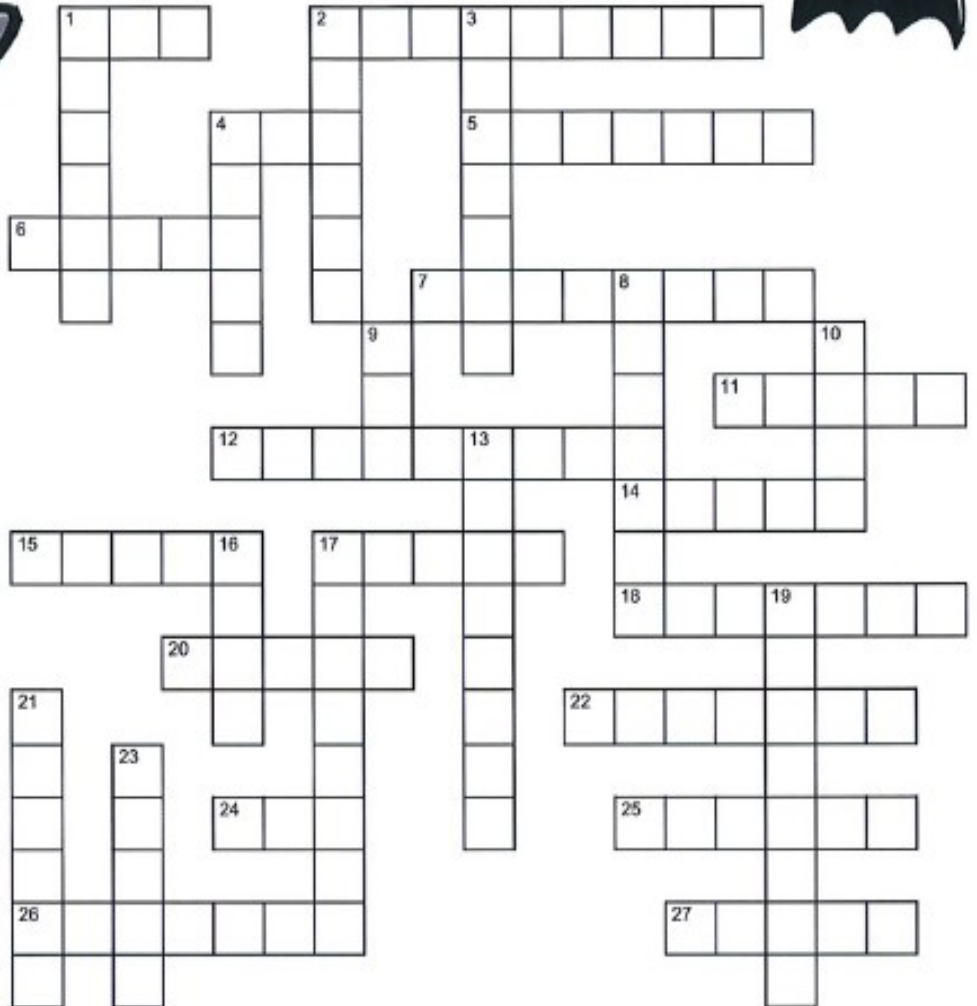


*Hello, October.*  
Surprise me.





# Halloween



**Across**

- 1. He swallowed the canary.
- 2. Playground for ghosts.
- 4. What a spider spins.
- 5. Frankenstein has one.
- 6. When ghosts come out to play.
- 7. Scare.
- 11. What the pot might call the kettle.
- 12. October 31st.
- 14. \_\_\_\_ or treat.
- 15. Witch transportation.
- 17. Frightening.
- 18. The Count.
- 20. A skeleton is just a bunch of these.
- 22. Disguise.
- 24. Lives in the belfry.
- 25. Incey wincey is one of these.
- 26. Main ingredient in a popular pie.
- 27. \_\_\_\_ stories.

**Down**

- 1. Where a vampire sleeps.
- 2. Evil or mischievous creature.
- 3. He hates garlic.
- 4. Samantha for example.
- 8. \_\_\_\_ house.

- 9. Who? Who?
- 10. Mr. O'Lantern.
- 13. Comes out on full moon nights.
- 16. Might be full, half, or new.
- 17. A boney sort of fellow.
- 19. Fire burn, and \_\_\_\_ bubble.
- 21. When something makes our skin crawl, it's this.
- 23. Found in Egypt.





# AREA 5 MENU

Please call 2 day ahead for this service.

## October 2023

## AREA FIVE SENIOR LUNCH MENUS

**Monday**

**2**  
Spaghetti with  
Meat Sauce  
Italian Vegetables  
Warm Spiced  
Apples  
Garlic Toast  
Milk

**9**  
Pot Pie  
Buttered Corn  
Warm Spiced  
Peaches  
Brownie  
Roll  
Milk

**16**  
Chicken & Noodles  
Mashed Potatoes  
Green Beans  
Cookie  
Wheat Bread/Margarine  
Milk

**23**  
Charbroiled Chicken  
Burger  
Broccoli  
Mandarin Orange Cup  
Fruit Crisp  
Bun  
Milk

**30**  
Baked Pork Chop  
Macaroni & Cheese  
Candied Carrots  
Brownie  
Wheat  
Bread/Margarine  
Milk

**Tuesday**

**3**  
Baked Pork Chop  
Sweet Potatoes  
Brussel Sprouts  
Fruit Cobbler  
Bread/Margarine  
Milk

**10**  
Meatloaf  
Mashed Potatoes  
Carrots  
Fruit Cup  
Wheat  
Wheat Bread/Margarine  
Milk

**17**  
Smoked Sausage  
Oven Fried Potatoes  
Squash  
Bun  
Snack Cake  
Milk

**24**  
BBQ Pork  
Cheesy Potatoes  
Carrots  
Peach Cup  
Bun  
Milk

**31**  
Chicken Cutlet  
Sweet Potatoes  
Broccoli  
Pineapple Tidbits  
Wheat  
Bread/Margarine  
Milk

**Wednesday**

**4**  
BBQ  
Chicken Cutlet  
Macaroni & Cheese  
California BI Veg  
Strawberry Applesauce  
Cup  
Bun  
Milk

**11**  
Biscuits &  
Sausage Gravy  
Hashbrown Patty  
Mandarin Orange  
Cup  
Cookie  
Milk

**18**  
Italian Chicken Patty  
Red Skinned  
Potatoes  
California  
Pear Cup  
Wheat  
Bread/Margarine  
Milk

**25**  
Br. Chicken Patty  
Kale Salad  
Diced Pears  
Dump Cake  
Bun  
Milk

**Thursday**

**5**  
Ham & Beans  
Diced Potatoes  
Fruit Cup  
Cornbread  
Milk

**12**  
Baked Chicken  
Rice Pilaf  
Toss Salad  
Pineapple Cup  
Wheat  
Bread/Margarine  
Milk

**19**  
Homemade Beef  
Stew  
Cabbage  
Peach Cobbler  
Biscuit  
Milk

**26**  
Salisbury Steak  
Mashed Potatoes  
Brussel Sprouts  
Cookie  
Roll  
Milk

**Friday**

**6**  
Potato Crusted Fish  
Scalloped Potatoes  
Broccoli  
Pudding  
Wheat Bread/Margarine  
Milk

**13**  
Goulash  
Peas  
Cornbread  
Snack Cake  
Milk

**20**  
Sloppy Jo  
Baby Bakers  
Butter Cauliflower  
Mixed Fruit Cup  
Bun  
Milk

**27**  
Beef Taco Meat  
Salsa/Sour Cream  
Shredded Cheese  
Lettuce  
Peaches  
Choc Chip Cookie  
Tortilla  
Milk



**Did You Know?**

October comes from the Latin word "octo" which means eight.



**(574)-223-8170**

# October 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2 Book Club 10am	3	4	5	6	7	
8	9 Make it & Taste it with Mona 10am	10	11	12	13	14	
15	16 Book Club 10am	17 BAKERY BINGO 9:30AM	18	19 Crafting with Kathy 9:30	20	21	
22	23	24 MOVIE 12:15	25	26	27	28	
29	30 TRICK OR TREAT BINGO 9:30	31 HAPPY HALLOWEEN	1 HELLO NOVEMBER	2	3	4	
5 LOOKING FOR SOMETHING TO DO	6 	Notes Join an <u>Exercise Class</u> every Monday, Wednesday, Friday starting at 9:30am Join <u>BINGO</u> every Monday, Wednesday, Friday starting at 9:30am try your hand at <u>Bridge</u> every Thursday at 12:00pm					or

# KEWANNA-UNION TOWNSHIP 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

**THURSDAYS FROM 10:30-12:00**

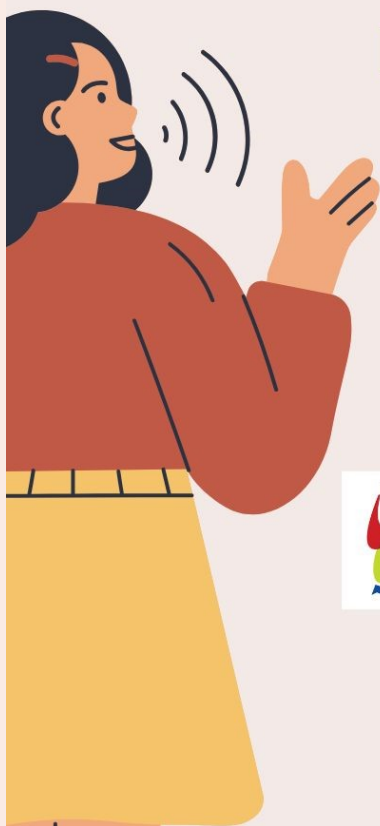
**OCTOBER 5 - NOVEMBER 9**

**REGISTER AT THE LIBRARY  
OR CALL 574-653-2011**

An Indiana Lifelong Arts  
Program for Older Adults  
Sponsored by



**Facilitated by local artist  
Jennifer Weinert**

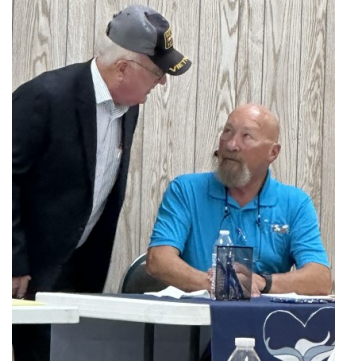


# Join a cooking class Make it & Taste it with Mona Quick and easy tasty meal/snacks



We are at that time of year again,  
when the weather can change at any time.  
Please listen to 92.1 WROI for any  
delays or cancelations with  
Fulton County Community Resource Center,  
Council on Aging or Fulton County Transpo.  
Be careful out there.

# Celebrating our Vietnam Veterans



## T.O.P.S.

(Taking Off Pounds Sensibly)

T.O.P.S. has a new meeting location. The organization now meets each Tuesday at the Fulton County Community Resource Center & Council on Aging, 625 Pontiac St., Rochester.

Weigh in begins at 3:30, with the meeting and program following. Join us and see how T.O.P.S. (a nonprofit organization) can help you!





## Butternut Squash Soup with Apple Grilled Cheese Sandwiches

Layering apple slices into grilled cheese sandwiches adds a little crunch to a favorite soup dipper. And creamy butternut squash soup with ginger, cumin and turmeric is a nice change of pace from grilled cheese's usual tomato soup partner. If you have a sensitive palate, you can cut back on the spices. Be sure to use seasonal squash for the best squash flavor. Serve the duo for a comforting and easy weeknight dinner for the family. The soup keeps well in the fridge, so save leftovers for lunch or dinner later in the week.

By [Breana Lai Killeen, M.P.H., RD](#) Updated on November 2, 2022

Reviewed by Dietitian [Emily Lachtrupp, M.S., RD](#)

Prep Time: 30 mins

Additional Time: 15 mins

Total Time: 45 mins

### Nutrition Profile:

Bone Health Egg Free Healthy Aging Healthy Immunity Healthy Pregnancy High Calcium High Fiber Low Added Sugars Low-Calorie Nut-Free Soy-Free Vegetarian

## Ingredients

- 2 tablespoons grapeseed oil or coconut oil, divided (Olive oil work too)
- 1 cup chopped onion
- 2 tablespoons minced fresh ginger
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- ¼ teaspoon cayenne pepper, plus more for garnish (Optional)
- 5 cups cubed (1-inch) peeled butternut squash
- 1 (15 ounce) can light coconut milk, divided (I use evaporated milk)
- 2 cups low-sodium no-chicken broth or chicken broth
- 1 small apple, thinly sliced, divided
- ¼ teaspoon salt
- 1 tablespoon lime juice
- 4 slices whole-wheat country bread
- 1 cup shredded smoked Gouda or Cheddar cheese
- Ground pepper for garnish

## Directions

Heat 1 tablespoon oil in a large saucepan over medium heat. Add onion and ginger; cook, stirring, until starting to soften, about 3 minutes. Add cumin, turmeric and cayenne; cook, stirring, for 30 seconds. Add squash, coconut milk (reserve 4 tablespoons for garnish, if desired), broth, half the apple slices and salt. Bring to a boil. Reduce the heat to maintain a simmer and cook, stirring occasionally, until the squash is tender, about 20 minutes. Stir in lime juice. Remove from heat.

### Step 2

Puree the soup in the pan using an immersion blender or in batches in a blender. (Use caution when blending hot liquids.)

### Step 3

Divide 1/2 cup cheese between 2 slices of bread. Top with the remaining apple slices, cheese and bread. Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium heat. Add the sandwiches and cook until lightly browned on both sides and the cheese is melted, about 2 minutes per side. Cut in half. Garnish the soup with the reserved coconut milk, more cayenne and ground pepper, if desired.

## Sweet Potato & Black Bean Chili

Make a double batch of this quick vegetarian chili, full of black beans and sweet potatoes, and eat it for lunch the next day or freeze the extras for another night.

By [EatingWell Test Kitchen](#) Updated on July 27, 2023

Reviewed by Dietitian [Breana Lai Killeen, M.P.H., RD](#)

Active Time: 25 mins

Additional Time: 15 mins

Total Time: 40 mins

Yield: 4 servings, about 2 cups each

### Nutrition Profile:

Dairy-Free Gluten-Free Nut-Free Soy-Free Vegan Vegetarian

## Ingredients

- 1 tablespoon plus 2 teaspoons extra-virgin olive oil
- 1 medium-large sweet potato, peeled and diced
- 1 large onion, diced
- 4 cloves garlic, minced (I use 1-2 cloves)
- 2 tablespoons chili powder
- 4 teaspoons ground cumin
- ½ teaspoon ground chipotle chile (You can also use regular chili powder)
- ¼ teaspoon salt
- 2 ½ cups water
- 2 15-ounce cans black beans, rinsed
- 1 14-ounce can diced tomatoes
- 4 teaspoons lime juice
- ½ cup chopped fresh cilantro (I prefer basil)

## Directions

### Step 1

Heat oil in a Dutch oven over medium-high heat. Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, about 4 minutes. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, for 30 seconds. Add water and bring to a simmer. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes.

### Step 2

Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, about 5 minutes. Remove from heat and stir in cilantro.



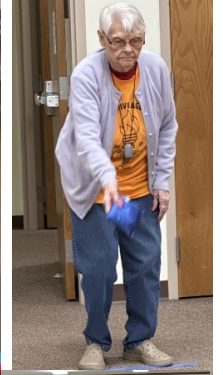
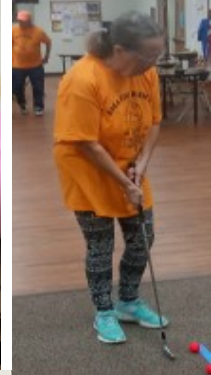


October  
Crafting  
Class



**The Crafting Room is in-need of a few things.  
If you have these items laying around and  
would like to donate them contact us  
(574)-223-6953  
Pine Cones, Walnut Shells, Acorns.**





# Senior Games 2023



# HAPPY HALLOWEEN

## Other Trip Opportunities:

Branson, MO = Dec 4-7, 2023 = Waitlist Only

Iceland = March 6-12, 2024

Canadian Rockies is Back! = Aug 4-11, 2024

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

Day trip = Beef House, Covington IN = Cost = \$120 to see a performance of The Hallelujah Girls on Sat Oct 28, 2023.

Cost includes transportation, meal, and show ticket.

Only a few seats left!



## New RSVP Members

*Sharon Van Sickel*

*Scott Zeyen*

*Terry Screeton*

*Dona Lowe*

*Judy Hazelwood*



**Have you been thinking about volunteering? Would you like to give back to your community? It's not scary! If you are age 55 or better, stop in to see Anne King at the RSVP office in the Community Center. You can volunteer as much or as little as you have time for – we're flexible! Come and learn a new skill, or utilize talents you already have, and make new friends in the process. You'll be glad you did!**



**AmeriCorps  
Seniors**

R.S.V.P.

Anne King 574-223-3716

rsvpanne84@yahoo.com



10/01 *Linda Hudkins*

10/01 *Janet Summers*

10/04 *Nancy Garrett*

10/06 *Mary Barnett*

10/06 *Donna Smith*

10/08 *Vicki Hines*

10/08 *Cozetta Piper*

10/09 *Shirley Calvert*

10/10 *Ruth Lowe*

10/12 *Carolyn Griffey*

10/14 *Kathy Isbell*

10/16 *Jo Bowers*

10/17 *Judy Hazelwood*

10/18 *Charlotte Miller*

10/20 *Sharon Mills*

10/20 *Lois Williams*

10/21 *Daniel Hill*

10/23 *Cheryl Downs*

10/26 *Janice Houlihan*

10/28 *Therese German*

# Become a Volunteer



## Day Trip: Friday November 17, 2023

*Join us for a day in Shippshewana. We'll have a light lunch, followed by stops to learn about an Amish school, buggy shop, Silver Star leather, Crystal Valley Wood Working. Leo's Rug weaving, saddles & harnesses, and more! We'll finish with a full Amish dinner. Cost = \$149 includes all transportation and meals. Call Anne 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



**MOBILE FOOD PANTRY**  
**TUESDAY, OCTOBER 10, 1:00PM**  
**MILL CREEK CHURCH**  
**1336 ST RD 25 N**  
**ROCHESTER**



**RATES:**

**IN TOWN - \$2.00 PER TRIP**  
**IN COUNTY - \$4.00 PER TRIP**  
**SENIORS - DONATION ONLY**

**TO:**



**\*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