

WELCOME
2023





If there is pending bad weather, please Listen to Rochester Radio Station WROI 92.1 for any closings or delays.

NEWSLETTER

**IF YOU WOULD LIKE THE NEWSLETTER MAILED TO YOU,
FILL OUT THIS FORM AND MAIL IT BACK TO:**

**F.C. COMMUNITY RESOURCE CENTER
& COUNCIL ON AGING
625 PONTIAC ST
ROCHESTER, IN. 46975**

NAME _____

ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____

PLEASE PRINT CLEARLY



Fulton County Council on Aging



625 Pontiac St, Rochester, IN 46975



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

Thank you for your donation!

AREA FIVE MENU

FOR MORE INFORMATION

CALL (574)-223-8170

January 2023

SENIOR LUNCH MENU

Welcome
January

Monday	Tuesday	Wednesday	Thursday	Friday
2 AGENCY CLOSED	3 Breaded Tenderloin Stewed Tomatoes Pears Dessert Bun Milk	4 Sweet & Sour Meatballs White Rice California BI Veg Applesauce Roll Milk	5 Spaghetti & Meat Sauce Peas Diced Pineapple Dessert Breadstick Milk	6 Grilled Chicken Potato Salad Tropical Fruit Dessert Bun Milk
9 Smoked Sausage Sauerkraut Fruit Cocktail Dessert Hot Dog Bun Milk	10 Ham Slice Scalloped Potatoes Green Beans Dessert Roll Milk	11 Breaded Chicken Patty Cream of Broccoli Soup Fruit Juice Dessert Bun Milk	12 Sloppy Jo Sweet Potatoes Tropical Fruit Dessert Bun Milk	13 Chicken Pot Pie Toss Salad Fresh Orange Dessert Roll Milk
16 MLK JR AGENCY CLOSED	17 Beef Patty Cheese Slice Green Beans Fruit Cocktail Dessert Bun Milk	18 Hot Dog with Relish Mixed Vegetables Peaches Dessert Hotdog Bun Milk	19 Chicken Strips Buttery Corn Mixed Fruit Cup Dessert Roll Milk Milk 1 each	20 Fish Coleslaw Mango Cup Dessert Roll Milk
23 Chicken Burger Broccoli Pineapple Cup Dessert Bun Milk	24 Meatloaf Mashed Potatoes Candied Carrots Dessert Wheat Bread Milk	25 Chicken Fajitas Toss Salad Apricots Dessert Tortilla Milk	26 Chili Baby Bakers Fruit Cup Dessert Crackers Milk	27 Pork Ribette Baked Beans Brussel Sprouts Dessert Bun Milk
30 Breakfast Casserole Cubed Potatoes Mandarin Oranges Dessert Biscuit Milk	31 Orange Chicken Fried Rice Broccoli Pineapple Dessert Milk	<i>Did you know?</i> As of January 3, 1959, Alaska officially became the 49th state of the United States.		

JAN 2023

SUN	MON	TUE	WED	THU	FRI	SAT
01	02	03	04	05	06	07
NEW YEAR'S DAY	CLOSED		BINGO 9:30 PIANO BY ISA 11:00AM		BINGO 9:30	
08	09	10	11	12	13	14
	BINGO 9:30		BINGO 9:30 PIANO BY ISA 11:00AM		BINGO 9:30	
15	16	17	18	19	20	21
	CLOSED DR. MLK JR DAY		BINGO 9:30 PIANO BY ISA 11:00AM	CRAFTING WITH KATHY 9:30AM	BINGO 9:30	
22	23	24	25	26	27	28
	BINGO 9:30		BINGO 9:30 PIANO BY ISA 11:00AM MOVIE 12:15		BINGO 9:30	
29	30	31				
		BAKERY BINGO				



Unfortunately, my camera is messed up, so I was unable to retrieve the photos from the Health Fair, but I would like to say "Thank You" to Dawn and the staff at Woodlawn Hospital for another great Health Fair. I am looking forward to them joining us again in the Spring.

THANK YOU

If you think you know fact from fiction, try to answer these true and false questions correctly.

1. Abraham Lincoln had no middle name.
2. Germany drinks the most beer in the world per person.
3. Ronald Reagan was a waiter during high school.
4. The kids' bathroom on *The Brady Bunch* didn't have a toilet.
5. Nemo is a puffer fish.
6. There was no World Series in 1994.
7. John Lennon's middle name was Edward.
8. Broccoli was once banned from the White House.
9. Japan has square watermelons.
10. "Pinocchio" was the first animated, full-color Walt Disney feature film.
11. In the *Star Wars* franchise movies, the voice of Yoda was played by the same person who did the voices of Miss Piggy, Grover, and Cookie Monster.
12. Porcupines can float.
13. There are 100 dimples on a golf ball.
14. Before becoming queen, Queen Elizabeth was a mechanic.
15. All the kings in a standard deck of cards have a mustache.
16. In some states, it's illegal to eat specific foods while walking backwards.
17. Mario of *Super Mario Bros.* fame was once a carpenter.
18. The Boston Red Sox finally won a World Series in 2016.
19. Cows sleep standing up.
20. Polar bears' skin is black.
21. The first Olympic games honored Alexander the Great.
22. United States postage stamps may only feature people who are dead.
23. The name of Batman's butler is Albert.
24. Mayim Bialik, who plays Amy Farrah Fowler of *Big Bang Theory* fame, is a neuroscientist.
25. Donald Duck's sister is named Donna.

WINTER WORD SCRAMBLE



1. PCONENEI _____
2. IEC _____
3. TTEMISN _____
4. ATOC _____
5. RPIECEFLA _____
6. AEGEDNRIGBR _____
7. EZRNFO _____
8. YBURARFE _____
9. SONW _____
10. OWOD _____
11. EBDMECER _____
12. TEAKS _____
13. OTBOS _____
14. YEOKHC _____
15. LIICEC _____
16. UAYRAJN _____
17. OLCD _____
18. KSSCO _____
19. INHMCEY _____
20. ARSFC _____

Recipe Corner

Grilled Cheese Sandwich

Learn how to make a grilled cheese sandwich in a nonstick pan with buttered bread and American Cheddar for a classic hot sandwich.

Recipe by **Sara** | Updated on November 21, 2022

Prep Time: 5 mins
Cook Time: 10 mins
Total Time: 15 mins

Ingredients

- 4 slices white bread
- 3 tablespoons butter, divided
- 2 slices Cheddar cheese

Directions

Step 1
 Preheat a nonstick skillet over medium heat. Generously butter one side of a slice of bread. Place bread butter-side down in the hot skillet; add 1 slice of cheese. Butter a second slice of bread on one side and place butter-side up on top of cheese.

Step 2
 Cook until lightly browned on one side; flip over and continue cooking until cheese is melted. Repeat with remaining 2 slices of bread, butter, and slice of cheese.

Tips

✓ Pair this sandwich with homemade tomato soup.

Nutrition Facts

Per serving: 400 calories; total fat 28g; saturated fat 17g; cholesterol 76mg; sodium 639mg; total carbohydrate 26g; dietary fiber 1g; total sugars 2g; protein 11g; calcium 285mg; iron 2mg; potassium 83mg

This is one of my favorite comfort foods



Slow Cooker Chicken and Dumplings

An easy crockpot chicken and dumplings recipe for a filling, comforting meal on a cold, snowy day. I have four children who are picky eaters, and they love this!

Recipe by **Janiece Mason** | Updated on September 30, 2022

Prep Time: 10 mins
Cook Time: 5 hrs
Total Time: 5 hrs 10 mins

Ingredients

- 4 skinless, boneless chicken breast halves
- 2 tablespoons butter
- 2 (10.5 ounce) cans condensed cream of chicken soup
- 1 medium onion, finely diced
- 1 (10 ounce) package refrigerated biscuit dough
- 2 cups water, or as needed to cover

Directions

Step 1
 Place chicken, condensed soup, onion, and butter in a slow cooker. Add enough water to cover.

Step 2
 Cover and cook for 5 to 6 hours on High.

Step 3
 About 30 minutes before serving, tear biscuit dough into pieces. Place dough in the slow cooker. Cook until dough is no longer raw in the center.

Tips

Cover chicken with stock instead of water for a richer flavor, if you prefer.
 You can use more biscuit dough if you like, but the biscuits might take longer to cook.

Nutrition Facts

Per serving: 385 calories; total fat 18g; saturated fat 6g; cholesterol 45mg; sodium 1245mg; total carbohydrate 37g; dietary fiber 1g; total sugars 6g; protein 18g; vitamin c 1mg; calcium 56mg; iron 3mg; potassium 246mg



Winter Fun Crossword

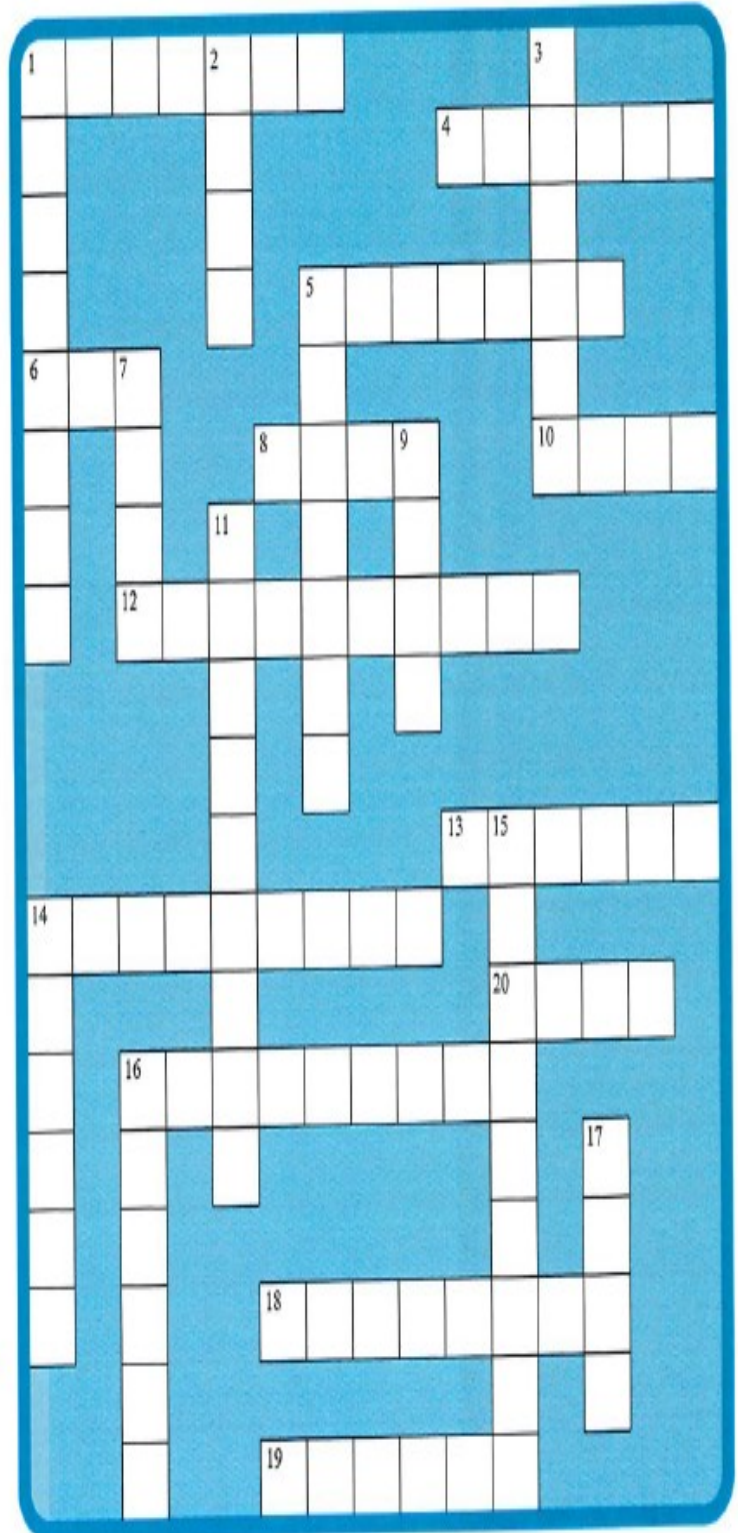


Across:

- 1 To keep warm, wear this.
- 4 These are people who know a lot about snow.
- 5 When animals move to somewhere warm, they do this.
- 6 A traditional Hanukkah gift.
- 8 When walking on icy ground, watch your _____.
- 10 "Let it _____!"
- 12 A famous song is called "Winter _____."
- 13 These help when driving through snow.
- 14 Hot _____ is a popular cold-weather drink.
- 16 People like to sit by this to warm up.
- 18 A sport that's on TV during the winter.
- 19 A spike of ice.
- 20 When skin freezes, it suffers from frost _____.

Down:

- 1 The winter _____ falls on December 20 or 21.
- 2 People put their presents under this.
- 3 You need these to have fun on an ice rink.
- 5 These keep your hands warm.
- 7 A vehicle that clears snow from roads.
- 9 One of the coldest parts of the Earth is the North _____.
- 11 Not a ski.
- 14 Another word for cold.
- 15 Many animals, including bears, do this every winter.
- 16 Snow _____ are symmetrical, but no two are alike.
- 17 This helps melt icy roads.



January 1, 1776 - During the American Revolution, George Washington unveiled the Grand Union Flag, the first national flag in America.

January 1, 1863 - The Emancipation Proclamation by President Abraham Lincoln freed the slaves in the states rebelling against the Union.

January 1, 1892 - Ellis Island in New York Harbor opened. Over 20 million new arrivals to America were processed until its closing in 1954.

January 1, 1915 - During World War I, the British Battleship *Formidable* was hit by a torpedo in the English Channel, killing 547 crewmen.

January 1, 1942 - Twenty six countries signed the *Declaration of the United Nations*, in Washington, D.C., reaffirming their opposition to the Axis powers and confirming that no single nation would make a separate peace.

January 1, 1975 - During the Watergate scandal, former top aides to President Nixon including former Attorney General John Mitchell, Domestic Affairs Advisor John Ehrlichman and Chief of Staff H.R. Haldeman, were found guilty of obstruction of justice.

January 1, 1979 - China and the U.S. established diplomatic relations, 30 years after the foundation of the People's Republic.

January 3, 1777 - During the American Revolution, General George Washington defeated the British at Princeton and drove them back toward New Brunswick. Washington then established winter quarters at Morristown, New Jersey. During the long harsh winter, Washington's army shrank to about a thousand men as enlistments expired and deserters fled.

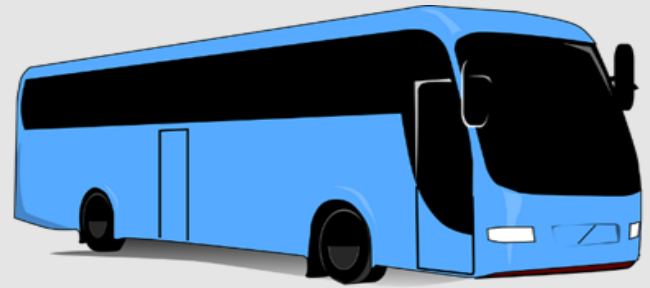
January 3, 1959 - Alaska was admitted as the 49th U.S. state with a land mass almost one-fifth the size of the lower 48 states together.

January 3, 1961 - President Dwight D. Eisenhower broke off diplomatic relations with Cuba two years after Communist dictator Fidel Castro had seized power and just weeks before John F. Kennedy was inaugurated as the next president.

January 4, 1790 - President George Washington delivered the first State of the Union address.

January 5, 1972 - President Richard Nixon signed a bill approving \$5.5 billion over six years to build and test the NASA space shuttle.

January 6, 1941 - President Franklin Roosevelt delivered his State of the Union address to Congress asking for support for the lend-lease program aiding Allies fighting the Axis powers. Roosevelt also defined four essential freedoms worth defending; freedom of speech, freedom of worship, freedom from want, and freedom from fear.



2023 BUS TRIPS

Charleston, South Carolina

April 30 – May 5, 2023 = Cost \$990 (based on dbl occ)

Trip includes all lodging & motorcoach transportation, guided tours of Charleston, SC & Savannah, GA, 8 meals including lunch at Paula Deen’s Lady & Sons, carriage ride in Savannah, tour of Fort Sumter, Charleston harbor cruise, Magnolia Plantation home & nature tram tour, visits to Charleston City Market and River Street District, all meal gratuities, and a souvenir gift.

Castles of New York

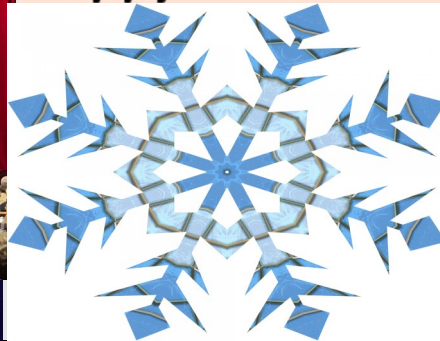
October 16 - 20, 2023 = Cost \$925 (based on dbl occ)


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 these trips. A \$100 non-refundable deposit at the time of sign-up will hold your seat.



Happy New Year 2023 from RSVP!



**AmeriCorps
Seniors**

R.S.V.P.

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



Current Volunteer Opportunities

Drivers are needed to transport community members to doctors appointments

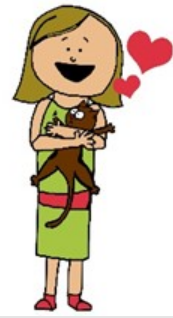
Woodlawn Hospital could use volunteers to help at the information desk & the gift shop

Volunteers are needed for the Guardianship Program to visit a few residents at Life Care Center 1-2X a month

Volunteers can serve by helping make a craft with the kids at our HeadStart Program

St. John's Lutheran Church could use volunteers to help sort and organize donations of clothing and other items for the needy

Fulton Co Animal Adoption & Education Center can utilize volunteers to play/socialize with the cats & dogs prior to them being adopted.



- 
- 01/01 Kathy Blackman
 - 01/01 Diana Graham
 - 01/04 Harry Howell
 - 01/05 Mary Ellen Boden
 - 01/05 Lynn Downhour
 - 01/05 J Randall Leininger
 - 01/05 Barbara Neighbor
 - 01/06 Judy Climie
 - 01/07 Helen Whitfield
 - 01/07 Joyce Good
 - 01/09 Kristen Carr
 - 01/10 Phyl Olinger
 - 01/12 Deborah Weber
 - 01/13 Brenda Harrell
 - 01/14 Rebecca Melton
 - 01/16 Kay Horn
 - 01/18 Dawn Lytle
 - 01/18 Sue Vanata
 - 01/19 Sandra Eck
 - 01/26 Janice Emery
 - 01/26 Becky Hisey
 - 01/28 Ted Edwards
 - 01/29 Karmin Reeves

Are you looking for 2023 to be a year of making a difference in our community? You can make an impact in the lives of others as well as your own life by setting a goal and joining RSVP! Fulton County's Retired & Senior Volunteer Program has many opportunities for you to serve. If you are age 55+ and have a desire to help others, please contact RSVP Director Anne King at 574-223-3716 to learn more. It's free and easy to join, and you can serve as much or as little as your time allows.

Winter Word Search



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

COLD
 GLOVES
 ICE
 SKATING
 WINTER

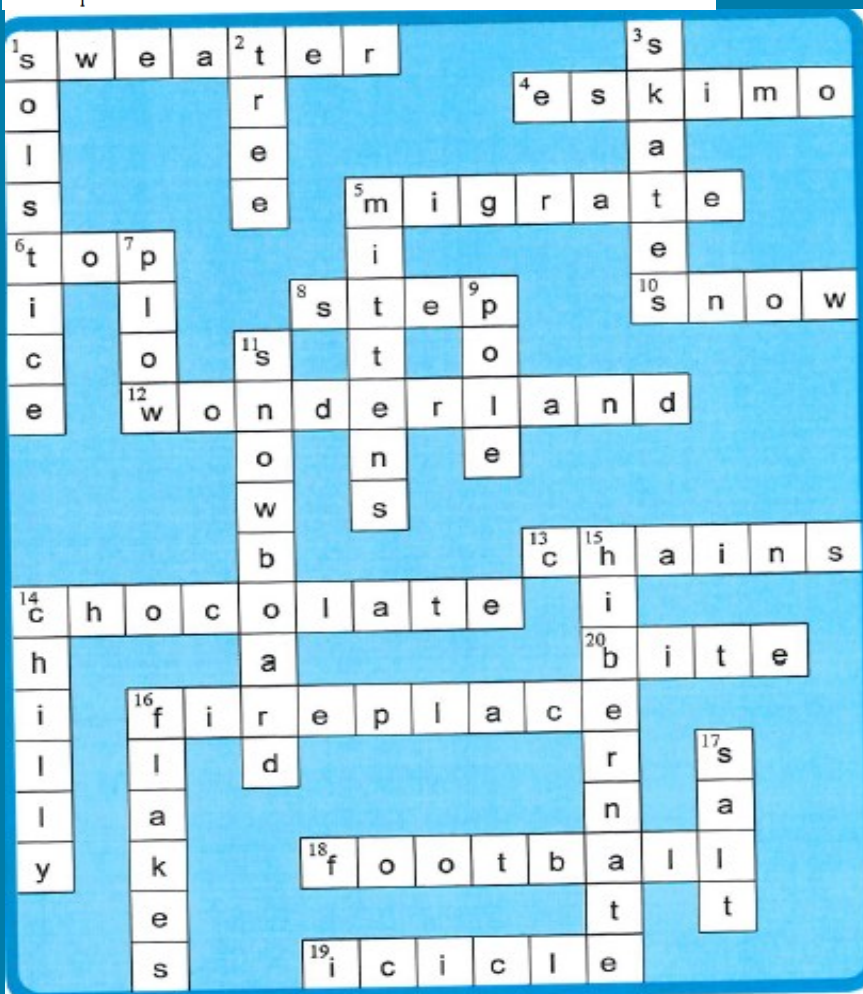
FOOTPRINTS
 WHITE
 JACKET
 MITTENS
 SOCKS

SNOWMAN
 SOUP
 FROST
 SCARF
 HIBERNATE

SNOW
 SNOWFLAKE
 MIGRATE
 HAT
 BOOTS

- SPC 1. Abraham Lincoln had no middle name. **True.**
2. Germany drinks the most beer in the world per person. **False. The Czech Republic drinks the most beer.**
3. Ronald Reagan was a waiter during high school. **False. He was a lifeguard.**
4. The kids' bathroom on *The Brady Bunch* didn't have a toilet. **True.**
5. Nemo is a puffer fish. **False. He is a clown fish.**
6. There was no World Series in 1994. **True. Baseball players were on strike that year.**
7. John Lennon's middle name was Edward. **False. His middle name was Winston.**
8. Broccoli was once banned from the White House. **True. In 1990, George H.W. Bush claimed broccoli would no longer be in the White House.**
9. Japan has square watermelons. **True.**
10. *Pinocchio* was the first animated, full-color Walt Disney feature film. **False. It was *Snow White and the Seven Dwarfs*.**
11. In the *Star Wars* franchise movies, the voice of Yoda is played by the same person who did the voices of Miss Piggy, Grover, and Cookie Monster. **True. The voices were performed by Frank Oz.**
12. Porcupines can float. **True.**

13. There are 100 dimples on a golf ball. **False. Per the Department of Physics at the University of Illinois at Urbana-Champaign, there are between 300 and 500 dimples.**
14. Before becoming queen, Queen Elizabeth was a mechanic. **True.**
15. All the kings in a standard deck of cards have a mustache. **False. The King of Hearts does not have a mustache.**
16. In some states, it's illegal to eat specific foods while walking backwards. **True. You may not eat doughnuts and walk backwards in Marion, Ohio; you may not eat peanuts and walk backwards during a concert in Green, New York, and you may not walk backwards while eating a hamburger in Oklahoma City, Oklahoma.**
17. Mario of *Super Mario Bros.* fame was once a carpenter. **True. He was first introduced as a carpenter in the video game, *Donkey Kong*.**
18. The Boston Red Sox finally won a World Series in 2016. **False. The Chicago Cubs won the series after 108 years.**
19. Cows sleep standing up. **True.**
20. Polar bears' skin is black. **True.**
21. The first Olympic games honored Alexander the Great. **False. They honored Zeus, the king of the Greek gods.**
22. United States postage stamps may only honor people who are dead. **False. In 2011, that rule was overturned.**
23. The name of Batman's butler is Albert. **False. The butler's name is Alfred.**
24. Mayim Bialik, who plays Amy Farrah Fowler on the *Big Bang Theory*, is a neuroscientist. **True. She earned her Ph.D. in neuroscience in 2007.**
25. Donald Duck's sister is named Donna. **False. Her name is Dumbella.**



1. PCONENEI **PINECONE**
2. IEC **ICE**
3. TTEMISN **MITTENS**
4. ATOC **COAT**
5. RPIECEFLA **FIREPLACE**
6. AEGEDNRIGBR **GINGERBREAD**
7. EZRNFO **FROZEN**
8. YBURARFE **FEBRUARY**
9. SONW **SNOW**
10. OWOD **WOOD**
11. EBDMECER **DECEMBER**
12. TEAKS **SKATE**
13. OTBOS **BOOTS**
14. YEOKHC **HOCKEY**
15. LIICEC **ICICLE**
16. UAYRAJN **JANUARY**
17. OLCD **COLD**
18. KSSCO **SOCKS**
19. INHMCEY **CHIMNEY**
20. ARSFC **SCARF**

Fulton County Community Resource
Center & Council on Aging
625 Pontiac St.
Rochester, In. 46975
www.fultoncountycoa.com

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RATES
In Town—\$2 per trip
In County—\$4 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