





Senior Games

September 27, 2023

Must be 60+ to play.

For more information on this
contact us at 574-223-6953

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!



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 FIVE MENU

FOR MORE INFORMATION

CALL (574)-223-8170

SEPTEMBER 2023

AREA FIVE SENIOR E

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

YOU KNOW

The name September comes from the Latin septem, meaning seven, since it was the seventh month of the Roman calendar, which began with March. There are 30 days in the month of September, which starts on the same day of the week as December each year but does not end on the same day of the week as any other month in the year.

Turkey & Cheese
 Potato Salad
 Applesauce
 Dessert
 Bun
 Milk

<p>4</p> <p>AGENCY CLOSED HAPPY LABOR DAY!</p>	<p>5</p> <p>Chicken & Gravy Mashed Potatoes Peas Dessert Roll Milk</p>	<p>6</p> <p>Spaghetti & Meatballs Toss Salad Diced Peas Garlic Bread Milk</p>	<p>7</p> <p>NACHOS Taco Meat & Cheese Sauce Com & BI Beans Pineapple Tidbits Dessert Tortilla Chips Mille</p>	<p>8</p> <p>Chicken Burger Green Beans Orange Cup Dessert Bun Milk</p>
<p>10</p> <p>Biscuits & Sausag Gravy Diced Potatoes Blueberries & Strawberries Dessert Milk</p>	<p>11</p> <p>Breaded Chicken Patty Cauliflower Peaches Dessert Bun Milk</p>	<p>12</p> <p>Ham & Beans Diced Potatoes Juice Box Fudge Round Dessert Cornbread</p>	<p>13</p> <p>Baby Bakers fruit Cocktail Dessert Bun Milk</p>	<p>14</p> <p>Chicken Strips California Blend Vegetables Mandarin Orange Cup Dessert Roll Milk</p>
<p>18</p> <p>Smoked Sausag & Kraut Mashed Potatoes Fruit Cocktail with Marshmallows Roll Milk</p>	<p>19</p> <p>MEATBALL SUBS Meatballs Parmesan Cheese Coleslaw Tropical Fruit Cup Dessert Hotdog Bun Milk</p>	<p>20</p> <p>Sweet & Sour Chicken White Rice Broccoli Pineapple Roll Milk</p>	<p>21</p> <p>Beef Patty Cheese Slice Sweet Potatoes Blueberries Dessert Bun Milk</p>	<p>22</p> <p>CHEFS CHOICE</p>
<p>24</p> <p>Chicken Salad Fresh Snap Peas Fresh Orange Dessert Croissant Milk</p>	<p>25</p> <p>TACOTIJESDAY Beef Taco Meat salsa/Sour Cream Shredded Cheese Lettuce Salad Peaches Dessert Tortilla/Milk</p>	<p>26</p> <p>salisbury Stea Mashed Potatoes Brussel Sprouts Dessert Roll Milk</p>	<p>27</p> <p>Hot Dog with Cone Sauce Baked Beans Cucumbers & Onions Cantaloupe Hotdog Bun Milk</p>	<p>28</p> <p>Grilled Chicken Breast Stewed Tomatoes Peas Dessert Bun Milk</p>

September 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1 EXERCISE CLASS 9:30 BINGO 9:30	2
3	4 CLOSED	5	6 EXERCISE CLASS 9:30 BINGO 9:30	7 BRIDGE 12:00	8 EXERCISE CLASS 9:30 BINGO 9:30	9
10	11 EXERCISE CLASS 9:30 BINGO 9:30	12	13 EXERCISE CLASS 9:30 BINGO 9:30	14 BRIDGE 12:00	15 EXERCISE CLASS 9:30 BINGO 9:30	16
17	18 BOOK CLUB 2 EXERCISE CLASS 9:30 BINGO 9:30	19	20 EXERCISE CLASS 9:30 BINGO 9:30	21 BRIDGE 12:00 CRAFTING CLASS 9:30	22 EXERCISE CLASS 9:30 BINGO 9:30	23
24	25 EXERCISE CLASS 9:30 BINGO 9:30	26	27 SENIOR GAMES	28 BRIDGE 12:00	29 EXERCISE CLASS 9:30 BINGO 9:30	30
1 HELLO OCTOBER	2	Notes				



Taste of Home

Pumpkin Spice Bread

TOTAL TIME: Prep: 10 min. Bake: 1 hour + cooling

YIELD: 2 loaves.

This pumpkin spice bread recipe is at least 40 years old. It makes a very moist bread. It's been described as tasting like pumpkin pie without the crust. —Delora Lucas, Belle, West Virginia

Ingredients

- 3 cups sugar
- 1 cup vegetable oil
- 4 eggs, lightly beaten
- 1 can (15 ounces) solid-pack pumpkin
- 3-1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1/2 teaspoon baking powder
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground allspice
- 1/2 cup water

Directions

1. Preheat oven to 350°. In a large bowl, combine sugar, oil and eggs; add pumpkin and mix well. In second bowl, combine the flour, baking soda, salt, cinnamon, nutmeg, baking powder, cloves and allspice; add to the pumpkin mixture alternately with water, beating well after each addition.
2. Pour into two greased 9x5-in. loaf pans. Bake until a toothpick inserted in the center comes out clean, 60-65 minutes. Cool in pans 10 minutes before removing to a wire rack to cool completely.



Stuffed Pizza Bites

TOTAL TIME: Takes: 30 min.

YIELD: 1 dozen.

After trying a similar dish at a local restaurant, I came up with my own version of pizza bites. This delicious recipe is easy and fun for potlucks or parties. —Sarah Gilbert, Beaverton, Oregon

Ingredients

- 1 tube (13.80 ounces) refrigerated pizza crust
- 1/4 cup prepared ranch salad dressing
- 6 ounces pepperoni, finely chopped
- 1 cup shredded pepper jack cheese
- 1/4 cup shredded Romano cheese
- 1/4 cup thinly sliced green onions
- 1/4 cup chopped green pepper
- 4 cooked bacon strips, chopped
- 2 teaspoons Italian seasoning
- 1 teaspoon garlic powder
- Optional: Marinara sauce or Alfredo sauce, warmed

Directions

1. Preheat oven to 350°. Grease 12 muffin cups; set aside.
2. On a lightly floured surface, unroll pizza crust. Spread ranch to within 1/2-in. of edges. Sprinkle with pepperoni, cheeses, green onions, green pepper, bacon and seasonings. Roll up jelly-roll style; pinch the edge closed. Cut crosswise into 12 slices. Place each slice into prepared muffin cups.
3. Bake until lightly browned, 20-25 minutes. Serve warm with marinara or Alfredo, if desired.



Taste of Home

Apple Spice Waffles

TOTAL TIME: Prep/Total Time: 30 min.

YIELD: 12 waffles.

These apple waffles are cozy and comforting anytime—morning or evening. The smell of toasty waffles with apples is sure to warm you up on even the most blustery of winter days. —Jane Sims, De Leon, Texas

Ingredients

- 2 cups biscuit/baking mix
- 2 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg
- 2 large eggs, room temperature
- 1-1/2 cups 2% milk
- 6 tablespoons butter, melted
- 1 cup chopped peeled apple
- Optional: Whipped cream and maple syrup

Directions

1. Preheat waffle maker. In a large bowl, combine biscuit mix, cinnamon and nutmeg. In another bowl, whisk eggs, milk and butter; stir into dry ingredients just until moistened; stir in apple.
2. Bake waffles according to manufacturer's directions until golden brown. If desired, serve with whipped cream, syrup and additional chopped apples.

Recipe Corner



Cheeseburger Macaroni Skillet

TOTAL TIME: Prep/Total Time: 30 min.

YIELD: 6 servings.

Cheeseburger macaroni is the ultimate simple and fulfilling dinner that uses items I typically have in my cupboard. It's so easy to prepare and cooking all in one skillet makes it a snap for clean up. —Juli Meyers, Hinesville, Georgia

Ingredients

1 pound lean ground beef (90% lean)
8 ounces uncooked whole wheat elbow macaroni
3 cups reduced-sodium beef broth
3/4 cup fat-free milk
3 tablespoons ketchup
2 teaspoons Montreal steak seasoning
1 teaspoon prepared mustard
1/4 teaspoon onion powder
1 cup shredded reduced-fat cheddar cheese
Minced chives

Directions

1. In a large skillet, cook beef over medium heat 6-8 minutes or until no longer pink, breaking into crumbles; drain.
2. Stir in macaroni, broth, milk, ketchup, steak seasoning, mustard and onion powder; bring to a boil. Reduce heat; simmer, uncovered, 10-15 minutes or until macaroni is tender. Stir in cheese until melted. Sprinkle with chives.



Cheesy Hash Brown Bake

TOTAL TIME: Prep: 10 min. Bake: 40 min.

YIELD: 10 servings.

These cheesy hash browns were so popular at the morning meetings of our Mothers of Preschoolers group that we published it in our newsletter. It's a great dish for busy moms because it can be prepared ahead of time. It's perfect for brunches or to serve on Christmas morning. It's creamy, comforting and tasty. —Karen Burns, Chandler, Texas

Ingredients

1 package (30 ounces) frozen shredded hash brown potatoes, thawed
2 cans (10-3/4 ounces each) condensed cream of potato soup, undiluted
2 cups sour cream
2 cups shredded cheddar cheese, divided
1 cup grated Parmesan cheese
Sliced green onions, optional

Directions

1. Preheat oven to 350°. In a large bowl, combine potatoes, soup, sour cream, 1-3/4 cups cheddar cheese and the Parmesan cheese. Place in a greased 3-qt. baking dish. Sprinkle with remaining cheddar cheese.
2. Bake, uncovered, until casserole is bubbly and cheese is melted, 40-45 minutes. Let stand 5 minutes before serving. If desired, sprinkle with green onions.



Ravioli with Creamy Squash Sauce

TOTAL TIME: Prep/Total Time: 20 min.

YIELD: 4 servings.

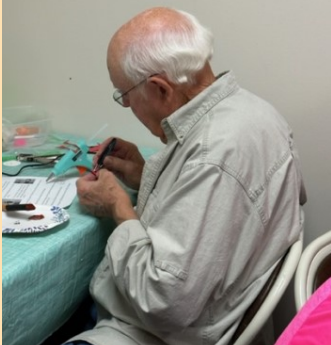
Store-bought ravioli speeds assembly of this cozy, restaurant-quality dish that tastes so good, your family won't notice it's meatless. —Taste of Home Test Kitchen

Ingredients

1 package (9 ounces) refrigerated cheese ravioli
3 garlic cloves, minced
2 tablespoons butter
1 package (10 ounces) frozen cooked winter squash, thawed
1 package (6 ounces) fresh baby spinach
1 cup heavy whipping cream
1/3 cup vegetable broth
1/4 teaspoon salt
1 cup chopped walnuts, toasted

Directions

1. Cook ravioli according to package directions. Meanwhile, in a Dutch oven, saute garlic in butter for 1 minute. Add squash and spinach; cook until spinach is wilted, 2-3 minutes longer. Stir in cream, broth and salt. Bring to a gentle boil; cook until slightly thickened, 6-8 minutes.
2. Drain ravioli; add to squash mixture. Toss to coat. Sprinkle with walnuts.



MOBILE FOOD PANTRY
TUESDAY, SEPTEMBER 12, 2023
1:00PM
MILL CREEK CHURCH
1336 ST. RD. 25 ROCHESTER



C
R
A
F
T
-
I
N
G



Thank you!!

We would like to say big Thank you to
Diane R. Smith & Family

For their wonderful donation for crafting class,
Ceramics, paints, brushes & so much more.
Join in on a crafting class and paint one of these
beautiful creations.





The Craft Room is open every Thursday & Friday at 8am to 12pm to do former crafts, painting etc., with new crafts added every month.



DOUG SIMPSON BENEFIT

Doug spent almost 2 weeks in the hospital with stomach issues. After many tests and procedures, he had part of his colon removed. He will have to go back in 3-6 months for another surgery. The medical bills will be piling up soon, and he doesn't have insurance to cover it all. Come help us help Doug and his family get through this difficult time and show them some love and support

**BENEFIT FOR
PASTOR DOUG
SIMPSON**

**HOG ROAST
W/SIDES
\$10 A PLATE**

SILENT AUCTION

50/50 DRAWINGS

BAKE SALE

**BENEFIT FOR PASTOR
DOUG SIMPSON**

**COMMUNITY RESOURCE
CENTER
625 PONTIAC STREET
ROCHESTER, IN 46975
SATURDAY, SEPTEMBER 9,
2023
1PM-5PM**



Become a volunteer



1	2	3		4	5	6	7	8		9	10	11	12	13
14				15						16				
17				18						19				
20			21					22	23					
24						25	26				27	28	29	30
31					32							33		
			34	35						36	37			
	38	39						40	41					
42							43							
44					45	46					47	48	49	50
51			52		53						54			
			55	56					57	58				
59	60	61				62	63	64				65		
66						67						68		
69						70						71		

ACROSS

- 1 Play on words
- 4 Emblem
- 9 Ancient Indian
- 14 Less than two
- 15 "Remember the _ "
- 16 Midwestern state denizen
- 17 Ocean
- 18 Old show
- 19 Entrances
- 20 Body picture
- 22 Carpe_
- 24 Consumer
- 25 Despot
- 27 Play in the water
- 31 Asian bird
- 32 Speaks to God
- 33 Sorbet
- 34 Go to see
- 36 Enlarge
- 38 Blend before
- 40 Examined
- 42 Pup
- 43 Old woman
- 44 Relief
- 45 Washed-out
- 47 File

- 51 Chunk
- 53 Area with many people
living and working close
together
- 54 Within
- 55 Faraway
- 57 Tan colors
- 59 Chance
- 62 Pine Tree State
- 65 Creative work
- 66 Bleacher
- 67 Performer
- 68 Fear
- 69 Want
- 70 Bird homes
- 71 Rainy mo.

DOWN

- 1 Brand of hot cereal
beverage
- 2 Disconcerted
- 3 Straighten out
- 4 Tropical edible root
- 5 Margarine
- 6 Sticky black substance
- 7 Flightless bird
- 8 Second day of the week
- 9 Helper
- 10 Soars
- 11 Pair
- 12 Hearing part
- 13 Central nervous system
- 21 Journey
- 23 Internal Revenue Service
- 25 Kid's cereal brand
- 26 Stood opposite
- 28 Expansive
- 29 Chilled
- 30 Males
- 32 Pressure unit
- 35 Elf
- 36 Aced
- 37 European peninsula
Spain's peninsula

- 38 Mr. Donahue
- 39 Remake
- 40 Quarry
- 41 Pole
- 42 Tail movement
- 43 Central daylight time
- 45 Farm credit administration
(abbr.)
- 46 Flyer
- 48 National capital
- 49 Incite (2 wds.)
- 50 Sign
- 52 Bread maker
- 56 Plant life
- 57 Tangle
- 58 Possessive pronoun
- 59 Cook with oil
- 60 Tell a tall tale
- 61 America
- 63 Whiz
- 64 A Small World...

Castles of New York

October 16 - 20, 2023 = Cost \$925 (based on dbl occ)

Trip includes all lodging & motorcoach transportation, 8 meals, visits to Boldt Castle, Singer Castle, Wing's Castle, Millbrook Vineyards & Winery (on the Hudson River) including wine tasting, a cruise on the St. Lawrence River, a guided tour of the NY State Capital Building, and a souvenir gift.



Contact Anne King at 574-223-3716 with any questions and to sign up for this trip. A \$100 **non-refundable non-transferrable** deposit at the time of sign-up will hold your seat.

What does RSVP stand for?

- A. Really Should Vacuum this Place**
 - B. Ryan Seacrest is Very Pretty**
 - C. Retired & Senior Volunteer Program**
- If you guessed C, you are correct!**

**If you guessed A or B,
you really need to stop in
and see Anne King
= she will tell you all about it!
Join today and have fun
= it's free and easy!**

Other Trip Opportunities:

From the Rockies to the Red Rocks = Sept 25 – Oct 2, 2023

Branson, MO = Dec 4-7, 2023 = Limited Seating!

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.



Volunteer Needs

RSVP could use volunteers in the following capacities:

- 1. Receptionist to help answer phones*
- 2. Drivers to help with transportation to doctor appointments*
- 3. Guardianship Program*





- 09/01 Sue Geib
- 09/05 Barbara Troyer
- 09/06 Rebecca Banashak
- 09/08 Gerry Horning
- 09/09 Lois Morton
- 09/09 Pamela Moyer
- 09/10 Laura Baugher
- 09/15 Dot Smook
- 09/17 Sandra Campbell
- 09/17 Sharon Mutcher
- 09/19 Rita Funk
- 09/23 Jerry Shoemaker
- 09/24 Barbara Absi
- 09/25 Sharon Border
- 09/27 Carolyn Baldwin
- 09/27 Phyllis Brown
- 09/27 Nyoka (Nikki) Davis
- 09/28 Arnie Snipes
- 09/28 Shirley Willard
- 09/30 Mona Elsea
- 09/30 Cheri Hogan



Join us at the Recycling Center!

RSVP Volunteers can help at the Recycling Center in 2023.

*We have one date left this year: Sat Sept 9
from 8AM – 12noon. Contact Anne to help!*



**AmeriCorps
Seniors**

R.S.V.P.

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



Day Trip: Friday November 17, 2023

***Join us for a day in Shipshewana.
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.***



ATLANTIC OCEAN
 BATHING SUITS
 BEACH TOWEL
 BOARDWALK
 CARIBBEAN RESORT
 DOLPHINS
 FISHING PIER
 FLIP FLOPS
 ICE CREAM
 JELLYFISH
 LAZY RIVER
 LIFE VEST

LIFEGUARD
 MINI GOLF
 MYRTLE BEACH
 PAIL
 POOL
 SAILBOAT
 SANDCASTLE
 SANDY TOES
 SEASHELL
 SEAWEED
 SHELBY ALEXANDRA
 SHORELINE

SHOVEL
 SOUVENIRS
 SPLASH PARK
 SUNGLASSES
 SUNSCREEN
 SUNSHINE
 SURFBOARD
 UMBRELLA
 WATER SLIDE
 WAVES



Marshall County Council on Aging

Presents...

Marshall County

SENIOR EXPO 2023

*Thursday,
October 19,
2023*

8 am – 3 pm

*Plymouth
High School*

FEATURING:

- FREE ADMISSION
- FREE REFRESHMENTS
- FREE ENTERTAINMENT
- FREE HEALTH SCREENINGS
- FLU SHOTS
- FREE EXPIRED MED DISPOSAL
- FUN DOOR PRIZES
- FREE TRANSPORTATION FOR SENIORS



Corporate sponsors:





Marshall County's 57th Annual BLUEBERRY FESTIVAL

DATES AND TIMES OF THE FESTIVAL

Friday, September 1st: 10 am - 9 pm

**Saturday, September 2nd: 9 am - 9
pm**

Sunday, September 3rd: 9 am - 9 pm

Monday, September 4th: 9 am - 6 pm

***Note these are the times the vendors are open, some activities start before and some continue after the times listed above.**

LET'S FLY!!!



How well do you know your airports?

Listed below are 30 US airport 3-letter codes.

Can you guess what city/state they are located in?

1. ABQ _____

16. DEN _____

2. MSP _____

17. ACY _____

3. SAT _____

18. MKE _____

4. ORD _____

19. BOS _____

5. LAS _____

20. HNL _____

6. ANC _____

21. JAX _____

7. DET _____

22. PHL _____

8. IAH _____

23. DFW _____

9. SEA _____

24. IND _____

10. PHX _____

25. SFO _____

11. ATL _____

26. BWI _____

12. STL _____

27. LAX _____

13. MIA _____

28. MSY _____

14. AZO _____

29. JFK _____

15. PDX _____

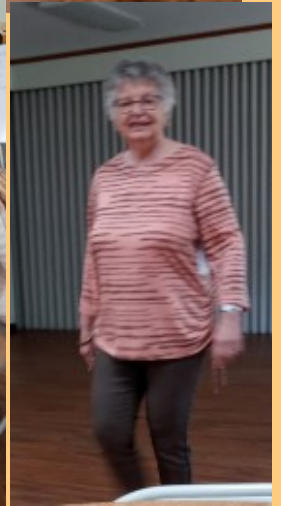
30. CLT _____



THANK YOU!

Mona Elsea, Brooch Boutique and all the models for making the Fashion Show a fun success.





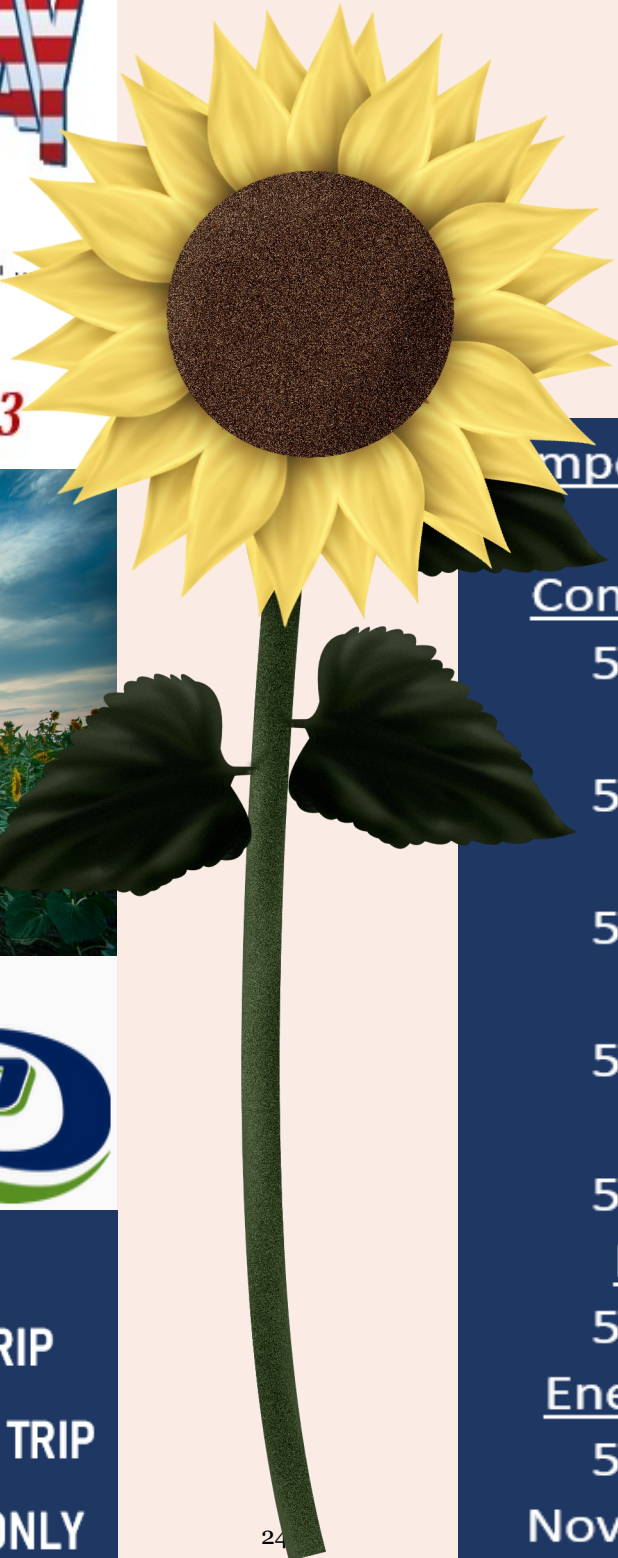


Fulton County Community
Resource Center
625 Pontiac Street
Rochester, In. 46975
www.fultoncountycoa.com

Non-Profit Organization
U.S. Postage
PAID
Rochester, In.
Permit # 161



TO:



This Photo by Unknown Artist is licensed under CC BY.

**Closed, Monday
September 4, 2023**



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