



THE GOLDEN CHRONICLE

July 2025

www.fultoncountycoa.com



If you would like to try your luck at the machine's,
then come with us to

Four Winds Casino, South Bend

Tuesday, July 15, 2025

Buses leave at 9:15am

The cost is \$5.00.

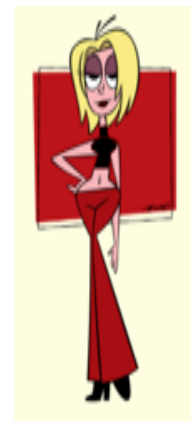
Food and Gambling is on your own.

Call or stop by to reserve your seat.

Fulton County Council on Aging

625 Pontiac St., Rochester, In. 46975

574-223-6953



Looking for Models

Fulton County Council on Aging will host a fashion show in August 2025, date to be determined.

you are interested in being a model, please

contact Mona or leave your name at the
reception desk.

Clothing provided by Brooch Boutique



*Join Anne for a fun
scrapbooking class!*

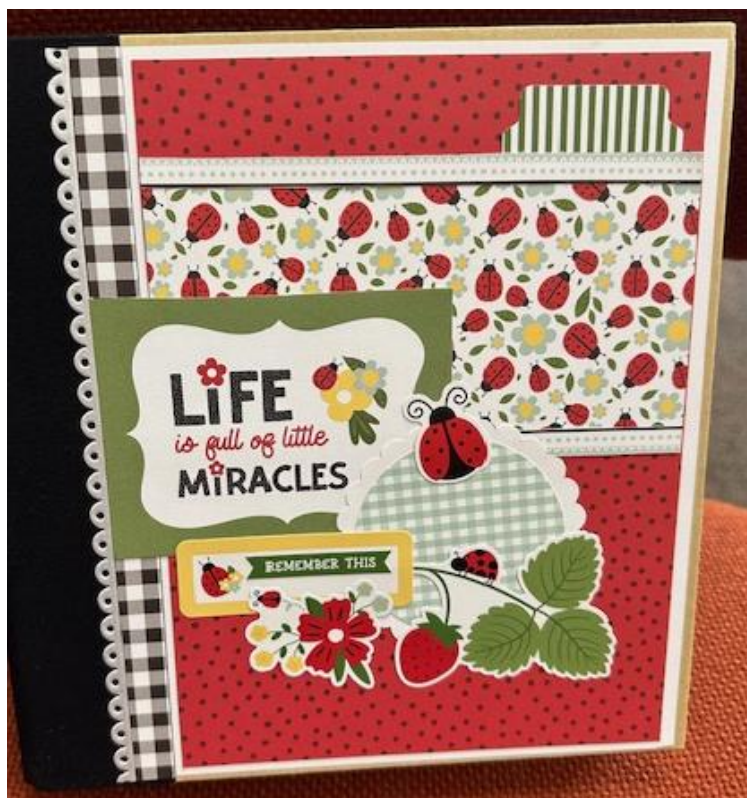
When: Tues July 22 at 9:30am

@ Community Center

Theme: Life is Full of Little Miracles

*The class is free,
but please sign up ahead of time.*

Limited spots!





If



Your contribution is very important!

PLEASE ACCEPT MY DONATION OF:

☐ \$300 ☐ \$200 ☐ \$100 ☐ \$50 ☐ \$25 ☐ Other _____

Name: _____

Address: _____ ***City:*** _____ ***State:*** _____ ***Zip:*** _____

Home Ph: _____ ***Cell Ph:*** _____ ***Email (optional):*** _____

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

Thank You for your donation

Name: _____

Home Ph: _____ **Cell Ph:** _____ **Email (optional):** _____

Thank You for your donation



Thank you all for your support

Destinations by Donna

Clays Flooring

Signs & Designs by Lewis

Webb's Family Pharmacy

First Federal Savings Bank

Joe's Hope Foundation

Fulton County Solid Waste District

Shephard's Chevrolet

Fulton County REMC

Edward Jones

Casey's

Smith Farm Store

Culligan

Mona Elsea

Eagles # 852

Elks # 2120

Rusty Moore

Tidewater Tax Service

Good Family Funeral

Perkins & Adley LLC

Gast Heating & Cooling

Smith, Sawyer & Smith

Lance Nelson

Flirt Boutique

Flag Pole

Brooch Boutique

BSN Sports Ed Pfeiffer

Kroger

Rochester Glass

Amy Roe

Jeretty's Place

Wilson's Body Shop

Hoffman Quality Graphics

Tic Toc Trophy Shop

Indiana Farm Bureau

Town of Akron

Blake Hardesty

Good Oil Company

Tom Bauter Tax Service

R.S.V.P. Anne King

Beacon Credit Union

Dairy Queen

Byers Family

Starbucks

Carla Smiley

Savannah Stephens

Rochester Telephone Co.

Devon Renesberger

All our golfers

With all of your support this was another wonderful year

THANK YOU! From all of us at




Fulton County Council on Aging

Fulton County Transpo



Fulton County Wellness Center

July 2025

MON	TUE	WED	THU	FRI	SAT	SUN
	1	2	3	4	5	6
Monday	Tuesday Open Crafting 8-11 T.O.P.S. 3:30	Wednesday Bingo 9:30 Exercise class 10	Thursday Open Crafting 8-11 Chair Yoga 10:30 Bridge 12	Friday CLOSED Happy 4th of July	Saturday	Sunday
7	8	9	10	11	12	13
Bingo 9:30 Euchre 9:30 Exercise class 10	Open Crafting 8-11 T.O.P.S. 3:30	Bingo 9:30 Exercise class 10	Make it & taste it with Mona 10:00 Bridge 12	Bingo 9:30 Exercise class 10		
14	15	16	17	18	19	20
Bingo 9:30 Euchre 9:30 Exercise class 10	South Bend Cason 9:15am Open Crafting 8-11 T.O.P.S. 3:30	Bingo 9:30 Exercise class 10	Crafting with Kath 9:30 Bridge 12	Bingo 9:30 Exercise class 10		
21	22	23	24	25	26	27
Bakery Bingo Bingo 9:30 Euchre 9:30 Exercise class 10	Scrapbook with Anne 9:30 T.O.P.S. 3:30	Bingo 9:30 Exercise class 10	Open Crafting 8-11 Chair Yoga 10:30 Bridge 12	Bingo 9:30 Exercise class 10 Karaoke 11am		
28	29	30	31			
Bingo 9:30 Euchre 9:30 Exercise class 10	Open Crafting 8-11 T.O.P.S. 3:30	Bingo 9:30 Exercise class 10 Birthday Party	Open Crafting 8-11 Chair Yoga 10:30 Bridge 12	Only 5 months left to shop for Christmas		

July 2025

AREA FIVE AGENCY SENIOR MENU

Monday

Tuesday

Wednesday

Thursday

Friday



Quarter Pound
Hot Dog
Tater Tots
Creamed Corn
Pineapple Cup
Hot dog Bun
Milk

Sloppy Jo
Macaroni &
Cheese
Mixed Vegetables
Applesauce
Bun
Milk

Cabbage Rolls
Mashed Potatoes
Cucumber, Tomato
& Onion Salad
Peaches
Roll
Milk



Stuffed Green Pepper
Sweet Potatoes
Green Peas
Peach Cup
Bread
Milk

Sausage Gravy
Scrambled Eggs
Diced Potatoes
Mandarin Orange Cup
Biscuit
Milk

Boneless Chicken Wing
w/ sauce
Scalloped Potatoes
Green Beans
Fruit Crisp
Bread
Milk

Philly Cheesesteak
Diced Potatoes
Peas & Carrots
Cake
Bun
Milk

Turkey & Cheese
Macaroni Salad
Sliced Cucumbers
Fruit Cup
Bun
Milk

Honey BBQ Beef Patty
Macaroni & Cheese
Seasoned Green Beans
Fresh Fruit Salad
Bun
Milk

Chicken Sliders (2)
Sweet Potatoes
Fruit Crisp
Kale Salad
Bun (2)
Milk

Meatballs in Sauce
Rice Pilaf
Italian Blend
Vegetable
Pineapple Cup
Bread
Milk

Swiss Mushroom
Burger
Tater Tots
Buttered Corn
Pear Cup
Bun
Milk

Egg Salad
Baked Chips
Fresh Fruit
Apple Crisp
Croissant
Milk

Polish Sausage
Mashed Potatoes
Sauerkraut
Applesauce
Bread
Milk

Meatloaf Sandwich
Baby Bakers
Seasoned Green
Beans
Peach Cup
Bread
Milk

Sausage Patty
Fried Egg
Hashbrown Casserole
Watermelon
English Muffin
Milk

BBQ Chicken
Baked Beans
Chuckwagon Corn
Nutty Bar
Bread
Milk

Sub Sandwich
Potato Salad
Grilled Corn Salad
Dump Cake
Milk

Vegetable Soup
Tuna Melt Slider
Spiced Peaches
Cottage Cheese
Milk

Lasagna Roll Up
Italian Beans
Warm Spiced
Apples
Garlic Bread
Milk

Pork Ribette
Red Skinned
Potatoes
Spinach
Fresh Orange
Bun
Milk

Salisbury Steak & Gravy
Mashed Potatoes
Normandy Blend
Vegetables
Cookie
Bread
Milk

Did you know?

July 4 wasn't deemed a federal holiday until 1870, nearly 100 years after the nation was founded.

Independence Day, also known as the Fourth of July, celebrates the American colonies severing ties with the British and the beginning of what we know now as the United States of America.



Pork Kabobs

Total Time Prep: 15 Min. + Marinating
Grill: 15 Min.

Yield 8 Servings

★★★★☆

Test Kitchen Approved

Juicy and easy to prep, these pork kabobs are a tasty addition to the weekly lineup or for entertaining guests with minimal time in the kitchen.

Ingredients

- 2 cups plain yogurt
- 2 tablespoons lemon juice
- 4 garlic cloves, minced
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground coriander
- 2 pounds pork tenderloin, cut into 1-1/2-inch cubes
- 8 small white onions, halved
- 8 cherry tomatoes
- 1 medium sweet red pepper, cut into 1-1/2-inch pieces
- 1 medium green pepper, cut into 1-1/2-inch pieces
- Salt and pepper to taste

<https://www.tasteofhome.com/recipes/marinated-pork-kabobs/print/>

18/25, 1:38 PM

Pork Kabobs Recipe: How to Make It

Directions

- 1 In a shallow dish, combine yogurt, lemon juice, garlic, cumin and coriander. Add pork and turn to coat; cover and refrigerate 6 hours or overnight.
- 2 Alternate pork, onions, tomatoes and peppers on 8 metal or soaked wooden skewers. Sprinkle with salt and pepper. Grill, covered, over medium heat until meat juices run clear, 15-20 minutes, turning occasionally.



Sweet Macaroni Salad

Total Time Prep: 20 Min. + Chilling

Yield 16 Servings

★★★★☆

Test Kitchen Approved

A sweet out-of-the-ordinary dressing makes this macaroni salad special. My aunt gave me the recipe and it has become one of my favorites. I occasionally leave out the green pepper if I know that people don't like it, and it still tastes great. —Idalee Scholz, Cocoa Beach, Florida

Ingredients

- 1 package (16 ounces) elbow macaroni
- 4 medium carrots, shredded
- 1 large green pepper, chopped (I prefer red bell pepper)
- 1 medium red onion, chopped
- 2 cups mayonnaise
- 1 can (14 ounces) sweetened condensed milk
- 1 cup cider vinegar
- 1/2 cup sugar
- 1 teaspoon salt
- 1/2 teaspoon pepper



Hawaiian Turkey Burgers

Total Time Prep/Total Time: 25

Yield 4 Burgers

★★★★☆

Test Kitchen Approved

My Husband and I love to grill, so hamburgers are often on the menu. This recipe uses ground turkey instead of beef. Topped with pineapple slices, these burgers are moist and juicy. —Babette W. Atglen, Pennsylvania

Ingredients

- 1 can (8 ounces) sliced pineapple
- 1/2 cup dry bread crumbs
- 1/2 cup sliced green onions
- 1/2 cup chopped sweet red pepper
- 1 tablespoon reduced-sodium soy sauce
- 1/4 teaspoon salt
- 1 pound lean ground turkey or ground beef
- 2 tablespoons reduced-sodium teriyaki sauce
- 4 sesame hamburger buns

Directions

- 1 Drain pineapple, reserving 1/4 cup juice (discard remaining juice or save for another use); set pineapple aside. In a large bowl, combine the bread crumbs, onions, red pepper, soy sauce, salt and reserved pineapple juice. Crumble turkey over mixture and mix lightly but thoroughly. Shape into 4 patties.
- 2 On a lightly oiled grill rack, grill, covered, over medium heat for 3 minutes on each side. Brush with teriyaki sauce. Grill 4-6 minutes longer on each side or until a thermometer reads 165° and juices run clear.
- 3 Grill pineapple slices for 2 minutes on each side, basting occasionally with teriyaki sauce. Warm buns on grill; top each with a burger and pineapple slice.



Directions

- 1 Cook macaroni according to package directions. Drain and rinse in cold water; drain well.
- 2 In a large bowl, combine macaroni and vegetables. Whisk together remaining ingredients until smooth and sugar is dissolved; stir into macaroni mixture. Refrigerate, covered, overnight.



Creamy Pineapple Fluff Salad

Total Time Prep/Total Time: 25 Min.

Yield 16 Servings

★★★★☆

Test Kitchen Approved

Guests of all ages will gravitate to this traditional "fluff" salad, chock-full of pineapple, marshmallows and cherry bits. —Janice Hensley, Owingsville, Kentucky

Ingredients

- 1 package (8 ounces) cream cheese, softened
- 1 can (14 ounces) sweetened condensed milk
- 1/4 cup lemon juice
- 2 cans (20 ounces) pineapple tidbits, drained
- 1-1/2 cups multicolored miniature marshmallows, divided
- 1 carton (8 ounces) frozen whipped topping, thawed
- 1/2 cup chopped nuts
- 1/3 cup maraschino cherries, chopped

Directions

- 1 In a large bowl, beat cream cheese, milk and lemon juice until smooth. Add pineapple and 1 cup marshmallows; fold in whipped topping. Sprinkle with nuts, cherries and remaining marshmallows. Refrigerate leftovers.



Grilled Angel Food Cake with Strawberries

Total Time Prep/Total Time: 15 Min.

Yield 8 Servings

★★★★☆

Test Kitchen Approved

One night I goofed, accidentally using the balsamic butter I save for grilling chicken on my pound cake. What a delicious mistake that my entire family loved! For a patriotic look, add a drizzle of blueberry syrup. —Tammy Hathaway, Freeman Twp, Maine

Ingredients

- 2 cups sliced fresh strawberries
- 2 teaspoons sugar
- 3 tablespoons butter, melted
- 2 tablespoons balsamic vinegar
- 8 slices angel food cake (about 1 ounce each)
- Optional: Reduced-fat vanilla ice cream and blueberry syrup

Directions

- 1 In a small bowl, toss strawberries with sugar. In another bowl, mix butter and vinegar brush over cut sides of cake.
- 2 On a greased rack, grill cake, uncovered, over medium heat until golden brown, 1-2 minutes on each side. Serve cake with strawberries and, if desired, ice cream and blueberry syrup.



Southern Coleslaw

Total Time Prep: 15 Min. + Chilling

Yield 16 Servings

★★★★☆

Test Kitchen Approved

My mother used to make this salad on holidays. With all the cabbage that is grown here, this coleslaw recipe is a real natural for us! —Deb Darr, Falls City, Oregon

Ingredients

- 1 medium head green cabbage, shredded (about 8 cups)
- 1 cup shredded red cabbage
- 4 to 5 carrots, shredded
- 1 cup mayonnaise
- 2 tablespoons cider vinegar
- 1/2 cup sugar (I prefer brown sugar)
- 1 teaspoon salt
- 1/4 teaspoon pepper

Directions

- 1 In a large bowl, combine cabbage and carrots; set aside. In a small bowl, combine the remaining ingredients; pour over cabbage mixture. Toss well and refrigerate overnight.





HELP FILL THE NEED

Donate blood!



**American
Red Cross**

Blood Drive

Fulton County Community Center

**Terry Moore Memorial Activity Room
625 Pontiac St
Rochester**

**Tuesday, August 12
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.



Scan to be directed to
RapidPass®

**Come give Aug 1 to 28 for a \$15 e gift card to choice of
merchant!**



Scan to schedule
an appointment.

1-800-RED CROSS | 1-800-733-2767 | RedCrossBlood.org | Download the Blood Donor App



**American
Red Cross**

4TH OF JULY

WORD SEARCH

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

America

Blue

Britain

Celebrate

Declaration

Fireworks

Flag

Fourth

Freedom

Holiday

Independence

July

Liberty

Parade

Picnic

Red

Sparklers

Stars

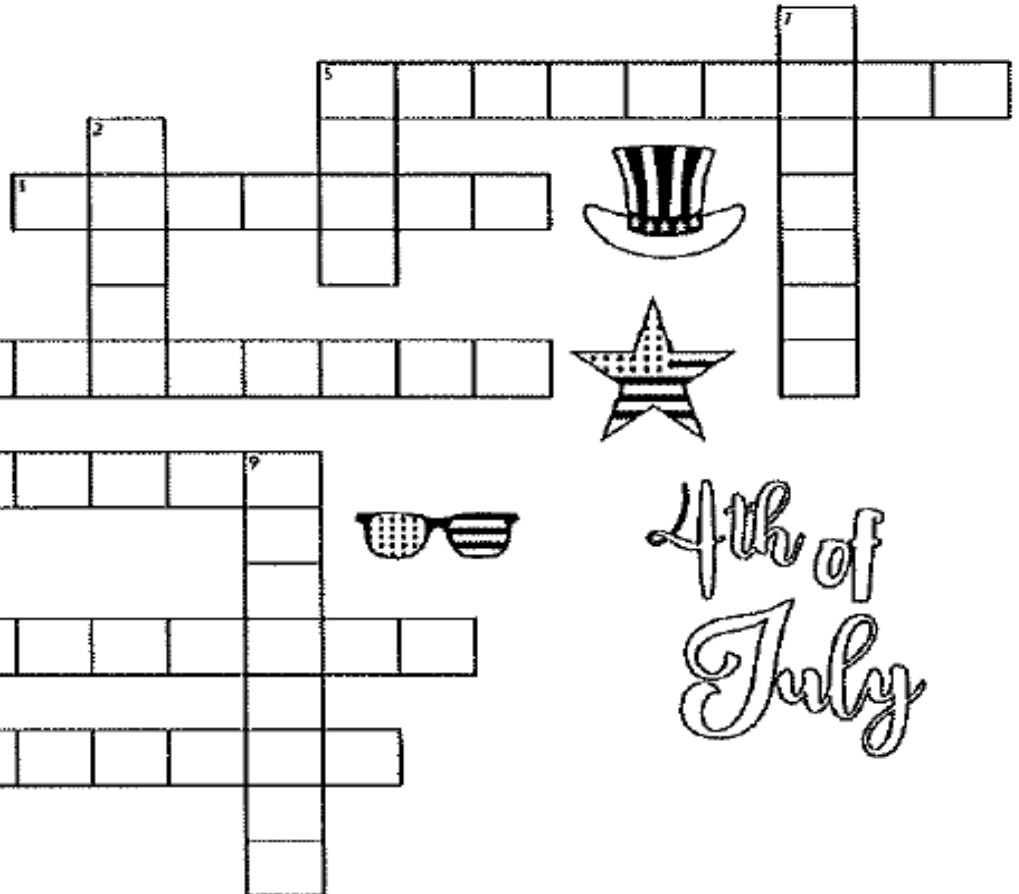
Stripes

Summer

United

White





DOWN

2. A bird with a hooked beak and sharp talons
4. A piece of fabric with a design, often flown on a pole
5. Task that must be done
7. A person who loves and strongly supports their country
9. Armed forces of a country

ACROSS

1. The main building of a government
3. A person who has served in the army
4. Explosive devices that produce a colorful display of sparks and loud noises
5. A form of government with elected officials
6. Treating people equally and without bias
8. A song that expresses strong feelings of loyalty



for a fun scrapbook
22 at 9:30am @ Cor
Life is Full of Little



Volunteer, but please sign up
Limited spots!

RSVP Days 2025 @ Recycling Center:

Sat July 19, Sat Aug 23, Sat Oct 4

If you would like to help at the Recycling Center,

contact Anne King at 574-223-3716 t

o sign up! All dates are 8AM to 12noon.



07/02 Larry Mikesell
07/09 Bonnie Dunbar
07/13 Pat Bingle
07/16 Jane Davidson
07/16 Steve Politz
07/18 Pat Pomeroy
07/20 Tami Power
07/22 Kathy Amor
07/23 David Moore
07/24 Donna Kotouc
07/24 Brenda Malott
07/24 Janet Sheetz
07/26 Betty Jo Pugh
07/26 Barb Van Duyne
07/30 Isa Kennall
07/30 Kristine Martin
07/31 Richard Fletcher

Happy Birthday America!



Additional Volunteer Needs

Volunteers are needed to help at our front desk answering phone calls

Also, volunteers may be needed to help at the 4H Fair July 6-12

Please contact Anne at 574-223-3716 if you are interested!



**AmeriCorps
Seniors**

R.S.V.P.

Anne King 574-223-3716

rsvbanne84@yahoo.com

2025 Fundraiser Trips

Monday, September 8, 2025 = Day bus trip to The Blue Gate Theatre in Shipshewana, IN to see The Rise & Fall of Miss Fannie's Biscuits. Fannie Miller makes the finals of the Tuscarawas County Baking Contest, but calls her retired cop friend Foster Bates to help investigate when other contestants start disappearing. Foster and Fannie stay on the case until the end, learning about solving mysteries, baking contests, and life. Cost = \$140/person, and includes transportation, meal, and show ticket.

Albuquerque Balloon Fiesta, New Mexico = October 3-8, 2025 = Trip includes roundtrip airfare, 8 meals, attend the Mass Ascension of Balloons, visit the Indian Pueblo Cultural Center with Native American Dance performance, Old Town Albuquerque guided tour, Evening Balloon Glow, Pecos National Historic Park, and tour of Santa Fe, including San Miguel Mission and Loretto Chapel = Call for pricing = Flyers available.

Don't wait on this one - Limited Seating!

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.



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

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