

The Golden Chronicle



With the passing of Ocelia Conklin, it has caused me to reflect on all the people we have lost since I started here. They all had such wonderful stories to tell, and I loved to listen to them all. I could listen for hours to Ruthie Campbell's stories of her travels and adventures over her lifetime. Tim Taber being hearing impaired, inspired me to learn another language (sign language) so we could communicate. Still a work in progress. Ray Welch was an incurable flirt with a big heart. Brenda Harrell could be a force, but I always saw a different side of her, and I loved our talks. Ocelia Conklin always had a smile, hug, and kiss for me every time I saw her. She always had to stop at the window to wave hello and blow a kiss to her boyfriend Rusty. These are some of the people here that we have lost and are still missed. I could go on and on about each one of them, but my Newsletter is not big enough. I feel honored to have known them. You will always be in our memories.





Fulton County Council on Aging



625 Pontiac St, Rochester, IN 46975



Your contribution is very important!
All donations made to the COA are tax deductible.

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!

Area 5 Menu

574-223-8170

March 2024

AREA FIVE SENIOR MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



DID YOU KNOW?
 Alexander Graham Bell made the first ever phone call on March 10th, 1876. He called his assistant and said "Mr. Watson, come here. I want to see you."

"March, when days are getting long, Let thy growing hours be strong to set right some wintery wrongs."



4
 Baked Pork Chop
 Macaroni & Cheese
 Candied Carrots
 Brownie
 Wheat
 Bread/Margarine
 Milk

5
 Chicken Cutlet
 Sweet Potatoes
 Broccoli
 Pineapple Tidbits
 Wheat
 Bread/Margarine
 Milk

6
 Smoked Sausage
 Sauerkraut
 Mashed Potatoes
 Peach Cup
 Hot dog Bun
 Milk

7
 Chicken & Dumplings
 Vegetable Blend
 Applesauce
 Brownie
 Roll
 Milk

8
 Country Fried Steak
 Garlic Mashed Potatoes
 Seasoned Green
 Beans
 Fruit Cup
 Wheat Bread
 Milk

11
 Baked Ziti with Italian Sausage
 Toss Salad
 Cinnamon
 Applesauce
 Garlic Toast
 Milk

12
 Chicken Parmesan
 Garlic Mashed Potatoes
 California Bl Veg
 Pudding Cup
 Wheat
 Bread/Margarine
 Milk

13
 Pork Ribette
 Sweet Potatoes
 Spinach
 Oatmeal Crème
 Pie
 Bun
 Milk

14
 Beef Patty
 Red Skinned Potatoes
 Stewed Tomatoes
 Jello
 Bun
 Milk

15
 Chili w/ Beans
 Baby Bakers
 Broccoli
 Crackers
 Milk

18
 Spaghetti with Meat Sauce
 Italian Vegetables
 Tropical Fruit
 Dump Cake
 Garlic Toast
 Milk

19
 Smoked Pork Chop
 Sweet Potatoes
 Brussel Sprouts
 Fruit Cobbler
 Wheat
 Bread/Margarine
 Milk

20
 BBQ
 Chicken Cutlet
 Macaroni & Cheese
 California Bl Veg
 Strawberry
 Applesauce Cup
 Bun
 Milk

21
 Ham & Beans
 Diced Potatoes
 Fruit Cup
 Cornbread
 Milk

22
 Potato Crusted Fish
 Scalloped Potatoes
 Broccoli
 Pudding
 Wheat
 Bread/Margarine
 Milk

25
 Pot Pie
 Corn
 Cinnamon
 Applesauce
 Brownie
 Milk

26
 Meatloaf
 Mashed Potatoes
 Carrots
 Wheat
 Bread/Margarine
 Fruit Cup
 Milk

27
 Biscuits & Sausage
 Gravy
 Hashbrown Patty
 Mandarin Orange
 Cup
 Cookie
 Milk

28
 Baked Chicken
 Rice Pilaf
 Broccoli
 Pineapple Cup
 Wheat
 Bread/Margarine
 Milk

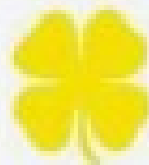
29
GOOD FRIDAY
AGENCY CLOSED

2024 March



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26	27	28	29	01	02	03
04 Euchre 9:30 Exercise class 9:30	05 T.O.P.S. 3:30	06 Employee Chili Cook-off	07 Chair Yoga 10:30	08	09	10 Time Change Spring Foward
11 Euchre 9:30 Exercise class 9:30	12 MAKE IT & TASTE IT WITH MONA 10AM T.O.P.S. 3:30	13 Piano by Isa 11am	14 Chair Yoga 10:30	15	16	17 Happy St. Patrick's Day
18 Euchre 9:30 Exercise class 9:30	19 T.O.P.S. 3:30	20 Piano by Isa 11am	21 CRAFTING WITH KATHY 9:30 Chair Yoga 10:30	22 Karaoke	23	24
25 Euchre 9:30 Exercise class 9:30	26 T.O.P.S. 3:30	27 Senior's Birthday Party Piano by Isa 11am	28 Chair Yoga 10:30	29 GOOD FRIDAY CLOSED	30	31 Happy Easter
01 APRIL FOOLS DAY	02	Notes: Exercise class every Monday, Wednesday, Friday 9:30 Crafting room open every Tuesday, Thursday, Friday 8am-11:30am				

ST. PATRICK'S DAY CROSSWORD PUZZLE



Across

4. capital of Ireland
5. a type of Irish dance
7. If you do not wear green on March 17 this will happen
9. the day St. Patrick's Day falls on
11. the national emblem of Ireland
12. yellow and blue make _____
13. from Ireland

Down

1. the 3rd month of the year
2. good fortune
3. nonsense or misleading talk
6. called the Emerald Isle
7. a starchy vegetable
8. a sprite
10. 4 leaf _____



Easter

Word Search



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



Word list:

BASKET
BOUQUET
BUNNY
CARROTS

CELEBRATION
CHICKS
CHOCOLATE
COTTONTAIL

DYE
EGGS
FIND
FLOWERS

HIDE
HOP
PEEP
RABBIT



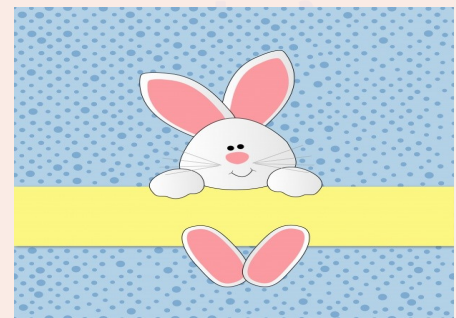
EMPLOYEE CHILI COOK-OFF

Wednesday, March 6, 2024, 11-11:30am

Try our Chili's and vote for your favorite.



March 21, 2024
Craft project



Make it & Taste it with Mona



Recipe Corner

Meatball Parm in a Blanket



Recipe courtesy of The Kitchen

Show: The Kitchen Episode: Game Day Grub

Level: Easy
Total: 35 min
Active: 20 min
Yield: 25 to 30 pieces

Ingredients:

One 13.8-ounce tube refrigerated thin crust pizza dough
All-purpose flour, for dusting
1 cup pizza or marinara sauce, plus more for dipping
1 cup shredded mozzarella
30 bite-size frozen meatballs, defrosted

Directions:

- 1 Preheat the oven to 425 degrees F. Line a baking sheet with parchment paper.
- 2 Unroll the dough onto a clean, lightly floured work surface. Slice the dough into 3 equal strips widthwise. Spread a thin layer of pizza sauce, about 2 tablespoons, onto each dough strip, making sure to leave a border without sauce. Sprinkle about 1/4 cup of the cheese onto each strip. Line up the meatballs side by side along the length of each dough strip. You should get about 10 meatballs per strip.
- 3 Roll the dough up to cover the meatballs, forming a log. Slice the log in between each meatball, then pinch the dough together on one end of each sliced piece to seal. Put the pieces on the baking sheet pinched-side down (exposed meatball side up). Top each with about a teaspoon of sauce and a sprinkle of cheese.
- 4 Bake until the dough is golden brown, 12 to 15 minutes. Let cool a few minutes before serving. Serve with warm pizza or marinara sauce on the side for dipping.



Shoestring Carrot Fries



Recipe courtesy of The Kitchen

Show: The Kitchen Episode: Hit Re-Fresh

Level: Intermediate
Total: 20 min
Active: 20 min
Yield: 2 to 4 servings

Ingredients:

2 cups canola oil
2 teaspoons apple cider vinegar
One 10-ounce bag shredded carrots
Kosher salt
2 tablespoons finely chopped fresh mint
2 teaspoons orange zest

Directions:

Special equipment: a deep-frying thermometer and a 3-ounce travel spray bottle

- 1 Put the oil in a medium pot and heat over medium-high heat until a deep-frying thermometer registers 325 degrees F. Line a plate with paper towels and put it next to the pot. Add the vinegar to a 3-ounce travel spray bottle and set aside.
- 2 Line another plate with paper towels, put the carrots on the plate and pat with additional paper towels to dry thoroughly. This will prevent the oil from splattering when the carrots are added.
- 3 Working in batches, fry the carrots until light brown and crispy, 2 to 3 minutes. Transfer to the paper towel-lined plate.
- 4 Season the carrot fries with salt, sprinkle over the mint and orange zest and spray with a couple of spritzes of cider vinegar.



Corned Beef and Cabbage

What's more Irish than a traditional recipe for corned beef and cabbage? Serve with mustard or horseradish if desired.

Submitted by Laria Tabul Tested by Allrecipes Test Kitchen

Cook Time: 2 hrs 30 mins
Total Time: 2 hrs 30 mins
Servings: 6

Ingredients

1 (3 pound) corned beef brisket with spice packet
10 small red potatoes
5 medium carrots
1 large head cabbage

Directions

Step 1

Gather all ingredients.

Step 2

Place corned beef in a Dutch oven and cover with water. Add spice packet, cover, and bring to a boil. Reduce heat and simmer until corned beef is just about fork-tender, about 2 hours.

Step 3

While the corned beef is simmering, cut potatoes in half. Peel carrots and cut into 3-inch pieces. Cut cabbage into small wedges.

Step 4

When corned beef has cooked for 2 hours, add potatoes and carrots; cook until vegetables are almost tender and meat is fork-tender, about 10 minutes. Add cabbage and cook until tender, about 15 more minutes.

Step 5

Remove meat and let rest for 15 minutes. Leave broth and vegetables in the Dutch oven. Slice meat across the grain. Serve with vegetables and broth.

From the Editor

Total cook time for corned beef to be fork-tender should be between 45 and 50 minutes per pound. Please adjust if your corned beef is larger or smaller than 3 pounds.





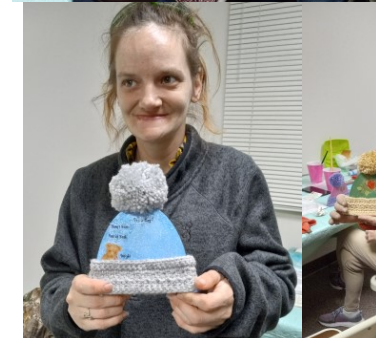
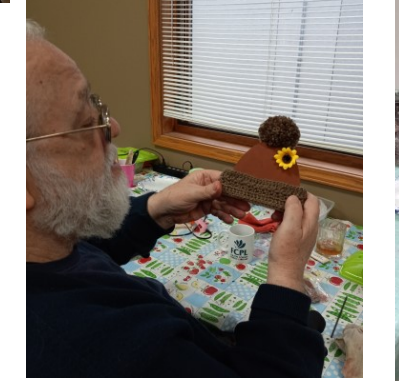
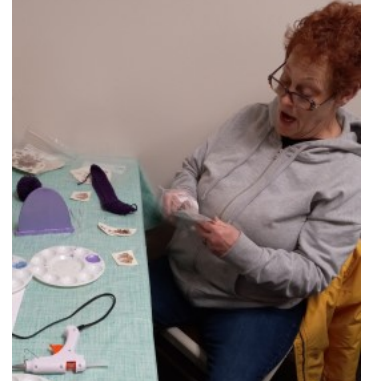
Scrapbooking with Anne

Scrapbooking with Anne



Some of our February Birthday people
 Cake sponsored by
 Life Care Center of Rochester





Crafting with Kathy





For full details of any of these trips please check our website at www.fultoncountycoa.com or contact Anne 574-223-3716

Maine & Newport, Rhode Island = September 8-14, 2024

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

Tournament of Roses Parade = Dec 29 2024 thru Jan 2 2025

Donna's Birthday Bash Cruise = Feb 15-23, 2025

Alaskan Cruise = June 17-29, 2025

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

“NEWLY ADDED DAY TRIPS”

Oklahoma
May 11, 2024

Cornwell's
Turkeyville Dinner
Theatre

R.E.S.P.E.C.T.
JULY 20, 2024

The Beef House
Restaurant and
Dinner Theatre

HAPPY EASTER



AmeriCorps Seniors

R.S.V.P.

Anne King 574-223-3716

rsvpanne84@yahoo.com



- 03/05 Diane Jones
- 03/05 Willis Willard
- 03/10 David Mygrant
- 03/11 Connie Walters
- 03/18 Gary Donaldson
- 03/18 Joe Moore
- 03/22 Lisa Byers
- 03/28 Wilma Graves



Become a Volunteer

Sunday March 31 = Wishing you a Happy Easter



Feeling Lucky

RSVP is a great way to get involved and feel good about yourself! Our Retired & Senior Volunteer Program has many opportunities for you to serve your community. If you are age 55 or better, please stop in and say hello to Anne King. Joining RSVP is free and easy. Bring your photo ID and fill out one simple form. BANG! = You're in!!! Our community always has several ways for you to help out. So, join RSVP today and start feeling good about yourself!



Green Carnations 2024 = RSVP is selling green carnation. This fundraiser benefits RSVP and our volunteers and activities. Flowers will cost \$1.75 each, and individuals and businesses are welcome to purchase. Delivery day is Friday, March 15, or flowers can be picked up at the Community Resource Center that day. Contact Anne to order!





**FULTON COUNTY
COMMUNITY CENTER**

50 Years

Come in and celebrate with us as
Fulton County Council on Aging
celebrates its 50th anniversary.

We will celebrate in the month of June,
starting off with our
Annual Golf Scramble on June 8th, 2024.

Check out our Newsletter or online at
www.fultoncountycoa.com

For upcoming events



Valentine King & Queen Winners

Randy & Laura Baugher

Crowning & Pictures to be held at a later date.



Chair Yoga
Thursdays at 10:30



Piano by Isa
Wednesdays at 11am

**Volunteer blanket
maker Wilma**



**Call Christianah to see if
she can help with your taxes**



NEWSLETTER

**If you would like to receive the Newsletter in the mail,
Please fill out the form below and return it to:**

**Fulton County Community Resource Center
& Council on Aging
625 Pontiac St.
Rochester, In. 46975**

★ **NAME** _____
★ **Street** _____
★ **CITY** _____ **STATE** _____ **ZIP** _____





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;

Sunday, March 10, 2024



**Check us out online at
www.fultoncountycoa.com**



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