

# August





# ***Fashion Show***

Sponsored by **Brooch Boutique**



**Join us on**

August 29, 2023 at 1:00pm

**As we watch our senior's model some of the latest Fall fashions.**

Open to all ages



# Fulton County Council on Aging



625 Pontiac St, Rochester, IN 46975

*Hello my lovely*

# AUGUST

greetings-day.com

*let's have some fun!*

**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

## August 2023

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

7  
Breaded Tenderloin  
Pickled Beets  
Fruit Cocktail  
Dessert  
Bun  
Milk

8  
Grilled Chicken Breast  
Stewed Tomatoes  
Pears  
Dessert  
Bun  
Milk

White Cheddar Macaroni & Cheese  
Key Largo Vegetables  
Watermelon  
Dessert  
Wheat Bread  
Milk

3  
Pulled Pork  
Kale Salad  
Mixed Fruit  
Dessert  
Bun  
Milk

4  
Turkey & Cheese  
Potato Salad  
Appiesauce  
Dessert  
Sun  
Milk

14  
Biscuits & Sausage  
Gravy  
Diced Potatoes  
!Blueberries & Strawberries  
Dessert  
Milk

15  
Breaded Chicken  
Patty  
Cauliflower  
Peaches  
Dessert  
Bun  
Milk

16  
Ham & Beans  
Diced Potatoes  
Juice Box  
Dessert  
Cornbread  
Milk

Sloppy Jo  
Baby Bakers  
Fruit Cocktail  
Dessert  
Bun  
Milk

18  
Chicken Strips  
California Blend  
Vegetables  
Mandarin Orange  
Cup  
Dessert  
Roll  
Milk

Smoked Sausage & Kraut  
Mashed Potatoes  
Dessert  
Roll  
Milk

**MEATBALL SUBS**  
Meatballs  
Parmesan Cheese  
Coleslaw  
Tropical fruit Cup  
Dessert  
Hotdog Bun  
Milk

Sweet & Sour  
Chicken  
White Rice  
Broccoli  
Pineapple  
Roll  
Milk

Beef Patty  
Cheese Slice  
Sweet Potatoes  
Blueberries  
Dessert  
Bun  
Milk

25  
**CHEFS CHOICE**

Chicken Salad  
Fresh Snap Peas  
Fresh Orange  
Dessert  
Croissant  
Milk

**- Taco Tuesday**  
Beef Taco Meat  
Salsa/Sour Cream  
Shredded Cheese  
Lettuce Salad  
Peaches  
Dessert  
Tortilla/Milk

Salisbury Steak  
with Brown Onion  
Gravy  
Mashed Potatoes  
Brussel Sprouts  
Dessert  
Roll  
Milk

Hot Dog with Rells  
Baked Beans  
Cucumbers &  
Onions  
Dessert  
Hot dog Sun  
Milk

*t)id M4>W-?*

August is  
popularly known as  
Harvest Month.

# August 2023



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[CC BY](#)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2 BINGO 9:30 EXERCISE CLASS 9:30	3 BRIDGE 12:00	4 BINGO 9:30 EXERCISE CLASS 9:30	5
6	7 BINGO 9:30 BOOK CLUB 10:00 EXERCISE CLASS 9:30	8	9 BINGO 9:30 EXERCISE CLASS9:30	10 BRIDGE 12:00	11 BINGO 9:30 EXERCISE CLASS 9:30	12
13	14 BINGO 9:30 EXERCISE 9:30	15 MAKE IT & TASTE IT WITH MONA 10AM	16 Medicare Bingo 9:30 EXERCISE CLASS 9:30	17 BRIDGE 12:00 CRAFTING WITH KATHY 9:30	18 BINGO 9:30 EXERCISE CLASS 9:30	19
20	21 BINGO 9:30 BOOK CLUB 10:00 EXERCISE CLASS 9:30	22 BAKERY BINGO 9:30	23 BINGO 9:30 EXERCISE CLASS9:30 MOVIE 12:15	24 BRIDGE 12:00	25 BINGO 9:30 EXERCISE CLASS 9:30	26
27	28 BINGO 9:30 EXERCISE 9:30	29 FASHION SHOW BY BROOCH BOUTIQUE 1:00	30 BINGO 9:30 EXERCISE CLASS9:30	31 BRIDGE 12:00	1 HELLO SEPTEMBER	2
3	4	Notes				



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

**★ VIETNAM VETERANS ★  
 FREE GIFT GIVEAWAY  
 WEDNESDAY - SEPTEMBER 13, 2023  
 1:00 - 3:00PM  
 VETERAN SERVICE OFFICER ON SITE  
 TO HELP WITH BENEFITS AND RESOURCES**



**FULTON COUNTY MUSEUM  
 37 East 375 North  
 Rochester, IN 46975**

**Contact: Fulton County Veteran Service Office  
 Ric Fouts 574-223-2217**



**GIFTS ARE PRESENTED TO  
 EACH VETERAN  
 Pre-order yours today!  
 VETSGIFT.COM**





Be careful out there, the kids  
are headed back to school!



**MOBILE FOOD PANTRY**

Tuesday, August 8 at 1:00pm

Mill Creek Church

3336 St. Rd. 25

Rochester, In.

&

Tuesday, August 22 at 11:00am

First Baptist Church

1000 Main St.

Rochester, In.



## Sour Cream Cucumbers

**TOTAL TIME:** Prep: 15 min.+ chilling

**YIELD:** 8 servings.

### Ingredients

- 1/2 cup sour cream or Greek yogurt
- 3 tablespoons white vinegar
- 1 tablespoon sugar
- Pepper to taste
- 4 medium cucumbers, peeled, if desired, and thinly sliced
- 1 small sweet onion, thinly sliced and separated into rings

### Directions

1. In a large bowl, whisk sour cream, vinegar, sugar and pepper until blended. Add cucumbers and onion; toss to coat. Refrigerate, covered, at least 4 hours. Serve with a slotted spoon.



## Farmer's Casserole

**TOTAL TIME:** Prep: 70 min.

**YIELD:** 6 servings.

Taste of Home

### Ingredients

- 3 cups frozen shredded hash brown potatoes
- 3/4 cup shredded Monterey Jack cheese
- 1 cup cubed fully cooked ham
- 1/4 cup chopped green onions
- 4 large eggs
- 1 can (12 ounces) evaporated milk
- 1/4 teaspoon pepper
- 1/8 teaspoon salt

### Directions

1. Place potatoes in an 8-in. baking dish. Sprinkle with cheese, pepper and salt; pour over top. Cover and refrigerate for 24 hours.
2. Remove from refrigerator 30 minutes before baking. Preheat oven to 350°. Bake until a knife inserted in the center comes out clean, 55-60 minutes.



## Blueberry Pie

**TOTAL TIME:** 1 hour, 30 minutes

**YIELD:** 2 dozen

### Ingredients

- 1-1/3 cups butter, softened
- 2/3 cup sugar
- 7/4 teaspoon salt
- 1 large egg, room temperature
- 7/2 teaspoon vanilla extract
- 3-3/4 cups all-purpose flour

#### FILLING:

- 3 cups fresh or frozen blueberries
- 1 cup sugar
- 3 tablespoons cornstarch



## Zucchini Boats

**TOTAL TIME:** Prep: 35 min. Bake: 25 min.

**YIELD:** 4 servings.

### Ingredients

- 2 medium zucchini (about 8 inches)
- 3/4-pound ground beef
- 1 small onion, chopped
- 1/2 cup chopped fresh mushrooms
- 1/2 cup chopped sweet red pepper
- 1/2 cup chopped green pepper
- 1 cup shredded cheddar cheese, divided
- 2 tablespoons ketchup
- Salt and pepper to taste

### Directions

1. Trim the ends off zucchini. Cut zucchini in half lengthwise; scoop out pulp, leaving 1/2-in. shells. Finely chop pulp.
2. In a skillet, cook beef, zucchini pulp, onion, mushrooms and peppers over medium heat until meat is no longer pink; drain. Remove from the heat. Add 1/2 cup cheese, ketchup, salt and pepper; mix well. Spoon into the zucchini shells. Place in a greased 13x9-in. baking dish. Sprinkle with remaining cheese.

3. Bake, uncovered, at 350° until zucchini is tender, 25-30 minutes.



## serole

in.+ chilling Bake: 55 min.



## Zucchini Pizza Casserole

**TOTAL TIME:** Prep: 20 min. Bake: 40 min.

**YIELD:** 8 servings.

### Ingredients

4 cups shredded unpeeled zucchini  
 1/2 teaspoon salt  
 2 large eggs  
 1/2 cup grated Parmesan cheese  
 2 cups shredded part-skim mozzarella cheese, divided  
 1 cup shredded cheddar cheese, divided  
 1 pound ground beef  
 1/2 cup chopped onion  
 1 can (15 ounces) Italian tomato sauce  
 1 medium green or sweet red pepper, chopped

### Directions

1. Preheat oven to 400°. Place zucchini in colander; sprinkle with salt. Let stand 10 minutes, then squeeze out moisture.

ese, ham and onions. Whisk eggs, milk,  
 several hours or overnight.

2. Combine zucchini with eggs, Parmesan and half the mozzarella and cheddar cheeses. Press into a greased 13x9-in. or 3-qt. baking dish. Bake 20 minutes.

heat oven to 350°. Bake, uncovered,  
 0 minutes.

3. Meanwhile, in a large saucepan, cook beef and onion over medium heat until meat is no longer pink, breaking meat into crumbles; drain. Add tomato sauce; spoon over zucchini mixture. Sprinkle with remaining cheeses; add green pepper. Bake until heated through, about 20 minutes longer.

## y Lattice Bars

Prep: 25 min.+ chilling Bake: 30 min.

n.

### Directions

1. Cream butter, sugar and salt until light and fluffy, 5-7 minutes; beat in egg and vanilla. Gradually beat in flour. Divide dough in half; shape each half into a 7-in.-thick rectangle. Wrap and refrigerate 2 hours or overnight.

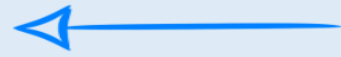
2. Preheat oven to 375°. Place blueberries, sugar and cornstarch in a small saucepan. Bring to a boil over medium heat, stirring frequently; cook and stir until thickened, about 2 minutes. Cool slightly.

3. Roll each portion of dough between 2 sheets of waxed paper into a 7x10-in. rectangle. Place rectangles on separate baking sheets; freeze until firm, 5-10 minutes. Place 1 rectangle in a greased 13x9-in. baking pan, pressing onto bottom and about 1/2 in. up the sides. Add **filling.**

4. Cut remaining rectangle into 1/2-in. strips; freeze 5-70 minutes to firm. Arrange strips over filling in crisscross fashion. **If desired, press edges with a fork to seal strips.** Bake until top crust is golden brown, 30-35 minutes. Cool on a wire rack. Cut into bars.



*New crafts every month  
Aug. 17, craft 9:30am*



*Crafting class open every  
Thursday and Friday  
8am to 12pm*



**Join a crafting class**



**Sing  
Karaoke**



**Eat Lunch**

**Play Chair Volleyball** Make a Fri





# Become a Volunteer





***Join us at the Recycling Center!  
RSVP Volunteers can help at the  
Recycling Center in 2023.***

***We have the following dates (both Saturdays):  
Aug 12, & Sept 9 = from 8AM – 12noon.  
Contact Anne to help!***

### **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.



### ***Join the Team!***

***Have you recently retired?  
Are you looking for something  
meaningful to do in your free time?  
Do you want to give back  
to your community? If you are  
age 55 or better, we invite you  
to join the***

***Retired & Senior Volunteer Program (RSVP)!***

***We have several opportunities for  
you to serve here in Fulton County.  
You can volunteer and learn a new skill,  
or utilize your current skills.***

***It's free and easy to join –  
you can have fun and make new  
friends all at once!***

***Contact Anne King today  
to find out more details.***



**AmeriCorps  
Seniors**

R.S.V.P.

Anne King 574-223-3716

rsvpanne84@yahoo.com



***New RSVP Members:***

***Liz Robinson***

***Gaylo Goss***

***Could you or someone you know  
use a fabric walker caddie?***

***RSVP Volunteer Shirley Barnett***

***enjoys sewing and has  
made several of them.***

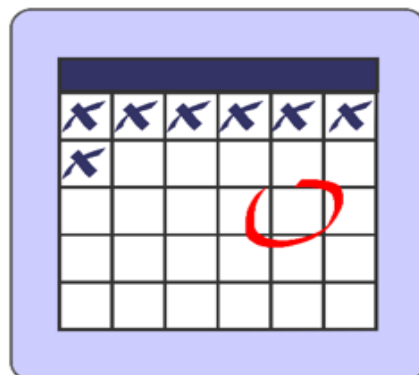
***If you would like one,  
please see Anne King.***



**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***



***Have you turned in your volunteer hours lately? Make sure you  
report your volunteer time each month to Anne!***

# AUGUST

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				
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45				46		47				48		49		
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56	57	58		59		60	61	62			63	64	65	66
67			68			69				70		71		
72						73						74		
75						76						77		

## AUGUST

## ACROSS

- 1 American College of Physicians (abbr.)
- 4 \_\_\_-garde
- 9 Sandy area at the edge of the ocean
- 14 Holding or giving off great heat
- 15 Small boat with pointed ends that is moved by using a paddle
- 16 National bird
- 17 Government agency
- 18 Fried bread
- 19 Kitchen seat
- 20 Plateau
- 22 Absence of values
- 24 Exercise place
- 25 Rodent
- 27 Lease
- 29 Dissertation
- 32 Wall recess
- 35 That girl
- 36 Place with many rooms and beds where people pay to stay
- 38 Laughing dog
- 40 Extremely long time periods
- 42 Bird homes
- 44 Take a picture
- 45 African ground squirrel
- 47 Dickens' "\_\_\_ of Two Cities" (2 wds.)
- 49 Enact
- 50 Blue-penciled
- 52 Rebel
- 54 Sticky black substance
- 55 Last month of year
- 56 Expression of surprise
- 59 Spread
- 63 Sticky black substances
- 67 Start
- 69 Avert
- 71 Down
- 72 Mustang
- 73 Food from heaven
- 74 Luau dish
- 75 Place where cattle, horses, or sheep are raised
- 76 Lament
- 77 Short-term memory

## DOWN

- 1 Excuse me!
- 2 Get by
- 3 Parent teacher groups
- 4 American Cancer Society (abbr.)
- 5 Period of rest from school or work
- 6 After awhile
- 7 Taboo
- 8 Seethe
- 9 Adjure
- 10 Consume
- 11 Eager
- 12 Disgust with excess
- 13 Steering mechanism
- 21 To be
- 23 Sick
- 26 Fire remains
- 28 Children's love
- 29 Troika
- 30 Perceived
- 31 Word with home or in
- 32 Marriage site
- 33 Bribeable
- 34 Make into law
- 35 Gender
- 37 Eastern Standard Time
- 39 Inclined
- 41 Lawyer dress
- 43 Lugging
- 46 Faithful
- 48 Evening
- 51 Gray sea eagle
- 53 Halloween mo.
- 56 Shorten (abbr.)
- 57 Goddess
- 58 Competition at the Greek games
- 60 Glory
- 61 Elliptical
- 62 \_\_\_ Ranger
- 64 Swiss mountains
- 65 Basic
- 66 Move through the water by using parts of the body
- 68 Incorporated (abbr.)
- 70 Part of a week



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:**



**Kar-Mell Community Development Corp.**

Solution:

1	A	C	P		4	A	V	A	N	T		9	B	E	A	C	H				
14	H	O	T		15	C	A	N	O	E		16	E	A	G	L	E				
17	E	P	A		18	S	C	O	N	E		19	S	T	O	O	L				
20	M	E	S		21	A		22	A	N	O	M		23	I	E		24	G	Y	M
					25	R	A	T				27	L	E	T						
		29	T	H	E	S	I	S		32	A	L	C	O	V	E		33		34	
35	S	H	E		36	H	O	T	E	L		37		38	H	Y	E	N		39	A
40	E	R	A	S		42	N	E	S	T	S		43		44	S	N	A	P		
45	X	E	R	U	S		46		47	A	T	A	L	E		48		49	A	C	T
		50	E	D	I	T	E	D		52	R	E	V	O	L	T					
					54	T	A	R					55	D	E	C					
56	A	H	A		59	U	N		60	F	O	L	D		63	T	A	R	S		66
67	B	E	G	I	N		69	A	V	O	I	D		70		71	L	O	W		
72	B	R	O	N	C		73	M	A	N	N	A		74		74	P	O	I		
75	R	A	N	C	H		76	E	L	E	G	Y		77		77	S	T	M		

Will be sponsoring a Community Meal on  
Saturday, August 12, 2023 from 12:00pm to  
2:00pm at the Fulton County Community  
Resource Center & Council on Aging  
625 Pontiac Street  
Rochester, In. 46975

Free to the public, but Donations always welcome

**\*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



**RATES:**

**IN TOWN - \$2.00 PER TRIP**

**IN COUNTY - \$4.00 PER TRIP**

**SENIORS - DONATION ONLY**

