





4th of July Word Search

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

AMERICA
BLUE
FIREWORKS
FOURTH

FREEDOM
INDEPENDENCE
JULY
PARADE

RED
STARS
SUMMER
WHITE





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!

JULY 2022

AREA FIVE AGENCY SENIOR MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DID YOU KNOW?

July is sometimes called the "Hay Month" because the grass dries out due to a lack of rain and can be harvested into hay.

1
MEAL SITE
CLOSED
ENJOY YOUR
DAY!



5
Chicken Strips
California Blend
Vegetables
Blueberries
Dessert
Roll
Milk

6
Hotdog with Relish
Bean Salad
Fruit Cup
Dessert
Bun
Milk

7
Chicken Salad
Baked Chips
Pickle Spears
Dessert
Bun
Milk

8
MEAL SITE
CLOSED
ENJOY YOUR
DAY!

11
Scalloped Potatoes
with Diced Ham
Green Beans
Cinnamon Peaches
Dessert
Roll
Milk

12
Turkey & Swiss
Hoagie
Kidney Bean Salad
Watermelon
Dessert
Milk

13
Cheese Omelet
Buttery Diced
Potatoes
Mandarin Oranges
Dessert
Biscuit
Milk

14
BBQ Chicken
Baked Beans
Coleslaw
Dessert
Cornbread
Milk

15
MEAL SITE
CLOSED
ENJOY YOUR
DAY!

18
Walking Taco
Beef Taco Meat
Lettuce & Tomatoes
Salsa/Sour Cream
Diced Pineapple
Dessert
Corn Chips
Milk

19
Chef Salad (with
Ham, Turkey & Egg)
Cup of Soup
Dessert
Bran Muffin
Milk

20
Chopped Steak
Brown Mushroom
Gravy
Mashed Potatoes
Cauliflower
Dessert
Wheat Bread
Milk

21
Chicken Parmesan
Spinach Salad
Diced Pears
Dessert
Breadstick
Milk

22
MEAL SITE
CLOSED
ENJOY YOUR
DAY!

25
Sloppy Jo
Green Beans
Blushed Pears
Dessert
Bun
Milk

26
Pork Chop
Rice Pilaf
Broccoli
Frozen Fruit Juice
Roll
Milk

27
Ham & Beans
Spinach
Corn Bread
Dessert
Milk

28
Chicken Burger
Sweet Potatoes
Cucumber
Watermelon Salad
Dessert
Bun

29
MEAL SITE
CLOSED
ENJOY YOUR
DAY!

Show		Zoom		Window	
<h1>July 2022</h1>					
MON	TUE	WED	THU	FRI	SAT
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	1 FRIDAY	2 3 SATURDAY
Book Club will meet Aug. 1 st 10:00am		Piano By Isa 11AM Every Wednesday		HELLO JULY! Bingo 9:30 Chair Volleyball	Cardio Drumming 8:00am
4	5	6	7	8	9 10
CLOSED Happy 4 th of July	Euchre 12:00	Bingo 9:30 Chair Volleyball Cardio Drumming 5:45pm	Bridge 12:00	Bingo 9:30 Chair Volleyball	Cardio Drumming 8:00am
11	12	13	14	15	16 17
Bingo 9:30 Chair Volleyball Cardio Drumming 5:45pm	Euchre 12:00	Bingo 9:30 Chair Volleyball Cardio Drumming 5:45pm	*Brenda's knitting class with bags 12:15 *Blood Pressure Checks	Bingo 9:30 Chair Volleyball	Cardio Drumming 8:00am
18	19	20	21	22	23 24
Bingo 9:30 Chair Volleyball Cardio Drumming 5:45pm	Euchre 12:00	Bingo 9:30 Chair Volleyball MOVIE 12:15 Cardio Drumming 5:45pm	Bridge 12:00	Bingo 9:30 Chair Volleyball	Cardio Drumming 8:00am
25	26	27	28	29	30 31
Bingo 9:30 Chair Volleyball Cardio Drumming 5:45pm	Bakery Bingo 9:30 Euchre 12:00	Bingo 9:30 Chair Volleyball Cardio Drumming 5:45pm	NEW TIME 9:30 Crafting with Kathy Bridge 12:00	Breakfast for Lunch Biscuits & Gravy 11:30 Please sign up	Cardio Drumming 8:00am

31ST ANNUAL GOLF SCRAMBLE

SPONSORED BY: FULTON COUNTY COUNCIL ON AGING



WHEN:
SATURDAY
AUGUST 6, 2022

WHERE:
ELK'S GOLF COURSE

Skins and Mulligans, Hole Prizes, Cash Prizes,
Carts Included - Good Food All Day

ENTRY DEADLINE

Friday July 29th, 2022

Fees - \$50 per person or \$200 per team

Proceeds to benefit Fulton County Council on Aging & Fulton County Transpo

Please drop off, mail in, fax or email your entry form to:

F.C. Community Resource Center, 625 Pontiac Street, Rochester, In. 46975
fccoa@rtcol.com or fccoa2@rtcol.com

Fax: 574-223-4962 - Questions? Call Doug 574-223-6953

TEE TIMES: 8:30AM & 12:30PM PLEASE MAKE SURE TO PICK A TIME.

Team Name or Sponsor _____ Please pick a Tee Time _____ Tee Time AM or PM _____

Name _____ Handicap _____ Phone # _____

Name _____ Handicap _____ Phone # _____

Name _____ Handicap _____ Phone # _____

Name _____ Handicap _____ Phone # _____

FULTON COUNTY COUNCIL ON AGING 31ST ANNUAL GOLF SCRAMBLE

Thank you for your participation in the 31st Annual Golf Scramble. For your convenience, we have enclosed a remittance form and a statement for your records. Please enclose the remittance copy with your check, so we may apply it to the correct sponsorship.

Thank you for your support.

Doug Beller
Executive Director
F.C. Council on Aging

Keep this copy

STATEMENT OF DONATION

To 31st annual Council on Aging Golf Scramble

Team Sponsor \$200.00
Hole Sponsor \$175.00
Cart Sponsor \$100.00
Donation Given \$ _____ Date _____

Merchandise Donation _____

REMITTANCE COPY

DONATIO TO THE 31ST ANNUAL COUNCIL ON AGING GOLF SCRAMBLE

Team Sponsor \$200.00
Hole Sponsor \$175.00
Cart Sponsor \$100.00
Donation Given \$ _____ Date _____

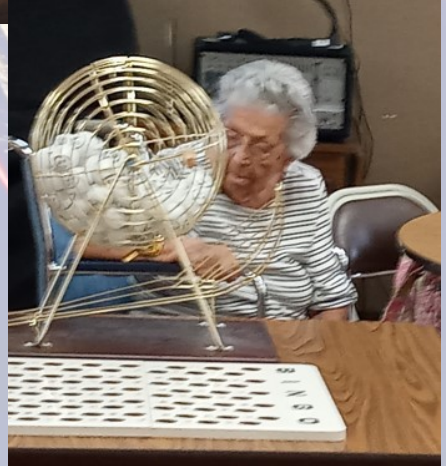
Merchandise Donation _____

Business Name _____

If you're looking for something to do that is close to home, join us at the Fulton County Community Resource Center & Council on Aging. We have several activities. You might find one or more you enjoy or just make a new friend. If you need a ride, check with Fulton County Transpo to see if they can help you out.



BINGO CARDIO DRUMMING



CRAFTING CLASSES

BRIDGE



EUCHRE



KNITTING 101



GUEST SPEAKERS



CHAIR VOLLEYBALL

PIANO BY ISA

EVERY WEDNESDAY

LUNCH

SPECIAL EVENTS

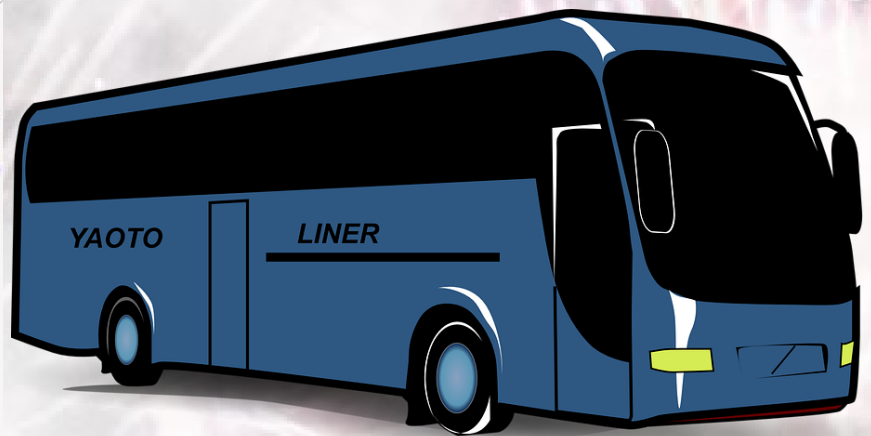
DOMINOS

Larry is enjoying some pancakes & Sausage made by Sue & Laura



Fourth of July Word Scramble

1. aBurbcee _____
2. blealaBs _____
3. shBiitr mEprrie _____
4. anvCialr _____
5. oelsnoCi _____
6. Cnotecr _____
7. esorgsCn _____
8. oileacrntDa _____
9. Fria _____
10. rerFwskio _____
11. aioryHld _____
12. ncnpndeeelEd _____
13. aaedrP _____
14. incPic _____
15. inneuoR _____
16. tRooulvien _____
17. ceSeph _____
18. ASU _____



NASHVILLE'S OPRYLAND COUNTRY CHRISTMAS

4 DAYS - 3 NIGHTS
DECEMBER 5 - 8, 2022

\$969.00 Per Person
Double Occupancy

\$100 Deposit due with each reservation; balance due by October 22, 2022

PACKAGE INCLUDES:

- * 3 Nights Lodging at The Gaylord Opryland Hotel
- * 3 Breakfasts
- * General Jackson Luncheon Cruise w/ Entertainment
- * Country Christmas Dinner Show
- * Brightest Star Fountain Show
- * Two Million Lights
- * Delta River Flatboat Ride
- * Themed Ice Sculptures
- * Guided Tour of Nashville
- * Grand Ole Opry
- * Souvenir Gift
- * Luggage Handling
- * Taxes & Meal Gratuities
- * Motorcoach Transportation



Cancellation insurance available upon request; see reverse side



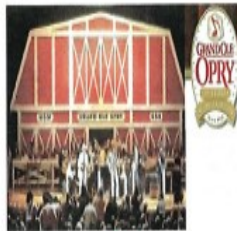
FOR INFORMATION AND RESERVATIONS CONTACT:



RSVP
Anne King
(574) 223 - 3716



or
DESTINATIONS BY DONNA
Donna Riddle
(574) 835 - 0400



2022 Bus Trips:

RSVP has some exciting bus trips planned for 2022! Check out this newsletter for flyers showing details for the following trips: Washington DC, and Nashville, TN. Seats are still available and Washington DC.

Our first Nashville, TN trip (Dec 5-8, 2022) has sold out, so we have added a SECOND TRIP! The 2nd trip to TN is Dec. 11-14, 2022 for a cost of \$969. Both TN trips are the same except for the dates.

We are also tentatively planning some 2-4 day trips, including such locations as House on the Rock and a Mississippi River Cruise. Details on these trips will be forthcoming.

Day Trip October 2022: Dinner and a Show! Another wonderful meal at the Beef House in Covington, IN followed by "The Wild Women of Winedale" which tells the funny story of the Wild Sisters and how they navigate life and relationships. Date & price TBD.

Watch future newsletters for more details, or ask for a flyer to take home. These trips help fund the RSVP of Fulton Co Volunteer Program. Please consider supporting RSVP by joining us for a fun bus trip!

HOME OF THE FREE BECAUSE OF THE BRAVE



AmeriCorps Seniors

R.S.V.P.

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



shutterstock - 1038785704

R.S.V.P is looking for volunteers to assist with our recycle days at the Recycling Center in Rochester. The dates for 2022 are:

- July 23
- August 20
- October 1



All dates are on a Saturday, and all shifts are from 8am - 12noon. Contact Anne (574-223-371) if you would like to help out!

- 07/01 Vicki Jacobs
- 07/01 Joyce Perdue
- 07/02 Larry Mikesell
- 07/03 Doris Clemans
- 07/03 Timothy Grosvenor
- 07/05 Carolyn Murphy
- 07/09 Bonnie Dunbar
- 07/09 Lorna Holloway
- 07/13 Pat Bingle
- 07/15 Steve Politz
- 07/16 Jane Davidson
- 07/16 Phyllis Wisely
- 07/18 Carol Bridge
- 07/18 Patricia Pomeroy
- 07/19 Lois Abbott
- 07/20 Tami Powell
- 07/23 David Moore
- 07/24 Nora Delworth
- 07/24 Brenda Malott
- 07/24 Janet Sheetz
- 07/25 Tom Nicklaus
- 07/26 James Bryant
- 07/26 Betty Jo Pugh
- 07/26 Barbara Van Duyne
- 07/30 Isa Kendall
- 07/30 Kristine Martin
- 07/31 Richard Fletcher

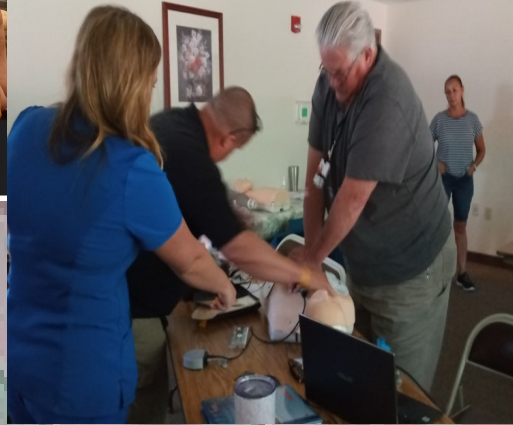


VOLUNTEERS NEEDED

RSVP has openings to fill at our reception desk. This opportunity generally involves working a 4-hour shift, 8am-12pm or 12pm-4pm. Duties include answering phones, transferring calls, and directing walk-in traffic to where they need to go. If this sounds like something you would like to do, let Anne know. (574)-223-3716



CPR TRAINING



RECIPE CORNER

allrecipes!

Triple Berry Crisp

★★★★★

This is a wonderful berry crisp. I use a triple berry mixture of raspberries, blackberries, and blueberries, but just one works well too! My family loves it! Serve it with whipped cream and it looks great.

By Allrecipes Member

Prep: 20 mins

Cook: 40 mins

Total: 1 hr

Servings: 18

Yield: 18 servings



Ingredients

- 1 ½ cups fresh blackberries
- 1 ½ cups fresh raspberries
- 1 ½ cups fresh blueberries
- 4 tablespoons white sugar
- 2 cups all-purpose flour
- 2 cups rolled oats
- 1 ½ cups packed brown sugar
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- 1 ½ cups butter

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl, gently toss together blackberries, raspberries, blueberries, and white sugar; set aside.

In a separate large bowl, combine flour, oats, brown sugar, cinnamon, and nutmeg. Cut in butter until crumbly. Press half of mixture in the bottom of a 9x13 inch pan. Cover with berries. Sprinkle remaining crumble mixture over the berries.

Bake in the preheated oven for 30 to 40 minutes, or until fruit is bubbly and topping is golden brown.

Nutrition Facts

Per Serving: 295 calories; protein 3.2g; carbohydrates 35.6g; fat 16.3g; cholesterol 40.7mg; sodium 113.4mg.



allrecipes!

Seven Layer Taco Dip

★★★★★

This 7-layer taco dip is always a big hit at parties and family get-togethers. People gather around the platter until it's gone.

By SUE CASE

Prep: 30 mins

Total: 30 mins

Servings: 56



Ingredients

- 1 (16 ounce) can refried beans
- 1 (1 ounce) package taco seasoning mix
- 1 (16 ounce) container sour cream
- 1 (8 ounce) package cream cheese, softened
- 1 (16 ounce) jar salsa
- 1 large tomato, chopped
- 1 medium green bell pepper, chopped
- 1 bunch chopped green onions
- 1 small head iceberg lettuce, shredded
- 2 cups shredded Cheddar cheese
- 1 (6 ounce) can sliced black olives, drained

Directions

Blend refried beans and taco seasoning in a medium bowl; spread mixture onto a large serving platter.

Mix sour cream and cream cheese in a medium bowl; spread over refried beans.

Top with salsa. Layer tomato, bell pepper, green onions, and lettuce over top.

Cover with Cheddar cheese and garnish with black olives.

Nutrition Facts

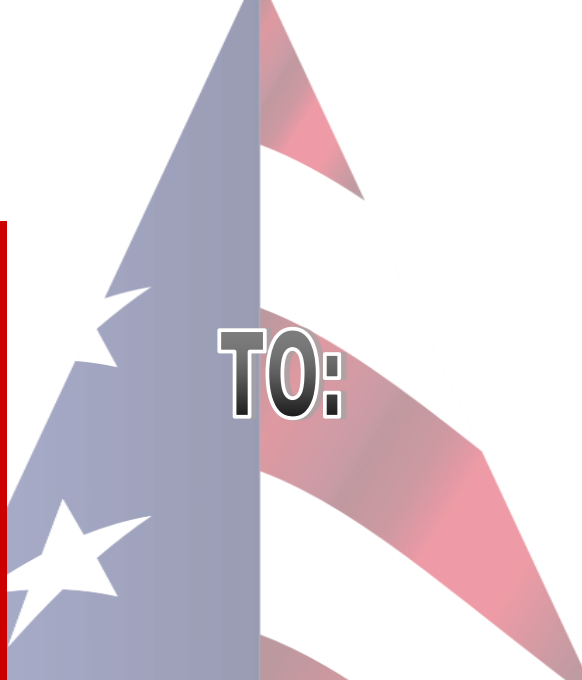
Per Serving: 66 calories; protein 2.3g; carbohydrates 3.5g; fat 4.9g; cholesterol 12.8mg; sodium 178.1mg.



Word Scramble

Answers

1. Barbecue
2. Baseball
3. British Empire
4. Carnival
5. Colonies
6. Concert
7. Congress
8. Declaration
9. Fair
10. Fair
11. Holiday
12. Independence
13. Parade
14. Picnic
15. Reunion
16. Revolution
17. Speech
18. USA



Check out our new website. You can find all types of info including our Newsletter, Special Events & so much more.

www.fultoncountycoa.com

Tom S. has been with Transpo for less than a year. He enjoys the people and the stories they have to tell. Tom and his wife have been together for 31 yrs and enjoys their 5 kids and 2 grandkids. Tom retired after 40 yrs with the Postal Service. He enjoys golf, traveling and lots more activities. Ride with Fulton County Transpo and say Hi to Tom.



"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



RATES:

IN TOWN - \$2.00 per trip

IN COUNTRY - \$4.00 per trip

SENIORS - DONATION ONLY