDHA HAND
IGNRFES FINGERS
ESCHT CHEST
AMDOENB ABDOMEN
CAKB BACK
PIH HIP
EGL LEG
ENKE KNEE
OTOF FOOT
SOET TOES
ESEY EYES
ONSE NOSE
RSEA EARS
MTUOH MOUTH
HEETT TEETH



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