

The Golden Chronicle

Hello
November



Happy



Thanksgiving

"NOTICE"

TUESDAY, NOVEMBER 7, 2023

THERE WILL BE NO ACTIVITIES AND NO LUNCH SERVED THAT DAY DUE TO VOTING. WE WILL RESUME REGULAR ACTIVITIES ON THURSDAY.



Calling Euchre Players.

Do you like to play Euchre and have fun? Come and join us as we start up again at the Fulton County Community Resource Center & Council on Aging, on **Tuesdays at 12:30.**

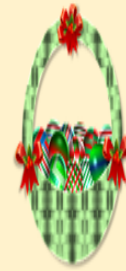
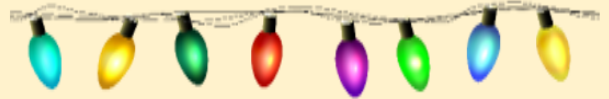
We will begin in November 2023.

Prizes awarded to high, low, and most loans.

Anyone 55 and older is welcome to play.

Don't sit home alone, come and join the fun.

Any questions on this call (574)-223-6953



Christmas Basket Sign-up

(Food Only)

Saturdays: 9am - 12pm

November 4, 11, 18 & 25

At Fulton County Community Resource Center & Council on Aging.

625 Pontiac St. (North end of the building)



Wednesdays: 4:30 - 6:30pm

November 1, 8, 15, 22, 29

Grace Church, 201 W. 7th St. Rochester

(Bring photo ID & proof of Fulton Co. residency)



Fulton County Council on Aging



**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

TODAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Native American Heritage Month first evolved from "American Indian Week," which President Reagan proclaimed on the week of November 23-30, 1986. In 1990, President George H. W. Bush approved a joint resolution designating November 1990 as National American Indian Heritage Month, commonly referred to as Native American Heritage Month.

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

Spaghetti with Meat Sauce
Italian Vegetables
Warm Spiced Apples
Garlic Toast
Milk

Pot Pie
Buttered Corn
Warm Spiced Peaches
Brownie Roll
Milk

Sloppy Jo
Baby Bakers
Butter Cauliflower
Mixed Fruit Cup
Bun
Milk

X

Baked Pork Chop with Gravy
Sweet Potatoes
Brussel Sprouts
Fruit Cobbler
Bread/Margarine
Milk

THANKSGIVING MEAL

Smoked Sausage
Oven Fried Potatoes
Squash
Bun
Snack Cake
Milk

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

Pork Patty with Gravy
Sweet Potatoes
Spinach
Oatmeal Crème Pie
Roll
Milk

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

Biscuits & Sausage Gravy
Hashbrown Patty
Mandarin Orange Cup
Cookie
Milk

Italian Chicken Patty
Red Skinned Potatoes
California BI Veg
Pear Cup
Wheat
Bread/Margarine
Milk

Chicken & Dumplings
Vegetable Blend
Peaches
Brownie Roll
Milk

Beef Patty
Red Skinned Potatoes
Stewed Tomatoes
Jello
Bun
Milk

Ham & Beans
Diced Potatoes
Fruit Cup
Cornbread
Milk

Happy Thanksgiving

Homemade Beef Stew
Toss Salad
Peach Cobbler
Biscuit
Milk

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

Chill w/ Beans
Baby Bakers
Broccoli
Crackers
Milk

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

AGENCY CLOSED



Give Thanks on Not just Thanksgiving Day, but every day of your life.

Appreciate and never take for granted all that you have!



November 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2 <i>Bridge 12:30</i>	3	4
5 TIME CHANGE	6 <i>Book Club (1) 10:00am</i>	7 ALL ACTIVITIES CANCELLED TODAY FOR VOTING	8 <i>Piano By Isa 11:00am</i>	9 <i>Bridge 12:30</i>	10	11 VETERANS DAY
12	13 <i>Lake City Bank talk on ID theft 10:30</i>	14 <i>Make it & Taste it with Mona 10am Euchre 12:30</i>	15 <i>Piano By Isa 11:00am</i>	16 <i>Crafting with Kathy 9:30 Bridge 12:30</i>	17 <i>Karaoke 11am</i>	18
19	20 <i>Book Club (2) 10:00am</i>	21 <i>Euchre 12:30 Bakery Bingo 9:30</i>	22 THANKSGIVING BINGO 9:30 <i>Piano By Isa 11:00am</i>	23 CLOSED <i>Thanksgiving</i>	24 CLOSED	25
26	27	28 <i>Euchre 12:30</i>	29 <i>Movie 12:15 Piano By Isa 11:00am</i>	30 <i>Bridge 12:30</i>	1 HELLO DECEMBER	2
3	4	Notes HAVE A WONDERFUL THANKSGIVING				

Celebrating VETERANS DAY

ROCHESTER HIGH SCHOOL
GYMNASIUM



GUEST SPEAKER

Rudy Yakym

2nd District US Congressman

Mayor Ted Denton

MILITARY FLAG FOLDING CEREMONY

HONOR QUILT

Shoda Beehler

DAR - Honor Certificate

PERFORMANCES

Rochester High School Band & Choir

INVOCATION / BENEDICTION

Pastor Curtis May

VETERAN LUNCHEON AT MOOSE LODGE

Sponsored by Gentiva Hospice following Ceremony



COMMUNITY VETERAN LUNCH

Fri., NOV 10th @ 12:30 pm

Rochester Moose #1107

Also honoring the ... *"Silent Ranks"*

**The Spouses of Veterans who kept
home fires burning while loved ones served**

**We will be providing a free lunch for Veteran's
and their families.**

Veterans will receive a free drink from the Moose.

Sponsored by Gentiva Hospice, Moose Lodge #1107,
Fulton County Veteran Service Office

November 10th, 2023 * 11AM to 12PM



**Don't forget
to set your
clocks back
Sunday
November 5**

- 1 miunppk
- 2 unamut
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- 4 ivenat
- 5 bdear
- 6 scanor
- 7 cteeeablr
- 8 rnco
- 9 abrcerdon
- 10 lsnebsigs
- 11 tea
- 12 la lf
- 13 iyamlf
- 14 stafe
- 15 lebobg
- 16 attrgudei
- 17 shveatr
- 18 sesolerac
- 19 iep
- 20 imsglrip
- 21 sbeeranrcri
- 22 kshivingagnt
- 23 eykurt
- 24 teshelvane

“THANK YOU”
We would like to thank
Chloe & RHS National Honor Society
For the fund raiser they did for
Fulton County Council on Aging.
It was a wonderful gift.
“Thank You”



**Shake the hand of a
Veteran and say Thank You
Veterans Day
November 11, 2023**

Herb Roasted Turkey Breast with Pan Gravy

Although sage is the herb most used with turkey, I love the flavor and aroma of fresh bay (laurel) leaves. Fresh bay leaves are now widely available in supermarkets. Since the leaves are a bit woody, and no fun to eat, I baste my turkey with bay-infused butter and roast the breasts right on top of the leaves, which perfumes the meat.

Level: Easy
Total: 1 hr 5 min
Prep: 10 min
Cook: 55 min
Yield: 8 servings

Ingredients:

1 small (golf-ball sized) onion, peeled and coarsely chopped
1 lemon, scrubbed clean
12 fresh sage leaves
Large handful fresh flat-leaf parsley (about 1/2 cup, from 12 stems)
3 tablespoons extra-virgin olive oil, plus more for oiling pan
1 teaspoon salt, plus more as needed
6 fresh bay leaves
4 tablespoons butter
2 boneless turkey breast halves, skin on (about 2 to 2 1/2 pounds each)
Freshly ground black pepper
3 tablespoons all-purpose flour
1/4 cup apple or regular brandy (recommended: Calvados)
2 to 3 cups apple cider
Salt and pepper

Directions:

- 1 Preheat the oven to 450 degrees F. Oil a roasting pan and set it aside.
- 2 Put the onion into the bowl of a mini food processor. Using a vegetable peeler, peel the zest from the lemon in thin strips, being careful not to cut into the bitter white pith. Add the lemon zest to the food processor and reserve the whole lemon for another use. Chop the onion and lemon zest until fine. Add the sage, parsley, olive oil, and 1 teaspoon salt and pulse until it forms a coarse paste.
- 3 Put 2 of the bay leaves and the butter into a small pan and heat over medium-low heat until the butter is bubbling. Remove from the heat and set aside.
- 4 Put the turkey breasts on a work surface. Carefully run your fingers between the skin and the flesh from 1 end, being careful not to pull it completely off, creating a pocket. Season the turkey breasts generously with salt and pepper. Stuff half of the herb paste under the skin of each breast, and spread it evenly under the skin. Transfer the breasts to the roasting pan, and slide 2 bay leaves underneath each one. (The heat of the pan will release the bay leaf oils and flavor the breast.) Using a pastry brush, baste the breasts with half of the bay butter. Place the turkey in the oven and immediately decrease the temperature to 400 degrees F. After 20 minutes, baste the turkey breasts with the remaining butter, and roast for an additional 20 to 25 minutes, until cooked through, and a thermometer placed in the thickest part of the breast registers 170 degrees F.
- 5 Remove from the oven, transfer to a platter, cover, and let rest for 10 minutes before carving while you make the gravy.
- 6 Put the roasting pan over the burner on medium heat. Sprinkle the flour over the pan juices, and cook, stirring, for a few minutes. Add the apple brandy, and scrape the pan to lift the bits that are stuck to the bottom. Cook for a minute to burn off the alcohol, then, while stirring, pour in the apple cider. Bring to a simmer, and stir until thickened. Season with salt and pepper.
- 7 Slice the turkey breast on the diagonal, and serve with warm gravy.



Herb Roasted Turkey Breast

Level: Easy
Total: 2 hr 35 min (includes sitting and cooling time)
Active: 30 min
Yield: 6 servings

Ingredients:

One 3-pound boneless, skin-on turkey breast
4 tablespoons unsalted butter, at room temperature
1 tablespoon chopped fresh parsley
1 teaspoon lemon zest
1 teaspoon fresh thyme leaves, chopped
1/2 teaspoon onion powder
1 clove garlic, grated
Kosher salt and freshly ground black pepper
Extra-virgin olive oil, for drizzling
1 sweet onion, cut into 1/3-inch slices

Directions:

Special equipment: kitchen twine

- 1 Preheat the oven to 350 degrees F.
- 2 Remove the turkey breast from the fridge 30 minutes before cooking to bring it to room temperature. Cut 3 pieces of kitchen twine and set aside.
- 3 Add the butter, parsley, lemon zest, thyme, onion powder, garlic, 1/4 teaspoon salt and 1/4 teaspoon pepper to a small bowl. Use a fork or a rubber spatula to incorporate all of the ingredients into the butter. Set aside.
- 4 Pat the turkey breast dry. Using clean hands, starting at one end of the breast, slide your fingers under the skin to create a pocket between the meat and the skin. Use your hands to transfer the butter into the pocket and smooth the butter into an even layer.
- 5 Use the kitchen twine to tie the turkey horizontally in 3 places. This will help the turkey breast cook evenly and remain juicy. Flip the turkey breast so that it is skin-side down. Drizzle it with 1 teaspoon olive oil and sprinkle with 1/2 teaspoon salt and 1/2 teaspoon pepper. Flip the turkey over and repeat the same seasoning process.
- 6 Arrange the onion slices on a small rimmed baking sheet. Pour 1/3 cup water into the baking sheet and place the turkey breast on top of the onions. Transfer to the oven and roast for 1 hour. Remove the turkey from the oven and baste it with the butter and juices from the baking sheet. Continue to roast until the internal temperature is 160 degrees F, another 20 to 25 minutes. Allow the turkey to cool for 15 minutes. (In this time the internal temperature will rise another 5 degrees.)
- 7 Slice the turkey and serve it with the roasted onions.



Maple Sage Bacon-Wrapped Turkey Breast with Stuffing Croutons

Level: Easy

Total: 3 hr (includes resting time)

Active: 30 min

Yield: 4 to 6 servings

Ingredients:

Nonstick cooking spray, for the parchment paper
1/2 pound bacon (about 8 strips)
6 tablespoons unsalted butter, at room temperature
Six to eight 2-inch slices baguette
2 tablespoons minced fresh sage
2 tablespoons maple syrup
2 teaspoons kosher salt
1 teaspoon garlic powder
1 teaspoon onion powder
1/2 teaspoon freshly ground black pepper
One 7- to 8-pound skin-on boneless split turkey breast

Directions:

- 1 Preheat the oven to 350 degrees F.
- 2 Line a sheet pan with parchment paper. Spray the parchment paper with cooking spray. Shingle the bacon strips side-by-side on the parchment paper, allowing the edges to overlap slightly. Refrigerate until ready to use.
- 3 Butter each side of the bread slices, using 2 tablespoons butter in total. Place the bread in a 9-by-13-inch baking dish. Set aside.
- 4 Mix the remaining 4 tablespoons butter with the sage, maple syrup, salt, garlic powder, onion powder and pepper in a bowl. Use your fingers, and a knife, if necessary, to make a pocket between the meat and the skin of the turkey. Rub the butter under the skin in an even layer. Place the sheet pan with the bacon on a work surface, then lay the turkey skin-side down on the bacon. Wrap the bacon around the turkey by lifting the parchment and pressing the bacon against it to secure. Place the turkey skin-side up on top of the bread and lift away the parchment.
- 5 Roast until the internal temperature reaches 165 degrees F, 1 1/2 to 2 hours. Let rest for 30 minutes before slicing. Quarter the stuffing croutons before serving. Serve warm.



Roasted Turkey Breast with Peach Rosemary Glaze

Level: Easy

Total: 3 hr 15 min

Prep: 15 min

Inactive: 2 hr

Cook: 1 hr

Yield: 4 to 6 servings

Ingredients:

2 cups apple cider, plus 2 tablespoons
1/4 cup salt, plus more for turkey
3 to 5 sprigs thyme
3 sprigs rosemary plus 1 teaspoon chopped
1 (3 3/4-pound) boneless turkey breast with skin
1/2 cup onion, finely chopped
1 tablespoon olive oil, plus more for turkey
Freshly ground black pepper
1 (10-ounce) bag frozen peeled and sliced peaches, chopped
2 tablespoons honey
1 teaspoon Worcestershire sauce
1 tablespoon brown sugar

Directions:

- 1 In a large bowl, whisk together 2 cups apple cider, salt, thyme and rosemary. Add turkey breast and enough water to cover the bird. Cover and let brine in the refrigerator 2 hours.

- 2 Preheat oven to 425 degrees F.

For the glaze:

- 3 In a small saucepan, saute onions in oil until softened. Add peaches, honey, Worcestershire sauce, brown sugar and remaining 2 tablespoons apple cider. Bring to a boil. Lower to a simmer and cook until peaches break down and glaze thickens, about 12 minutes.
- 4 Remove turkey from brine and pat dry with paper towels. Brush with oil and season with pepper. Place turkey in a roasting pan. Cook 15 minutes until skin begins to turn golden. Reduce the oven temperature to 350 degrees F and brush the top generously with the glaze. Continue cooking until an instant-read thermometer inserted in the thickest part of the breast reaches an internal temperature of 165 degrees F, about 45 minutes. Let the turkey rest at least 10 minutes. Its temperature will continue to rise.





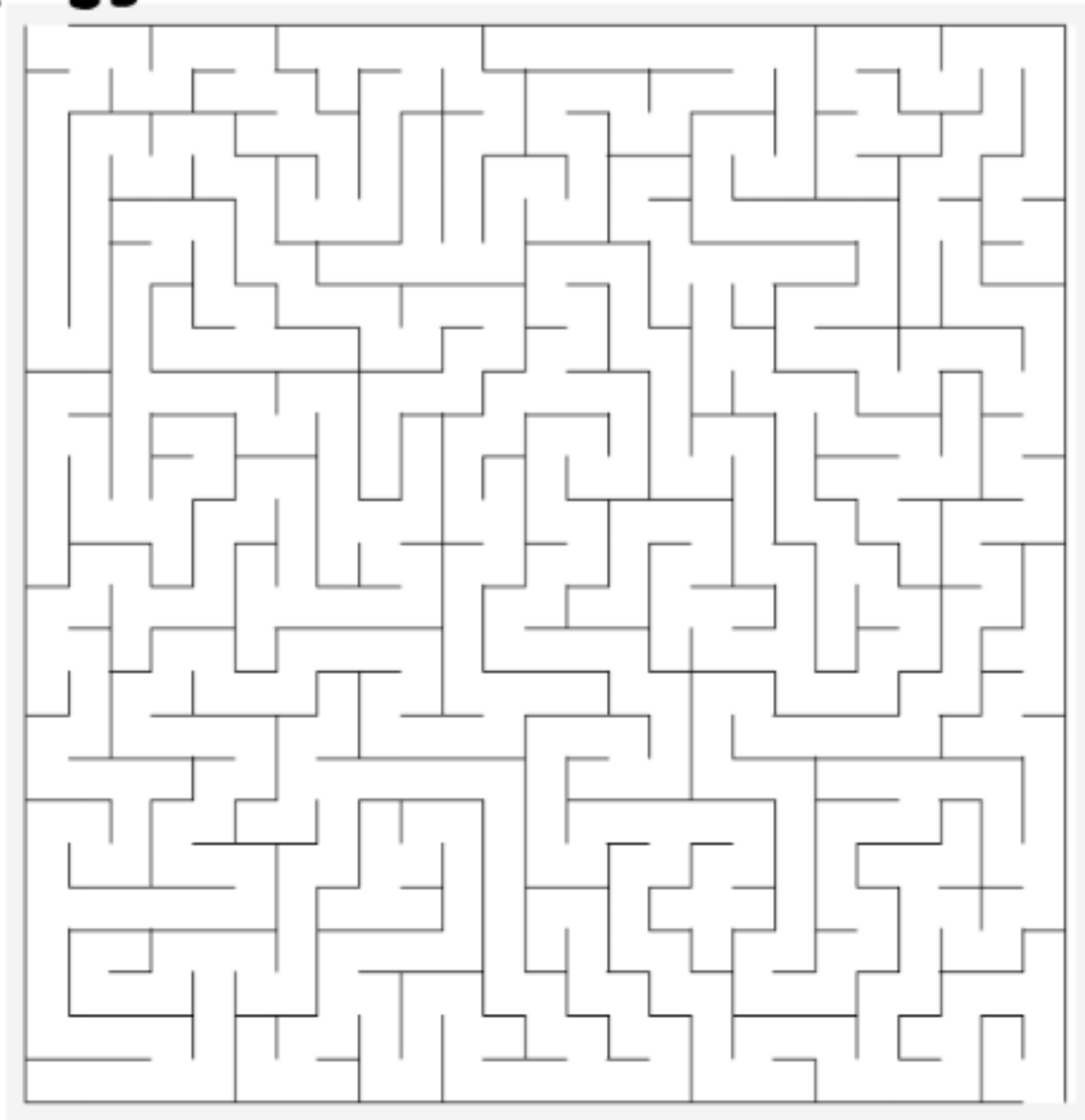
THANKSGIVING WORD SEARCH

v g t d w o c e l e b r a t e
 e e y h i b c f k t u r k e y
 d g g p a n l o r a c o r n s
 q r l e i n n e r f a m i l y
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 d f c a s s e r o l e c z e r

acorns gratitude
 apple gravy
 pie harvest
 blessings home
 casserole leaves
 celebrate native
 cook pilgrims
 corn pumpkin
 cornbread thanksgiving
 dinner turkey
 drumstick vegetables
 eat
 fall
 family
 feast



HELP THE PILGRIMS FIND THE TURKEY



Have you been thinking about volunteering? Would you like to give back to your community? If you are age 55 or better, stop in to see Anne King at the RSVP office in the Community Center. You can volunteer as much or as little as you have time for – we're flexible! Come and learn a new skill, or utilize talents you already have, and make new friends in the process. You'll be glad you did!

Other Trip Opportunities:

Branson, MO = Dec 4-7, 2023 = Waitlist Only

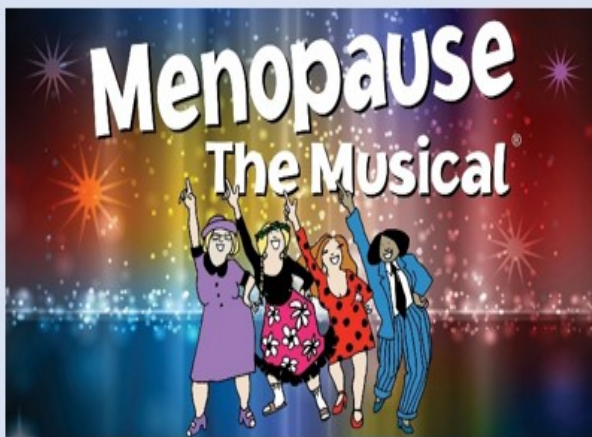
Iceland = March 6-12, 2024 = Limited Seating

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

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



Asheville, Trip



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!





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.



- 11/01 Jay Wilson
- 11/05 Gayle Rodriguez
- 11/06 Linda Ally
- 11/08 Lois White
- 11/09 Joan Bowen
- 11/11 Mark Blackman
- 11/11 Patricia Henderson
- 11/12 David Smook
- 11/15 Frankie Swango
- 11/16 Gordon Bohs
- 11/16 Nancy Clay
- 11/16 Bonnie Overlander
- 11/17 Barbara Arneson
- 11/17 Martin Houlihan
- 11/19 Terry Grandstaff
- 11/19 Katie McCarter
- 11/22 Virgil Biddinger
- 11/23 David Morris
- 11/24 Lottie Smoker

HELLO!

New RSVP Members

**Carol Whitlock
Annette Groninger**

**Current RSVP Volunteers:
Please be sure to turn your
volunteer yours to Anne!**

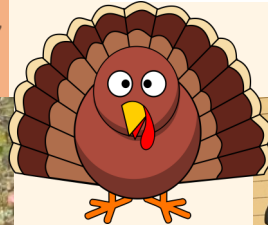


**AmeriCorps
Seniors**

R.S.V.P.

Anne King 574-223-3716

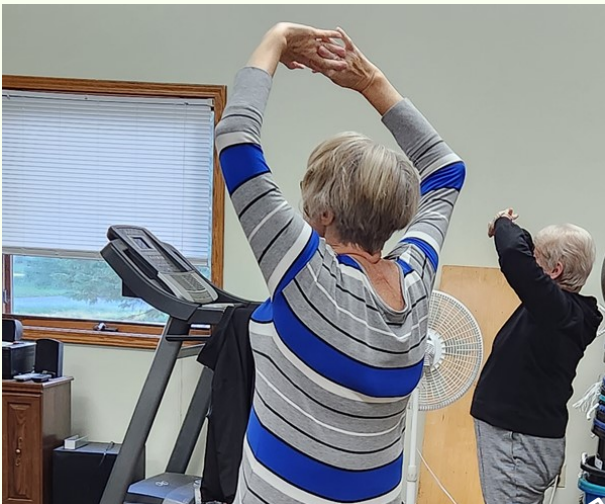
rsvpanne84@yahoo.com



Happy Thanksgiving







Bridge
Book Club



Chair Volleyball
Lunch 11:30

Next Crafting Project
November 16, 9:30am

And so much more

Exercise Class 9:30

Make It & Taste It
November 14, 10am



- _____ pumpkin
- _____ autumn
- _____ bake
- _____ native
- _____ bread
- _____ acorns
- _____ celebrate
- _____ corn
- _____ cornbread
- _____ blessings
- _____ eat
- _____ fall
- _____ family
- _____ feast
- _____ gobble
- _____ gratitude
- _____ harvest
- _____ casserole
- _____ pie
- _____ pilgrims
- _____ cranberries
- _____ thanksgiving
- _____ turkey
- _____ vegetables



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:

VETERANS DAY

ARMY
MARINE CORPS
NAVY
AIR FORCE
SPACE FORCE
COAST GUARD

NOVEMBER 11, 2023
HONORING ALL WHO HAVE SERVED



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