

The Golden Chronicle

HAPPY

*Mother's
Day*



**MEMORIAL
DAY**

REMEMBERING & HONORING ALL WHO SERVED



“NOTICE”

Tuesday, May 7, 2024

Kitchen & Activities
are CLOSED today
due to voting

VOTE



Happy "50th" Birthday

**Fulton County
Council on Aging**

watch the Newsletter

for upcoming events in

June 2024

Area 5 menu

May 2024

AREA FIVE SENIOR MENU

Monday

Did you know?

Cinco de Mayo ("The Fifth of May") celebrates the victory of the Mexican army over the French army at The Battle of Puebla in 1862.

Tuesday

Wednesday

Thursday

Friday

1
Homemade Beef
Stew
Corn
Peach Cobbler
Biscuit
Milk

2
Sloppy Jo
Tater Tots
Mixed Vegetables
Brownie
Bun
Milk

3
Chicken Fajita
Casserole
Stewed Tomatoes
Snack Cake
Mexican Cornbread
Milk

6
Sausage-Green Bean
& Potatoes
Strawberry Pineapple
Cobbler
Roll
Milk

7
French Onion Chicken
Baby Bakers
Carrots
Cookie
Bread/Margarine
Milk

8
Meatballs in Gravy
White Rice
Vegetable Blend
Mandarin Orange
Cup
Roll
Milk

9
Swiss Mushroom
Burger
Buttered Corn
Baked Beans
Apple Crisp
Bun
Milk

10
Chicken & Gravy
Mashed Potatoes
California Blend
Vegetable
Pudding Cup
Bread/Margarine
Milk

13
Smoked Sausage
Mashed Potatoes
Sauerkraut
Applesauce
Bread/Margarine
Milk

14
Meatloaf Sandwich
Baby Bakers with Sour
Cream
Three Bean Salad
Spiced Peaches
Bread/Margarine
Milk

15
Egg Omelet
Hashbrown Patty
Pear Cup
Yogurt
Biscuit
Milk

16
BBQ Chicken
Baked Beans
Chuckwagon Corn
Pudding Cup
Rye
Bread/Margarine
Milk

17
**CHEFS
SPECIAL**

20
Salisbury Steak
Mashed Potatoes
Carrots
Peach Cup
Bread/Margarine
Milk

21
Lasagna
Toss Salad
Sliced Apples
Flavored Craisins
Garlic Bread
Milk

22
Ham & Beans
Cubed Potatoes
Mousse
Cornbread
Milk

23
Chicken Strips
Peas & Carrots
Mixed Fruit Cup
Cookie
Roll
Milk

24
Chicken Salad
Pasta Salad
Sliced Tomatoes
Poke Cake
Bun
Milk



28
Baked Chicken
Garlic Mashed Potatoes
California Blend
Vegetables
Tropical Fruit Cup
Roll/Margarine
Milk

29
BBQ Pork
Cheesy Potatoes
Stewed Tomatoes
Pie
Bun
Milk

30
Sweet & Sour
Chicken
Fried Rice
Broccoli
Pineapple Cup
Milk

31
Sausage & Egg on
Croissant
Oven Roasted Potatoes
Warm Fruit Compote
Fig Newton
Milk

Important Days in
May:

May 12th-
Mothers Day
"A mother is she
who can take the
place of all
others but whose
place no one else
can take"



May 27th-
Memorial Day"
Our nations owes
a debt to its
fallen heros that
we can never
fully repay!"

2024 May



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29 Bingo 9:30	30	01 Bingo 9:30	02	03 Bingo 9:30	04	05
06 Bingo 9:30	07 Kitchen & Activities closed due to voting	08 Bingo 9:30	09 Crafting Room Closed today	10 Bingo 9:30	11	12 Mother's Day
13 Bingo 9:30	14 Crafting Room Closed	15 Bingo 9:30	16 Crafting Class Closed	17 Bingo 9:30	18	19
20 Bingo 9:30	21	22 Bingo 9:30	23 Kokomo Glass Co. trip must be signed up	24 Bingo 9:30	25	26
27 CLOSED Memorial Day	28 Bakery Bingo 9:30	29 Bingo 9:30	30	31 Bingo 9:30	01 Hello June	02
03	04	Notes: Exercise Class every Monday, Wednesday, Friday starting at 9:30am				

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

WHERE:
ELK'S GOLF COURSE

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 #



625 Pontiac St
Rochester, In. 46975
www.fultoncountycoa.com

Fulton County Council on Aging 32nd Annual Golf Scramble

HAPPY 50TH BIRTHDAY FULTON COUNTY COUNCIL ON AGING

We will be celebrating different events throughout the month of June. Starting with our 32nd annual golf scramble, June 8th, 2024. We are looking forward to making this a fun year and hope you can help us out with sponsorship of a Team, Hole, or cart, or with a donation of merchandise for door prizes. This fundraiser will help benefit Seniors Citizens in our Community, but not just our Senior's, our doors are open to all ages.

Thank you for your support,
Doug Beller, Executive Director &
The staff at Fulton County Council on Aging

STATEMENT OF DONATION

To 32nd annual Council on Aging Golf Scramble

Team Sponsor \$250.00

Hole Sponsor \$175.00

Cart Sponsor \$100.00

Donation Given \$ _____ Date _____

Merchandise

Donation _____

REMITTANCE COPY

DONATION TO THE 32nd ANNUAL COUNCIL ON AGING GOLF SCRAMBLE

Team Sponsor \$250.00

Hole Sponsor \$175.00

Cart Sponsor \$100.00

Donation Given \$ _____ Date _____

Merchandise

Donation _____

Business Name _____



1. What was Memorial Day originally called?

- a. Soldiers Day b. War Day c. Decoration Day

2. When is Memorial Day commemorated in the USA?

- a. Last Monday in May b. 3rd Monday in May c. 24th May

3. Which flowers are associated with Memorial Day?

- a. Red Roses b. Red Poppies c. Red Lilies

4. Memorial Day initially only honored the fallen from which war?

- a. The Revolutionary War b. Mexican - American War c. The American Civil War

5. What city is known as the birthplace of Memorial Day?

- a. Waterloo, New York b. Cincinnati, Ohio c. Romney, West Virginia

6. On Memorial Day, what song is played at 3:00 pm to remember all fallen American soldiers?

- a. Taps b. American Soldier c. Only in America

7. What is the name of the largest national cemetery?

- a. Golden Gate National Cemetery, California b. Arlington National Cemetery, Virginia
c. Calverton National Cemetery, New York

8. Which year did the Civil War end?

- a. 1866 b. 1865 c. 1864

9. Which of the following is commonly used to decorate graves on Memorial Day?

- a. Balloons and Lights b. Flowers, Wreaths and Flags c. Candles and Handwritten Notes

10. What is the top Memorial Day weekend destination?

- a. New York b. Washington D.C. c. Orlando

11. There is something unusual at the Arlington national cemetery. What is it?

- a. The Tomb of the Unknown Soldier b. The Statue of the Unknown Soldier
b. A Big US Flag

12. Many Americans treat Memorial Day as the beginning of which season?

- a. Shopping b. Games c. Summer

Recipe Corner



Sausage, Egg and Cheddar Farmers Breakfast

TOTAL TIME: Prep/Total Time: 30 min.

YIELD: 4 servings.

Sausage, Egg and Cheddar Farmers Breakfast Recipe photo by Taste of Home

This hearty combination of sausage, hash browns and eggs is just right for any breakfast. —Bonnie Roberts, Newaygo, Michigan

Ingredients

6 large eggs
1/3 cup 2% milk (Half & Half tastes better)
1/2 teaspoon dried parsley flakes
1/4 teaspoon salt
6 ounces bulk pork sausage (Use spicy sausage if you want a kick)
1 tablespoon butter
1-1/2 cups frozen, cubed hash brown potatoes, thawed
1/4 cup chopped onion
1 cup shredded cheddar cheese
Optional: Cooked crumbled bacon, minced chives and halved cherry tomatoes

Directions

1. Whisk eggs, milk, parsley and salt; set aside. In a 9-in. cast-iron or other heavy skillet, cook sausage over medium heat until no longer pink; remove and drain. In same skillet, heat butter over medium heat. Add potatoes and onion; cook and stir until tender, 5-7 minutes. Return sausage to pan.
2. Add the egg mixture; cook and stir until almost set. Sprinkle with cheese. Cover and cook for 1-2 minutes until the cheese is melted. If desired, top with bacon, chives and cherry tomatoes.



Easy Ground Beef Taco Salad

TOTAL TIME: Prep/Total Time: 30 min.

YIELD: 6 servings.

Every time I have to bring a dish to a party, friends ask for my taco salad. Even players on my son's football team ask for it. —Lori Buntrock, Wisconsin Rapids, Wisconsin

(This is one of my grand-daughters favorite meals)

Ingredients

1 pound ground beef
1 envelope reduced-sodium taco seasoning
3/4 cup water
1 medium head iceberg lettuce, torn (about 8 cups)
2 cups shredded cheddar cheese
2 cups broken nacho-flavored tortilla chips
1/4 cup Catalina salad dressing

Directions

1. In a large skillet, cook beef over medium heat 6-8 minutes or until no longer pink, breaking into crumbles; drain. Stir in taco seasoning and water; bring to a boil. Reduce heat; simmer, uncovered, 4-6 minutes or until thickened, stirring occasionally. Cool slightly.
2. In a large bowl, toss lettuce with cheese. Top with beef mixture and chips; drizzle with dressing and toss to combine. Serve immediately.



Black Bean and Beef Tostadas

TOTAL TIME: Prep/Total Time: 30 min.

YIELD: 4 servings.

You only need a handful of ingredients to make one of our family's favorites. It's also easy to double for company! —Susan Brown, Kansas City, Kansas

Ingredients

1/2 pound lean ground beef (90% lean)
1 can (10 ounces) diced tomatoes and green chiles, undrained (I use fire roasted tomatoes)
1 can (15 ounces) black beans, rinsed and drained
1 can (16 ounces) refried beans, warmed
8 tostada shells
Optional: Shredded reduced-fat Mexican cheese blend, shredded lettuce, salsa and sour cream

Directions

1. In a large skillet, cook beef over medium-high heat until no longer pink, 4-6 minutes; breaking up beef into crumbles. Stir in tomatoes; bring to a boil. Reduce heat; simmer, uncovered, until liquid is almost evaporated, 6-8 minutes. Stir in black beans; heat through.
2. To serve, spread refried beans over tostada shells. Top with beef mixture; add toppings as desired.



Quick Tater Tots Bake

TOTAL TIME: Prep: 15 min. Bake: 30 min.

YIELD: 4 servings.

I like to make this Tater Tot casserole when time before supper is short. If we have unexpected company, I just double the ingredients and use a 13x9-in. pan. I call it my Please Stay Casserole! —Jean Ferguson, Elverta, California

Ingredients

3/4 to 1 pound ground beef or turkey
1 small onion, chopped
Salt and pepper to taste
1 package (16 ounces) frozen Tater Tots
1 can (10-3/4 ounces) condensed cream of mushroom soup, undiluted
2/3 cup 2% milk or water
1 cup shredded cheddar cheese

Directions

1. Preheat oven to 350°. In a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Season with salt and pepper.
2. Transfer to a greased 2-qt. baking dish. Top with Tater Tots. Combine soup and milk; pour over potatoes. Sprinkle with cheese. Bake, uncovered, 30-40 minutes or until heated through.

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.

CRAFT ROOM NEWS

Painting with Bob Ross

will be held on June 20th at 9:30am. You must sign up at the reception desk by May 15th to attend this class. Limited space.

Craft & Activity Room Closed

from May 3rd to May 20th

NO CRAFT CLASS IN MAY

**Craft Room is open Tuesday & Thursday
8:00am -11:30am**





Thank you, Choral Club, for another wonderful performance

Happy 
Mother's
Day



Answers

1. flowers
2. mother
3. beautiful
4. kisses
5. hugs
6. appreciation
7. children
8. family
9. caring
10. holiday
11. parent
12. celebrate
13. nurture
14. grateful
15. special



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.

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!



New RSVP Members:

*Jim Blair
Barb Ball
Linda Nolte
John Gamble*

May 2024



**AmeriCorps
Seniors**

R.S.V.P.

Anne King 574-223-3716
rsvpanne84@yahoo.com

**Happy
Birthday**

- 05/08 William Sreeton
- 05/11 Robert Hudkins
- 05/14 Eddie Smoker
- 05/16 Elaine Bye
- 05/16 Connie Gamble
- 05/18 Christine Medeiros
- 05/21 Don Christenson
- 05/22 Joan Ginther
- 05/23 Ilene Howard
- 05/24 Vicki Onstott
- 05/25 Don Abbott
- 05/31 Donna Cannedy

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



Benefits of Volunteering

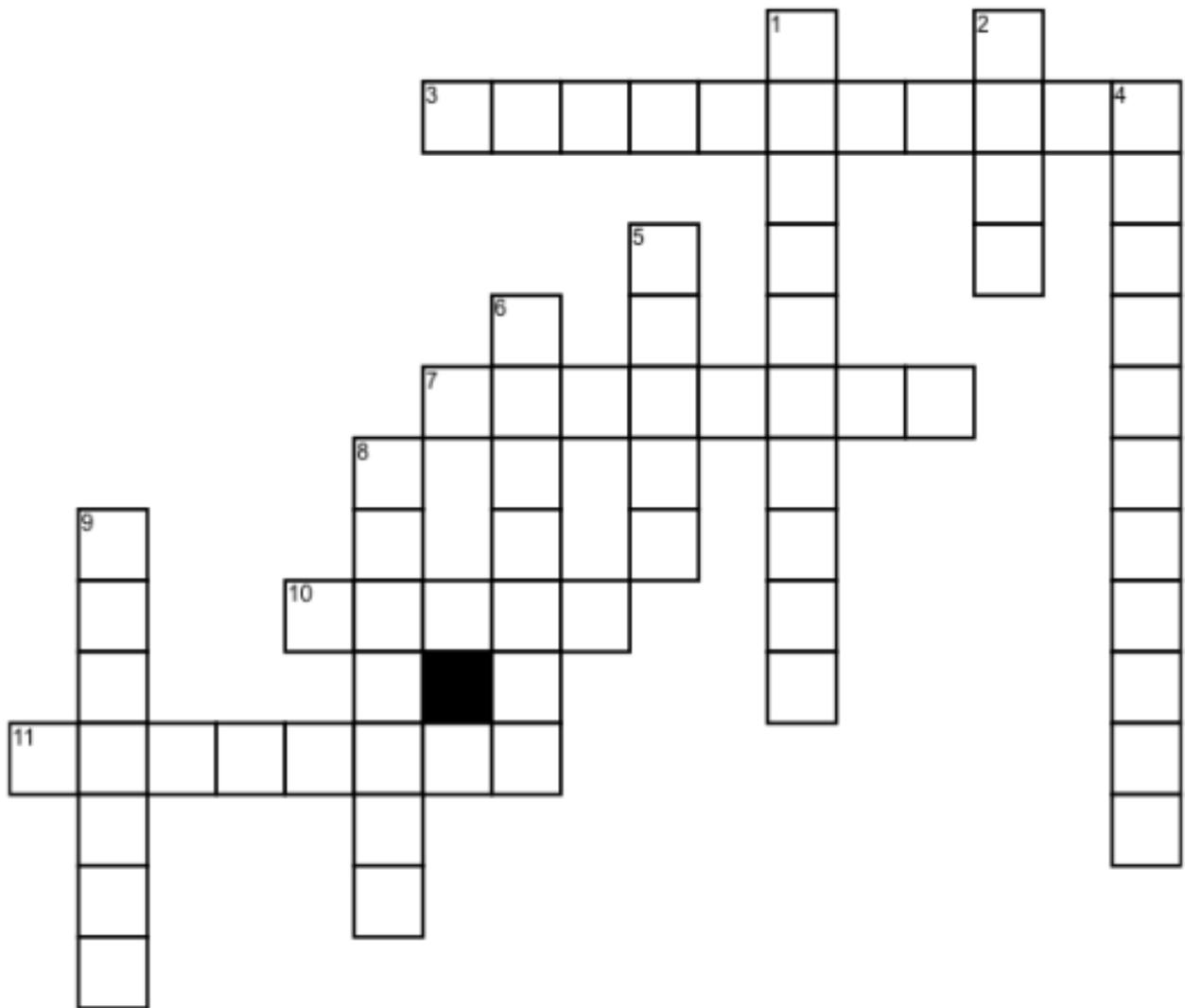
- Provides you with a sense of purpose and community
 - You can meet new friends
 - You can improve your social skills
 - Improves your self-esteem
 - Brings fun to your life!

Join RSVP and watch your world open up!

Volunteer Needs:

- + Volunteers are needed at our receptionist front desk
- + Volunteers are needed at Woodlawn Hospital
 - + Can you spell BINGO? If you said yes, we could use you to call BINGO!





Across

- 3. The field or ground on which a battle is fought
- 7. Soldiers in the armed forces
- 10. Great courage in the face of danger, especially in battle
- 11. Place where people are buried

Down

- 1. A badge, medal, etc., worn as a mark of honor

- 2. A person noted for courageous acts or nobility of character

- 4. A document embodying or displaying an announcement

- 5. Joining of different smaller pieces to create one larger unit

- 6. Past events

- 8. Brave spirit or conduct; courage; valor

- 9. Freedom from external rule; independence

♥ Mother's Day ♥

WORD SCRAMBLE

1. SFOEWRL _____
2. MHORET _____
3. UALFIEBTU _____
4. SISSEK _____
5. SUHG _____
6. RAAIIOPEPNTC _____
7. ECRDNIHL _____
8. LAMYFI _____
9. AGNCIR _____
10. LOHIDAY _____
11. ANPTRE _____
12. EATELRBEC _____
13. RTUEURN _____
14. FRUETGAL _____
15. PCSIAEL _____



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



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