



*Earning the right to care for you,
your family and our community.*



Community Health Fair

Tuesday Dec 5 from 9:00 am
to 11:15 am

Fulton County Community
Center

625 Pontiac St. Rochester IN

Free Health Screenings and Information

- Blood Pressure
- Glucose
- Oxygen Saturation
- Strength Testing

**- Risk Assessments for Stroke and
Cardiovascular Disease and much
more!**

For more information please call
574-224-1170

Open to the Public

Christmas word scramble



VTSEIEF _____

LEBLS _____

OYLHL _____

SANSEO _____

CRSFA _____

CAPIEELRF _____

OKSEOCI _____

GONGGE _____

GILNJE _____

NATETSIOP _____

GSOECOR _____

LYEU _____

NACYD _____

ACPGA EK _____

LIHCLY _____



Pending Weather

If the weather is looking like it might not be safe,
Please listen to WROI 92.1fm
For any delays or cancelations for
Fulton County Council on Aging and/or
Fulton County Transpo
Be safe out there



**Join us Dec. 15th at 11am as these ladies
enlighten us with the sound of Christmas music**

*Thank you, Justin & Dawn with Lake City Bank,
For educating us on Identity Theft/Fraud. If you
have any questions or concerns on this please
contact your local bank.*





December 2023

AREA FIVE SENIOR MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DID YOU KNOW?

December is the last month in the Gregorian calendar. Its name is based on the Latin term for ten. In the Roman calendar, December was the tenth month until the addition of January and February at the beginning of the year. In the Northern Hemisphere December has the shortest daylight hours and marks the beginning of winter.

1
 Chicken & Noodles
 Mashed Potatoes
 Green Beans
 Cookie
 Wheat
 Bread/Margarine
 Milk

4
 Charbroiled Chicken
 Burger
 Broccoli
 Mandarin Orange Cup
 Fruit Crisp
 Bun
 Milk

5
 BBQ Pork
 Cheesy Potatoes
 Carrots
 Peach Cup
 Bun
 Milk

6
 Br. Chicken Patty
 Kale Salad
 Diced Pears
 Dump Cake
 Bun
 Milk

7
 Salisbury Steak
 Mashed Potatoes
 Brussel Sprouts
 Cookie
 Roll
 Milk

8
 Beef Taco Meat
 Salsa/Sour Cream
 Shredded Cheese
 Lettuce
 Peaches
 Choc Chip Cookie
 Tortilla
 Milk

11
 Baked Pork Chop
 Macaroni & Cheese
 Candied Carrots
 Brownie
 Wheat
 Bread/Margarine
 Milk

12
 Chicken Cutlet
 Sweet Potatoes
 Broccoli
 Pineapple Tidbits
 Wheat
 Bread/Margarine
 Milk

13
 Smoked Sausage
 Sauerkraut
 Mashed Potatoes
 Warm Spiced
 Apples
 Hot dog Bun
 Milk

14
 Chicken & Dumplings
 Vegetable Blend
 Peaches
 Brownie
 Roll
 Milk

15
 Country Fried Steak
 Garlic Mashed Potatoes
 Seasoned Green Beans
 Fruit Compote
 Wheat Bread
 Milk

18
 Baked Ziti with Italian Sausage
 Toss Salad
 Cinnamon Applesauce
 Garlic Toast
 Milk

19
CHRISTMAS MEAL

20
 Pork Ribette
 Sweet Potatoes
 Spinach
 Oatmeal Crème Pie
 Bun
 Milk

21
 Beef Patty
 Red Skinned Potatoes
 Stewed Tomatoes
 Jello
 Bun
 Milk

22
 Chili w/ Beans
 Baby Bakers
 Broccoli
 Crackers
 Milk

25

AGENCY CLOSED

26
AGENCY CLOSED


27
 BBQ
 Chicken Cutlet
 Macaroni & Cheese
 California BI Veg
 Strawberry Applesauce Cup
 Bun
 Milk

28
 Ham & Beans
 Diced Potatoes
 Fruit Cup
 Cornbread
 Milk

29
 Potato Crusted Fish
 Scalloped Potatoes
 Broccoli
 Pudding
 Wheat
 Bread/Margarine
 Milk



"It's not what's under the tree that matters. It's who's gathered around it."





December 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
					Christmas tree decorating after Bingo	
3	4	5	6	7	8	9
	Book Club (1) Exercise Class 9:30	Woodlawn Health Fair 9:30 - 11:15 Euchre 12:30	Exercise Class 9:30 Piano by Isa 11am	Bridge 12:30	Exercise Class 9:30	
10	11	12	13	14	15	16
	Exercise Class 9:30	Make it & Taste it with Mona 10am Euchre 12:30	Exercise Class 9:30 Piano by Isa 11am	Bridge 12:30	Fulton County Choral Club 11:00am	
17	18	19	20	21	22	23
	Book Club (2) Last day to sign up for Christmas Dinner.	Euchre 12:30	Christmas Dinner 11am Ugly Christmas Sweater Day	CRAFTING WITH KATHY Bridge 12:30	CLOSED	
24	25	26	27	28	29	30
	CLOSED Merry Christmas	Bakery Bingo 9:30 Euchre 12:30	Movie 12:15 Exercise Class 9:30	Bridge 12:30	Exercise Class 9:30 Karaoke 11am	
31	1	Notes				
	2024 CLOSED	We wish you all a very safe and Happy Holiday Season				



Thanksgiving Bingo

MOBILE FOOD PANTRY

Tuesday, December 12, 2023 1:00pm

Mill Creek Missionary Church

1336 N. St. Rd. 25 Rochester, In. 46975

Make it & Taste it with Mona





Stuffing from the Slow Cooker

TOTAL TIME: Prep: 30 min. Cook: 3 hours

YIELD: 10 servings.

If you're hosting a big Thanksgiving dinner this year, add this simple slow-cooked stuffing to your menu to ease entertaining. The recipe comes in handy when you run out of oven space at large family gatherings. I use this Crock Pot dressing recipe often. —Donald Seiler, Macon, Mississippi

Ingredients

- 1 cup chopped onion
- 1 cup chopped celery
- 1/4 cup butter
- 6 cups cubed day-old white bread
- 6 cups cubed day-old whole wheat bread
- 1 teaspoon salt
- 1 teaspoon poultry seasoning
- 1 teaspoon rubbed sage
- 1/2 teaspoon pepper
- 1 can (14-1/2 ounces) reduced-sodium chicken broth or vegetable broth
- 2 large eggs, beaten

Directions

- In a small nonstick skillet over medium heat, cook onion and celery in butter until tender.
- In a large bowl, combine the bread cubes, salt, poultry seasoning, sage and pepper. Stir in onion mixture. Combine broth and eggs; add to bread mixture and toss to coat.
- Transfer to a 3-qt. slow cooker coated with cooking spray. Cover and cook on low for 3-4 hours or until a thermometer reads 160°.



No Bake Pumpkin Pie by Mona E

- 1 - 9" graham cracker crust or pie shell
- 1 - 15oz. Pure Pumpkin
- 1 - sm. Box vanilla pudding (instant)
- 1 tsp. cinnamon
- 1 tsp. pumpkin pie spice
- 1/4 c. milk
- 8 oz. cool whip

Add all ingredients (except cool whip) mix together. Fold in cool whip. Pour into pie shell. Chill in the fridge about 4 hours. Serve & enjoy. (TIP): If you use a pie shell, bake 10-15 minutes. Let cool completely before adding ingredients.



Taste of Home

Puff Pastry Chicken Bundles

TOTAL TIME: Prep: 30 min. Bake: 20 min.

YIELD: 8 servings.

Inside these golden puff pastry "packages", chicken breasts rolled with spinach, herbed cream cheese and walnuts are a savory surprise. I like to serve this elegant entree when we have guests or are celebrating a holiday or special occasion. —Brad Moritz, Limerick, Pennsylvania

Ingredients

- 8 boneless skinless chicken breast halves (about 6 ounces each)
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 40 large spinach leaves
- 1 carton (8 ounces) spreadable chive and onion cream cheese
- 1/2 cup chopped walnuts, toasted
- 2 sheets frozen puff pastry, thawed
- 1 large egg
- 1/2 teaspoon cold water

Directions

- Preheat oven to 400°. Cut a lengthwise slit in each chicken breast half to within 1/2 in. of the other side; open meat so it lies flat. Pound with a meat mallet to 1/8-in. thickness. Sprinkle with salt and pepper.
- Place 5 spinach leaves on each chicken breast half. Spoon a scant 2 tablespoons of cream cheese down the center of each chicken breast half; sprinkle with 1 tablespoon walnuts. Roll up chicken; tuck in ends.
- Unfold puff pastry; cut into 8 portions. Roll each into a 7-in. square. Place chicken on 1 half of each square; fold other half of pastry over chicken. Crimp edges with fork. Combine egg and cold water; brush over edges of pastry.
- Bake on a greased 15x10x1-in. baking sheet until a thermometer reads 165°, 20-25 minutes.



Maple-Ginger Glazed Carrots

TOTAL TIME: Prep: 15 min. Cook: 25 min.

YIELD: 16 servings.

I first made this dish for my family and friends one Thanksgiving. Not only are the carrots lovely on the table, they taste terrific, too! —Jeannette Sabo, Lexington Park, Maryland

Ingredients

- 4 pounds medium carrots, cut into 1/4-inch slices
- 1/4 cup water
- 3 tablespoons butter, divided
- 1 tablespoon minced fresh gingerroot
- 1/3 cup maple syrup
- 1 tablespoon cider vinegar
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- Minced fresh parsley, optional

Directions

- In a Dutch oven, combine the carrots, water, 2 tablespoons butter and ginger. Cover and cook for 10 minutes. Uncover and cook until carrots are crisp-tender, 6-8 minutes longer.
- Stir in the syrup, vinegar, salt and pepper. Cook, stirring frequently, until sauce is thickened, 5-6 minutes. Stir in remaining butter. If desired, garnish with parsley.

MERRY CHRISTMAS

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

BOW

CANDY CANE

CAROLS

CHRISTMAS

ELF

FAMILY

GIVING

JINGLE

JOY

LIGHTS

NORTH POLE

PRESENTS

REINDEER

SANTA

SLEIGH

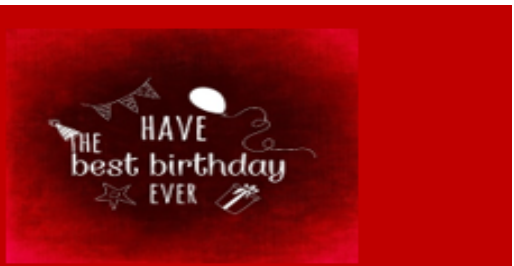
SNOW

STAR

STOCKINGS

TREES





- 12/01 Laura Snipes
- 12/01 Mary Zartman
- 12/03 Linda Sanders
- 12/03 Peggy Van Meter
- 12/06 Lois Wonders
- 12/11 Bona Lowe
- 12/12 Jeannie Cloud
- 12/15 Carol Nye
- 12/19 Herbert Corn
- 12/24 Lowell Hisep
- 12/26 Debra Dierdorf
- 12/27 Dennis Guper
- 12/28 Evelyn Kersberger
- 12/ Christine Burns
- 12/31 Howard Hoffman

HAPPY HOLIDAYS

Give a Gift to Yourself!

Volunteering has been known to reduce stress, combat depression, and provide mental stimulation and a sense of purpose. If you are age 55+, check out the Retired & Senior Volunteer Program! RSVP gives you an opportunity to give back to your neighbors in need, and create a better community. We have a variety of ways in which you can serve. Contact Anne King at 574-223-3716 to learn more about RSVP!

Other Trip Opportunities:

Iceland = March 6-12, 2024 = Limited Seating

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

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

Bus trip: Castles of New York = Spring 2024

Bus trip: Maine = Fall 2024



**AmeriCorps
Seniors**

R.S.V.P.

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

If you haven't turned in your volunteer hours to Anne King lately, please be sure to do so soon. Volunteers who have not volunteered in the past 12 months will be moved to the inactive status list. Please contact Anne King at 574-223-3716 if you have any questions...

Wishing everyone a joyous holiday season!

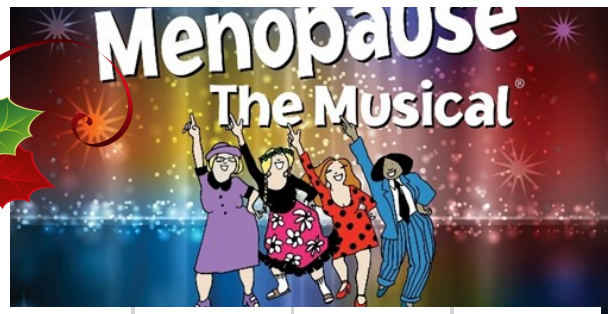
Day trip to Beef & Boards: Sat February 3, 2024

to see *Menopause the Musical!*

Join us for this funny comedy about women and change

Cost = \$140 includes transportation,
buffet lunch, and show ticket.

Call Anne to sign up!



Animal Groups

Below is a list of animals - do you know what a group of that animal is called? Example: a pack of wolves

1. A _____ of eagles

2. A _____ of hyenas

3. A _____ of frogs

4. A _____ of dragonflies

5. A _____ of camels

6. A _____ of turkeys

7. A _____ of tigers

8. A _____ of bees

9. A _____ of jellyfish

10. A _____ of kangaroos

11. A _____ of owls

12. A _____ stingrays

13. A _____ of butterflies

14. A _____ of elephants

15. A _____ of giraffes

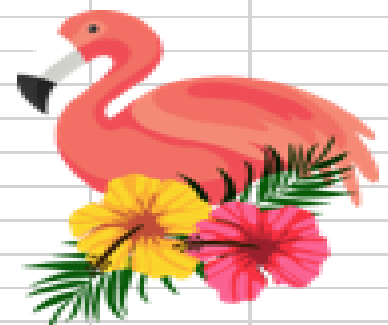
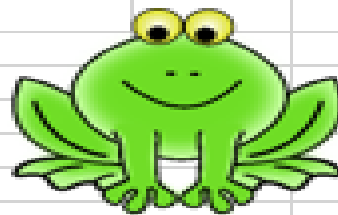
16. A _____ of rhinoceroses

17. A _____ of flamingos

18. A _____ of ladybugs

19. A _____ of zebras

20. A _____ of porcupines

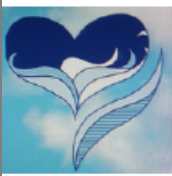






HALLOWEEN 2023





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

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

www.fultoncountycoa.com

Fulton County



RATES:

IN TOWN - \$2.00 PER TRIP

IN COUNTY - \$4.00 PER TRIP

SENIORS - DONATION ONLY



Happy Holidays from all of us

Doug, Lisa, Rusty, Anne, Ann, Tracy,
Judy, Helen, Linda, Brenda, Kelley,
Doug K., Dan P., Dan S.

2024
HAPPY NEW YEAR