



LAND OF THE FREE
BECAUSE OF THE BRAVE

"NOTICE"

My Apologize to the Times Theater for the mix up on Senior day. The movie is not free.

It is \$5.00 for the movie including a sm. Popcorn & drink.

Hope you enjoy the movie.

Thank You



1. IFTG GIFT
2. WFOSRLE FLOWERS
3. HSKNAT THANKS
4. NDSAUY SUNDAY
5. MTHERO MOTHER
6. NOIIAECDDT DEDICATION
7. YMA MAY
8. RTCEPIPAAE APPRECIATE
9. IBHRT BIRTH
10. FMLAYI FAMILY
11. EROCTTP PROTECT
12. UDLDEC CUDDLE
13. OELV LOVE
14. AICGNR CARING
15. KSSEIS KISSES
16. UHGS HUGS

If you would like to receive the Newsletter fill out the form and return it to:

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

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

You can also find us at

www.fultoncountycoa.com



Crafting with Kathy

will be doing the crosses again,

in June. If you would like to make

one of these, please sign up at

the front desk by May 31.

AREA FIVE MENU

FOR MORE INFORMATION

CALL (574)-223-8170

May 2023

AREA FIVE AGENCY SENIOR MENU

Monday **Tuesday** **Wednesday** **Thursday** **Friday**

1
Smoked Sausage
Green Beans & Potatoes
Fruit Cocktail
Dessert
Wheat Bread

2
Breaded Tenderloin
Baked Beans
Juice Box
Dessert
Bun

3
Lasagna Roll Up
Toss Salad
Blueberries
Dessert
Garlic Bread
Milk

4
Hot Dog with Relish
Potato Salad
Pear Cup
Dessert
Hot Dog Bun

5
Ham & Beans
Spinach
Cinnamon Applesauce
Dessert
Cornbread
Milk

8
Chicken Salad
Bean Salad
Fruit Cocktail
Dessert
Bun
Milk

9
Hamburger
Sweet Potatoes
Applesauce
Dessert
Bun
Milk

10
Chicken Tortilla
Soup
Baby Bakers
Oranges
Dessert
Crackers
Milk

11
Sloppy Jo
Broccoli
Peaches
Dessert
Bun
Milk

12
Chicken Pot Pie
Toss Salad
Pineapple
Dessert
Roll
Milk

15
Hamburger
Casserole
Corn
Mixed Fruit Cup
Dessert
Wheat Bread
Milk

16
Biscuits & Gravy
Red Skinned Potatoes
Orange
Dessert
Milk

17
Breaded Chicken
Patty
Peas
Diced Peas
Dessert
Bun

18
Kielbasa Sausage
Coleslaw
Diced Mango
Dessert
Hot Dog Bun
Milk

19
Grilled Chicken
Carrots
Strawberries
Dessert
Bun
Milk

22
Chicken & Gravy
Mashed Potatoes
Fruit Cocktail
Dessert
Roll
Milk

23
Meatballs in Sauce
Broccoli
Pineapple
Dessert
Roll
Milk

24
BBQ Pork
Cheesy Potatoes
Brussel Sprouts
Dessert
Bun
Milk

25
CHEFS SPECIAL

26
Chicken Strips
Cauliflower
Tropical Fruit
Dessert
Wheat Bread
Milk

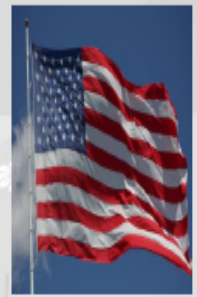
29
**MEMORIAL DAY
AGENCY
CLOSED**

30
Chicken Burger
Au gratin Potatoes
California Blend Veg
Dessert
Bun
Milk

31
Turkey & Cheese
Sandwich
Broccoli Soup
Grapes
Dessert
Milk

Did you know?
The Empire State Building opened its doors on May 1, 1931. At the point of its construction, it held the record for being the tallest building in the world.

Memorial Day is a federal holiday in the United States for honoring and mourning the U.S. military personnel who have died in the performance of their military duties. This holiday is observed on the last Monday of May.



May 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 Book Club (1) 100am	2	3	4 BRIDGE 12:00	5	6 RWS
7 JLB	8	9 CDB	10	11 BRIDGE 12:00	12 Free Popcorn during Bingo today only 1 bag per person please	13
14 Happy Mother's Day	15 Book Club (2) 10am	16	17	18 Crafting with Kathy 9:30 BRIDGE 12:00	19	20 Armed Forces Day SAS
21	22	23 Bakery Bingo 9:30	24	25 Scrap booking with Anne 9:30 BRIDGE 12:00	26	27
28 Indianapolis 500	29 Memorial Day Closed	30	31 Movie 12:15 Jesus Revolution	1 Welcome June	2	3
4	5	Notes Exercise Class Mon,Wed,Fri, 9:30am: Piano by Isa every Wednesday 10:30				



A FREE GIFT OF GRATITUDE FOR INDIANA RESIDENTS WHO SERVED IN THE MILITARY DURING THE VIETNAM WAR ERA 1955-1975 REGARDLESS OF DUTY STATION

HOSTED BY:

 **DAR**
 Daughters of the American Revolution
 Tippecanoe River/Wythougan Chapter
 Cheryl Ball 574-223-2520
 ballb@rtcol.com

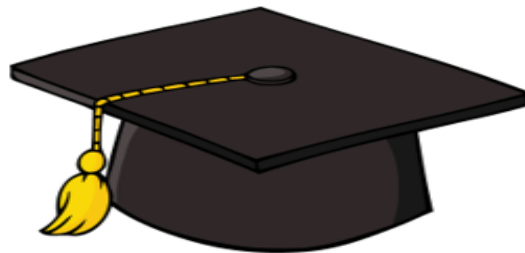


**AMERICAN LEGION
 POST 27
 1040 E. Jefferson St.
 Plymouth, IN 46563**



★ **INDIANA VIETNAM VETERANS** ★
FREE GIFT GIVEAWAY
WEDNESDAY - MAY 3, 2023
1:00PM - 4:00PM
REFRESHMENTS SERVED

 **GIFTS ARE PRESENTED TO EACH VETERAN**  



**CONGRADULATIONS TO THE
 CLASS OF 2023!**



MEMORIAL DAY

REMEMBERING & HONORING ALL WHO SERVED



SENIOR GAMES

COMING SEPT. 13, 2023



*We would like to wish all the
Moms out there,
a Very Happy Mother's Day.*



Cherry Tomato Pasta with Avocado Sauce

TOTAL TIME: Prep/Total Time: 30 min.

YIELD: 10 servings.

Heart-healthy avocado makes this pasta dish feel indulgent without being overly rich. The flavorful sauce is so luscious, you'll think there is cream hiding in there. It's guilt-free and dairy-free, but with a texture and consistency that's similar to traditional cream-based sauces. —Julie Peterson, Crofton, Maryland

Ingredients

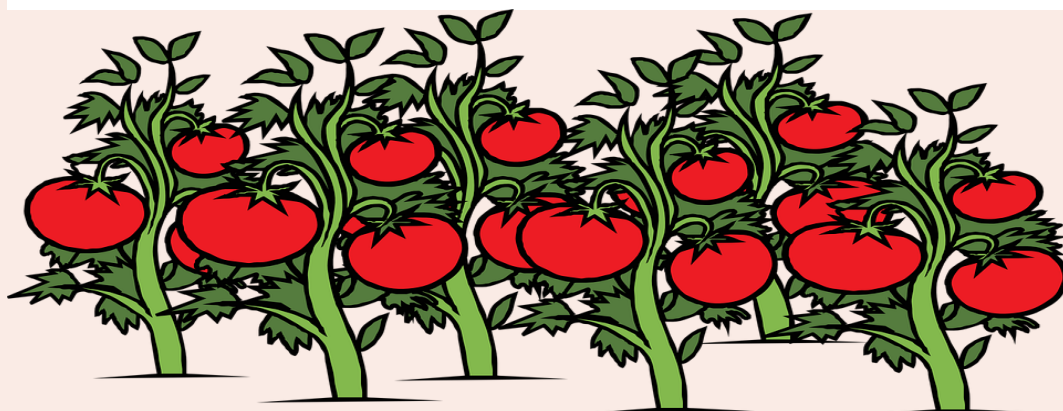
- 1 package (14-1/2 ounces) protein-enriched rotini (about 3-1/2 cups uncooked)
- 2 medium ripe avocados, peeled and pitted
- 1 cup fresh spinach
- 1/4 cup loosely packed basil leaves
- 2 garlic cloves, halved
- 2 tablespoons lime juice
- 1/2 teaspoon kosher salt
- 1/4 teaspoon coarsely ground pepper
- 1/3 cup olive oil
- 1 cup assorted cherry tomatoes, halved
- 1/2 cup pine nuts
- Optional: Shredded Parmesan cheese, shredded mozzarella cheese and grated lime zest

Directions

1. Cook rotini according to package directions for al dente. Meanwhile, place avocados, spinach, basil, garlic, lime juice, salt and pepper in a food processor; pulse until chopped. Continue processing while gradually adding oil in a steady stream.

2. Drain rotini; transfer to a large bowl. Add avocado mixture and tomatoes; toss to coat. Sprinkle with pine nuts, and add toppings as desired.

© 2023 RDA Enthusiast Brands, LLC



Recipe



Turkey

TOTAL TIME:

YIELD: 6 servings

My husband always does the chop before the ramen and before it's time to eat. —Kristen

Ingredients

- 1/3 cup white wine vinegar
- 1/4 cup canola oil
- 3 tablespoons sugar
- 1/2 teaspoon pepper
- 2 packages (3 ounces each) Oriental ramen
- 1 package (14 ounces) coleslaw mix
- 1 pound sliced deli turkey, chopped
- 1/2 cup sliced almonds, toasted
- 1/4 cup sesame seeds
- Thinly sliced green onions, optional

Directions

1. In a small bowl, whisk vinegar, oil, sugar, and pepper packets until blended.

2. Break noodles into small pieces; place in a large bowl with dressing; toss to coat. Sprinkle with almonds and green onions. Serve immediately.

Corner



Ramen Noodle Salad

Prep/Total Time: 20 min.

servings.

and I make this awesome salad together—heaping. When we bring it to potlucks, we pack almonds separately and toss them in right before to dish up. They stay nice and crunchy that
Pallant, Big Arm, Montana

n noodles

pepper and contents of ramen noodle seasoning

in a large bowl. Add coleslaw mix and turkey. Drizzle with dressing and sesame seeds. If desired, top with green onions.



Turkey and Pasta Ranch Salad

TOTAL TIME: Prep/Total Time: 25 min.

YIELD: 6 servings.

This easy pasta salad is loaded with fresh veggies, and the classic ranch dressing makes it appealing to kids. —Julie Peterson, Crofton, Maryland

Ingredients

- 2 cups uncooked whole wheat spiral pasta (about 5 ounces)
- 2 medium sweet peppers, chopped
- 1 medium zucchini, thinly sliced
- 1 yellow summer squash, thinly sliced
- 1/2 cup finely chopped red onion
- 2 cups cubed cooked turkey or chicken
- 3 tablespoons chopped fresh parsley
- 1/2 cup peppercorn ranch salad dressing
- 1/4 teaspoon salt
- 1/4 cup shredded Parmesan cheese

Directions

1. Cook pasta according to package directions. Drain and rinse with cold water; drain well.
2. Place pasta, vegetables, turkey and parsley in a large bowl; toss with dressing and salt. Sprinkle with cheese.



Mother's Day Word Scramble



1. IFTG _____
2. WFOSRLE _____
3. HSKNAT _____
4. NDSAUY _____
5. MTHERO _____
6. NOIIAECDDT _____
7. YMA _____
8. RTCEPIPAAE _____
9. IBHRT _____
10. FMLAYI _____
11. EROCTTP _____
12. UDLDEC _____
13. OELV _____
14. AICGNR _____
15. KSSEIS _____
16. UHGS _____

INDY 500 WORD SEARCH



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

QUALIFYING
 TWIN TURBOCHARGED
 CAMPING
 FIVE HUNDRED MILES
 WINNER
 PIT STOP CREWS

INDIANA
 ENGINES
 CAUTION FLAG
 BORG WARNER TROPHY
 STARTING GRID
 USA

RAY HARROUN
 FANS
 RACE
 MOTOR SPEEDWAY
 TRADITION
 MILK

THE BRICKYARD
 MEMORIAL DAY
 AUTOMOBILE
 CHECKERED FLAG
 INDIANAPOLIS
 LAP



- 5/01 Helen Slisher
- 5/02 Shirley Hisey
- 5/08 Carolyn Donaldson
- 5/10 Jeannie Gregory
- 5/11 Piper Cavender
- 5/11 Robert Hudkins
- 5/14 Eddie Smoker
- 5/15 Shirley Wagoner
- 5/16 Elaine Bye
- 5/18 Christine Medeiros
- 5/19 Bonnie Stout
- 5/21 Don Christenson
- 5/22 Joan Ginther
- 5/23 Ilene Howard
- 5/24 Vicki Onstott
- 5/25 Don Abbott
- 5/25 Joan Gordon
- 5/25 Susan Onstott
- 5/28 Bert Sterk
- 5/31 Donna Cannedy



What is RSVP?

RSVP is the Retired & Senior Volunteer Program, and we are always welcoming new members. If you are age 55 or better and would like to help out in our community, please contact RSVP Director Anne King. It's free and easy to join. And there are many opportunities to serve. You can have fun, learn new skills, and make new friends all at the same time. Join today!





Volunteer Needs

RSVP could use volunteers at our receptionist front desk to help answer the telephone. If you are interested, please contact Anne King.



Join us at the Recycling Center!

RSVP Volunteers can help at the Recycling Center in 2023.

We have the following dates (all Saturdays):

June 10, July 22, Aug 12, & Sept 9

Contact Anne King if you would like to help out!



**AmeriCorps
Seniors**

R.S.V.P.

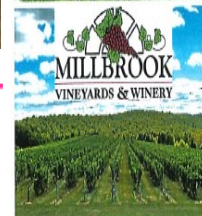
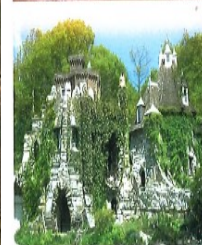
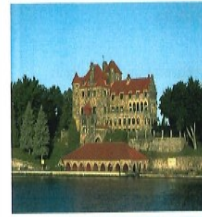
Anne King 574-223-3716

rsvpanne84@yahoo.com



RSVP New Members:

Shirley Barnett



CASTLES OF NEW YORK

5 DAYS - 4 NIGHTS

OCTOBER 16 - 20, 2023

\$925.00 Per Person Double Occupancy

Your \$100 non-refundable deposit at the time of sign-up will hold your seat, with final payment due by September 15, 2023.

PACKAGE INCLUDES:

- 3 Nights lodging in New York state, including 2 nights at the Edgewood Resort on the St. Lawrence River
- Overnight lodging en route home
- 4 Breakfasts
- 1 Boxed lunch
- 3 Dinners
- Boldt Castle (located on Heart Island on the St. Lawrence River; it was built by George Boldt for his wife Louise as a monument of love and a remembrance of the magnificence of a bygone era.)
- Singer Castle (located on Dark Island on the St. Lawrence River. It was built in 1905 by the Bourne Family.)
- Wing's Castle (a unique architectural marvel which was built by Peter & Toni Wing using salvaged materials from antique buildings.)
- Millbrook Vineyards & Winery Tour with sampling (The Winery is located on the Hudson River and produces world-class wines, making it one of the top wineries in New York State.)
- St. Lawrence River Cruise (Travel through the very heart of the area's most scenic and historic route aboard a replica steamboat.)
- Guided tour of the New York State Capitol Building (a beautiful example of 19th century architecture)
- Souvenir gift
- Baggage handling in Upstate New York
- Taxes and standard gratuities
- Motorcoach transportation

Cancellation insurance available upon request; see reverse side

FOR INFORMATION AND RESERVATIONS CONTACT:



RSVP
Anne King
(574) 223-3716
or
DESTINATIONS BY DONNA
Donna Riddle
(574) 835-0400



26 E. Lancaster Avenue, Reading PA 19607
810-775-8000 800-437-2323 www.whitestartours.com

Other Trip Opportunities:

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

Branson, MO = Dec 4-7, 2023

HGTV Favorites bus trip = Spring 2024

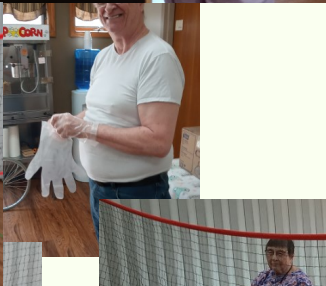
Iceland = 2024

Canadian Rockies = 2024

Day trip = Brown Bag Shipshevana Summer 2023 = date & cost TBA

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.





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

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

Fulton County



RATES:

IN TOWN - \$2.00 PER TRIP

IN COUNTY - \$4.00 PER TRIP

SENIORS - DONATION ONLY

TO:

You can also check us out at
www.fultoncountycoa.com

HAPPY MOTHER'S DAY



**★ HAPPY ★
MEMORIAL ★ DAY**

RECOUNTING THE SACRIFICE OF SOLDIERS

WE WILL NEVER FORGET