

The Golden Chronicle



hello,
FEBRUARY!

Groundhog Day Feb. 2, 2024



I'M A RODENT

NOT A METEOROLOGIST

Volunteer models needed.



Spring Fashion Show

Coming in March

Please contact Mona at 574-223-6958

If you would like to be one of our models



CORINNE AND MARTY LUCAS

New folk with a subtle infusion of jazz and soul elements.

Accessible space.
Have a special need request or inquiry?
Call or text 574-316-0278.

The HeARTery

414 East Main Street - Kewanna

RETURN TO NORMAL

♥ FREE EVENT ♥

SUNDAY, FEBRUARY 11

from 3:00-5:00 PM



AREA 5 MENU

For more information on this Service: call 574-223-8170

February 2024

AREA FIVE SENIOR MENU

Monday

Tuesday

Wednesday

Thursday

Friday

Did you know?

Groundhog Day, celebrated on February 2nd, came about because of a German superstition. They thought if a hibernating animal cast a shadow on February 2nd that winter would last another six weeks. If there was no shadow, spring would come early.

5
Spaghetti with Meat Sauce
Italian Vegetables
Tropical Fruit Cup
Dump Cake
Garlic Toast
Milk

6
Smoked Pork Chop
Sweet Potatoes
Brussel Sprouts
Nutty Bar
Wheat
Bread/Margarine
Milk

7
BBQ
Chicken Cutlet
Macaroni & Cheese
California Bl Veg
Strawberry Applesauce Cup
Bun
Milk

8
Ham & Beans
Oven Fried Potatoes
Pudding Cup
Cornbread
Milk

9
Sloppy Jo
Baby Bakers
Buttered Cauliflower
Mixed Fruit Cup
Bun
Milk

12
Charbroiled Chicken
Burger
Broccoli
Mandarin Orange Cup
Snack Cake
Bun
Milk

13
Meatloaf
Mashed Potatoes
Carrots
Wheat
Bread/Margarine
Fruit Cup
Milk

14
Biscuits & Sausage
Gravy
Hashbrown Patty
Mandarin Orange Cup
Cookie
Milk

15
Baked Chicken
Rice Pilaf
Green Beans
Pineapple Cup
Wheat
Bread/Margarine
Milk

16
CHEFS SPECIAL

19
PRESIDENTS DAY
AGENCY CLOSED

20
Smoked Sausage
Oven Fried Potatoes
Candied Carrots
Snack Cake
Hot dog Bun
Milk

21
Italian Chicken Patt
Red Skinned Potatoes
California Bl Veg
Wheat
Bread/Margarine
Pear Cup
Milk

22
Homemade Beef
Stew
Corn
Biscuit
Peach Cobbler
Milk

23
Potato Crusted Fish
Tatar Sauce
Scalloped Potatoes
Broccoli
Fruit Cup
Bread/Margarine
Milk

26
Pot Pie
Corn
Cinnamon Applesauce
Brownie
Milk

27
BBQ Pork
Cheesy Potatoes
Carrots
Peach Cup
Bun
Milk

28
Br. Chicken Patty
Red Skinned Potatoes
Diced Pears
Dump Cake
Bun

29
Salisbury Steak
Mashed Potatoes
Brussel Sprouts
Cookie
Roll
Milk



Advice from a Snowman:
Be a happy jolly soul,
spend time outdoors
Avoid Meltdowns
Be well rounded, live well, Life is short!

2024 February



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	30	31	01 Bridge 12:30 Chair Yoga 10:30	02 Exercise Class 9:30 Groundhog Day	03	04
05 Exercise Class 9:30 Euchre 9:30	06	07 Exercise Class 9:30	08 Scrap Booking with Anne 9:30 Bridge 12:30 Chair Yoga	09 Exercise Class 9:30 Voting for King & Queen	10	11 SuperBowl Sunday
12 Exercise Class 9:30 Euchre 9:30	13 Make it & Taste it with Mona 10:00	14 Crowning of the 2024 King & Queen	15 Crafting with Kathy 9:30 Bridge 12:30	16 Exercise Class 9:30	17	18
19 President's Day CLOSED	20 Bakery Bingo 9:30	21 Exercise Class 9:30	22 Bridge 12:30	23 Exercise Class 9:30 Karaoke 11am	24	25
26 Exercise Class 9:30 Euchre 9:30	27	28 Exercise Class 9:30	29 The Price is Right 10:00 Bridge 12:30	01 Hello March	02	03
04	05	Notes: Open crafting every Tuesday, Thursday, Friday 8am - 12pm "Chair Yoga" 10:30 every Thursday @ 10:30, This class is by Donation				



FEBRUARY

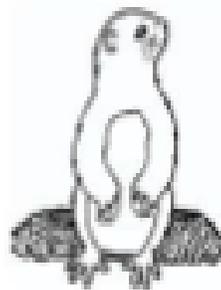
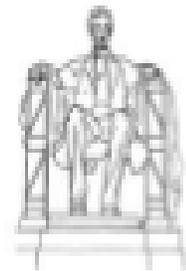
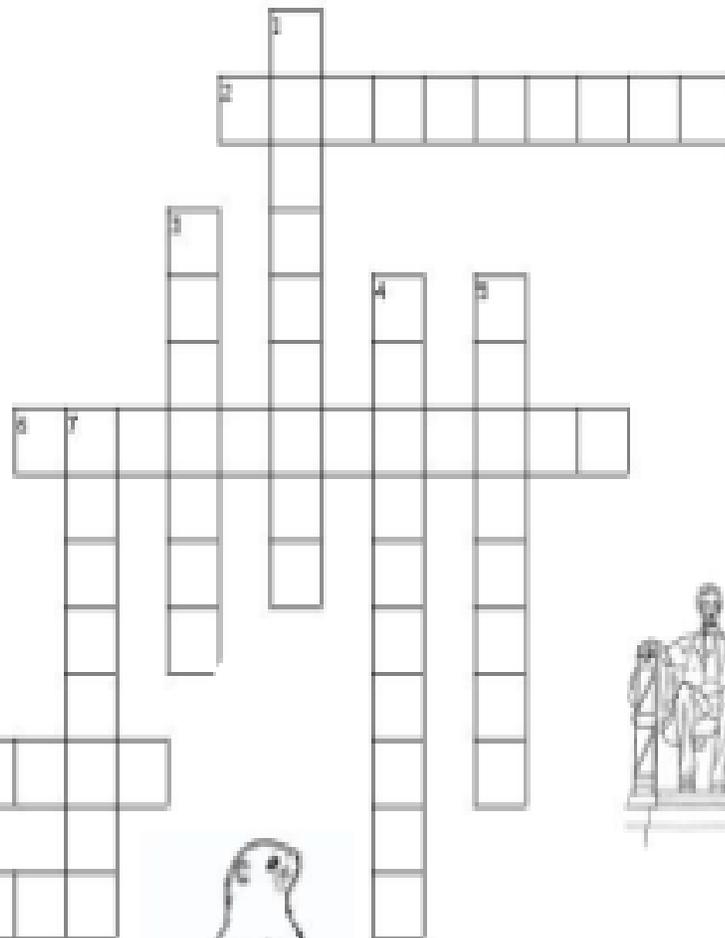
WORD SEARCH

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

ARROW
 CHILI DAY
 CHINESE NEW YEAR
 CHOCOLATE
 CUPID
 FEBRUARY
 FLOWERS
 FRIENDS
 GROUNDHOG DAY
 KINDNESS
 LEAP YEAR
 LOVE
 MARDI GRAS
 NUTELLA
 PARTY
 PRESIDENTS DAY
 SUPER BOWL
 SWEETHEART
 VALENTINES
 WINTER



FEBRUARY



Across

2. _____ Day - A Holiday Celebrating Our Leaders
6. February is _____ Month (2 words)
8. The Sweetest Day
9. February's Season

Down

1. February 2 is _____ Day
3. President Abraham _____
4. Our first President (last name)
5. February is the _____ month
7. Happens every 4 years (2 words)

Candy Trivia

1. Which candy was seen in a movie first, then became a real brand?
2. Which candy is said to have defined an American generation?
3. What sugar sweet treat sticks to your face?
4. Peanut Butter candies goes by what name?
5. The little mints that have been freshening our breath for decades are?
6. The lollipops with gum in the center are?
7. Four sticks of wafer covered in chocolate is a?
8. Which candy has a colorful crispy shell?
9. The combination of a biscuit, caramel and chocolate is a?
10. The small round candy with a hole in the middle is a?
11. The candy that is a movie theater staple is?
12. Which candy is served through a cartoon head?
13. Which chocolate bar has the same name as a planet?
14. Which candy brand has the famous peanut Butter cups?
15. What candy is famous for its small, colorful, button shaped candies that come in a variety of flavors?
16. What candy has chocolate coated malted milk balls?

Recipe Corner

Tender Beef over Noodles

TOTAL TIME: Prep: 15 min. Cook: 5-1/2 hours

YIELD: 2 servings.

I dress up stew meat with noodles and a slightly sweet red sauce for this satisfying main dish. It goes terrific with a salad and garlic bread. —Olivia Gust, Salem, Oregon

Taste of Home

Ingredients

1/2 pound beef stew meat
1/3 cup chopped onion
1 teaspoon canola oil *"I use olive oil"*
1 cup water, divided
1/3 cup ketchup
1 tablespoon brown sugar
1 tablespoon Worcestershire sauce
1/2 teaspoon paprika
1/4 teaspoon ground mustard
3 tablespoons all-purpose flour
1 cup uncooked egg noodles
Minced fresh parsley, optional

Directions

1. In a small skillet, brown beef and onion in oil; drain. Transfer to a 1-1/2-qt. slow cooker.
2. In a small bowl, combine 1/2 cup water, ketchup, brown sugar, Worcestershire sauce, paprika and mustard; pour over meat. Cover and cook on low until meat is tender, about 5 hours.
3. Combine flour and remaining water until smooth; stir into meat mixture. Cover and cook until thickened, about 30 minutes longer.

4. Meanwhile, cook noodles according to package directions; drain. Stir in parsley if desired. Serve with beef.

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Semisweet Chocolate Mousse

TOTAL TIME: Prep: 20 min. + chilling

YIELD: 2 servings.

A friend shared this rich velvety chocolate mousse recipe with me. I love to cook and have tons of recipes, but this one is a favorite. Best of all, it's easy to make. —Judy Spencer, San Diego, California

Ingredients

1/4 cup semisweet chocolate chips
1 tablespoon water
1 large egg yolk, lightly beaten
1-1/2 teaspoons vanilla extract
1/2 cup heavy whipping cream
1 tablespoon sugar
Optional: Whipped cream and raspberries

Directions

1. In a small saucepan, melt chocolate chips with water; stir until smooth. Stir a small amount of hot chocolate mixture into egg yolk; return all to the pan, stirring constantly. Cook and stir for 2 minutes or until slightly thickened. Remove from the heat; stir in vanilla. Quickly transfer to a small bowl. Stir occasionally until completely cooled.
2. In a small bowl, beat whipping cream until it begins to thicken. Add sugar; beat until soft peaks form. Fold into cooled chocolate mixture. Cover and refrigerate for at least 2 hours. If desired, garnish with whipped cream and raspberries.



Taste of Home

Maple Sausage Skillet

TOTAL TIME: Prep/Total Time: 25 min.

YIELD: 2 servings.

Maple syrup adds sweetness to this yummy stir-fry. I sometimes add a little broccoli, too, for a change of pace. Add a green salad and a crusty loaf of bread for a complete meal in minutes. —Dottie Tarlton, Malvern, Arkansas

Ingredients

1 teaspoon canola oil *"I use olive oil"*
1/2 pound fully cooked kielbasa or Polish sausage, sliced
1-1/2 cups sliced fresh mushrooms
1 medium green pepper, thinly sliced
1 small onion, halved and sliced
1 celery rib, sliced
2 tablespoons maple syrup
1/4 teaspoon pepper
Hot cooked rice

Directions

1. In a large skillet, heat oil over medium-high heat. Add sausage; cook and stir 3-4 minutes or until lightly browned. Add vegetables; cook and stir 3-4 minutes longer or until vegetables are crisp-tender. Stir in syrup and pepper; heat through. Serve with rice.



Toasted Ravioli

TOTAL TIME: Prep: 15 min. Cook: 20 min.

YIELD: about 1-1/2 dozen.

While visiting a friend who had just moved to St. Louis, Missouri, I tried toasted ravioli at almost every restaurant! When I got home, I had to try to replicate them, and this recipe comes pretty close. —Cristina Carrera, Kenosha, Wisconsin

Ingredients

1 cup seasoned bread crumbs
1/4 cup shredded Parmesan cheese
2 teaspoons dried basil
1 cup all-purpose flour
2 large eggs, lightly beaten
1 package (9 ounces) frozen beef ravioli, thawed
Oil for deep-fat frying
Optional: Fresh minced basil and additional shredded Parmesan cheese
1 cup marinara sauce

Directions

1. In a shallow bowl, mix bread crumbs, Parmesan cheese and basil. Place flour and eggs in separate shallow bowls. Dip ravioli in flour to coat both sides; shake off excess. Dip in egg, then in crumb mixture, patting to help coating adhere.
2. In a deep cast-iron or electric skillet, heat 1/2 in. of oil to 375°. Fry ravioli, a few at a time, until golden brown, 1-2 minutes on each side. Drain on paper towels. If desired, immediately sprinkle with basil and cheese. Serve warm with marinara sauce.





Be A Volunteer



Benefits of volunteering:

- Gain a new skill.
- Make new friends.
- Improved mental/physical wellbeing
- Giving back to your community

If you are age 55 or better, stop in and see Anne King and join our Retired & Senior Volunteer Program! We have several opportunities for you to serve in Fulton County. Joining RSVP is free and easy!

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 Juan, Punta Cana, Aruba, Curacao, Bonaire, St Luca, & St Kitts. Call for pricing. Flyers available...

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.





**AmeriCorps
Seniors**

R.S.V.P.

Anne King 574-223-3716

rsvpanne84@yahoo.com



02/03 Sue Dove

02/03 Pamela Lowbig

02/04 Karen Hodurek

02/06 Ocelia Conklin "101"

02/10 Juleen Newcomber

02/13 Annette Groninger

02/13 Jolinda Kerr

02/17 Virginia Test

02/21 Sparkle Figlio

02/22 Shirley Barnett

02/26 Pauline Pollack-Brosius

New RSVP Members

Phil Kline



Green Carnations 2024 = RSVP will begin green carnation sales in mid-February. This fundraiser benefits RSVP and our volunteers and activities. 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!

Join us for these exciting trip opportunities!

Iceland = March 6-12, 2024 = Limited Seating = Flyers available

Missouri Star Quilt Road Trip = Join us April 3-6, 2024 for a great 4 Day – 3 Night trip to Hamilton, MO to visit Quilt Town. Cost = \$649 (based on dbl occ) and includes all transportation & lodging, 6 meals, plus visits to the Missouri Star Quilt Company, Quilt Museum, JC Penney Museum, & Arabia Steamboat Museum. \$100 non-refundable deposit holds your seat. Flyers are available.

Castles of New York = May 19-25, 2024 Cost = \$1435 (based on dbl occ), and includes all motorcoach transportation & lodging, 12 meals including dinner at the Tropicana Room, visits to Boldt Castle and Singer Castle, St Lawrence River Cruise, 1000 Island Winery + wine tasting, Corning Museum of Glass, Rock N Roll Hall of Fame, Luci-Desi Museum, tour of NY State Capitol Bldg, and Capt Bill's Seneca Lake Cruise. \$100 non-refundable deposit holds your seat.

Ark Encounter = Journey through the Ark April 19-20, 2024 on this fun trip. Cost = \$450 (based on dbl occ) and includes transportation, 1 night lodging, 4 meals including Mystery Dinner on BB Riverboat Cruise, and visits to the Ark Encounter and Creation Museum. \$100 non-refundable deposit holds your seat.

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...

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

Scrapbooking with Anne

Join Anne on Thursday Feb 8 at 9:30AM to make this cute Valentine's Day scrapbook. The class is free, but sign-up is required. Only 4 spots are currently left...contact Anne quickly



Mobile Food Pantry

Tuesday, Feb. 13th, 1pm

Mill Creek Church

1336 N. St. Rd. 25

Rochester, In. 46975



*Do not forget to vote for
Valentine King & Queen
Friday, Feb. 9th, 2024*



Gentiva Hospice will be hosting grief counseling every 2nd & 4th Wednesday of the month.

At Fulton County Community Resource Center & Council on Aging - 625 Pontiac St, Rochester.

5pm – 6pm

From more information on this service please contact Todd Wilson Dmin, Mdiv.

(574)-2234673

1. Wonka
2. Hershey Bars
3. Cotton Candy
4. Reese's pieces
5. Tic Tacs
6. Blow pops
7. Kit Kat
8. M&M's
9. Twix
10. Lifesaver
11. Milk Duds
12. Pez
13. Mars
14. Reese's
15. Smarties
16. Whoppers



Crafting Class February Project
Working with wood
February 13th, 9:30am





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:

You can also find us online at
www.fultoncountycoa.com



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