

THE GOLDEN CHRONICLE



March 2025

www.fultoncountycoa.com

Mobile Food Pantry

Tuesday, January 14, 11:00am

First Baptist Church, 1000 Main St, Rochester

Tuesday, February 11, 1:00pm

Mill Creek Missionary Church, 1336 N State Rd 25, Rochester

Tuesday, February 25, 11:00am

United Methodist Church, Kewanna

Tuesday, March 11 11:00am

First Baptist Church, 1000 Main St. Rochester



Mathew's Market Food Pantry

The Cross Church, 3rd and Main Street, Rochester

Mondays 11:30—1:00

Thursdays 4:00—6:00pm

Craft Room Hours



APRIL 17, 2025 / JULY 17, 2025 / OCTOBER 16, 2025

9:30AM – 11:30AM

THE MEETING ROOM WILL OPEN AT 9:15AM.

NOT OPEN ON THIS DAY FOR, CERAMICS, DIAMOND PAINTINGS, OR OPEN CRAFTS.

ANNE'S SCRAP BOOKING CLASS

To Be Announced, watch newsletters for dates

9:30AM – 11:30AM

MUST SIGN UP FOR THIS CLASS

ACTIVITY ROOM WILL OPEN AT 9:15AM.

NOT OPEN ON THIS DAY FOR, CERAMICS, DIAMOND PAINTINGS, OR OPEN CRAFTS.

TUESDAY & THURSDAY 8:00AM –
11:30AM
CERAMICS, CRAFT PROJECTS, & DIAMOND
PAINTINGS

PAINT LIKE BOB ROSS

Sun, Mar 9, 2025 – Sun, Nov 2,
2025

United States · Eastern Time





**FULTON COUNTY
COMMUNITY CENTER**
& Council on Aging

625 Pontiac St., Rochester, In. 46975



Your contribution is very important!

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

Thank you for your donation

March 2025

AREA FIVE AGENCY SENIOR MENU

Monday

3
Chicken & Gravy
Mashed Potatoes
Green Beans
Mandarin Orange Cup
Bread
Milk

Tuesday

4
BBQ Pork
Cheesy Potatoes
Carrots
Pear Cup
Bun
Milk

Wednesday

5
Breaded Chicken
Patty
Red Skinned Potatoes
Asparagus
Peaches
Bun
Milk

Thursday

6
Salisbury Steak
W/Gravy
Mashed Potatoes
Brussel Sprouts
Cookie
Bread
Milk

Friday

7
Soft Shell Tacos (2)
Taco Meat
Lettuce & Cheese
Spanish Rice
Black Beans
Chocolate Chip Cookie
Milk

10
Pork Chop & Gravy
Hominy
Carrots
Brownie
Bread
Milk

11
Chicken Cutlet
Sweet Potatoes
Broccoli
Pineapple Cup
Bread
Milk

12
Smoked Sausage
Sauerkraut
Mashed Potatoes
Apples
Hot dog Bun
Milk

13
Chicken &
Dumplings
Vegetable Blend
Spiced Peaches
Nutty Bar
Roll
Milk

14
Country Fried Steak
Garlic Mashed Potatoes
Seasoned Green Beans
Mixed Fruit
Bread
Milk

17
Baked Ziti w/
Italian Sausage
Peas
Peach Cup
Garlic Bread
Milk

18
Chicken Parmesan
over Spaghetti
California Blend
Vegetables
Pudding Cup
Bread
Milk

19
BBQ Ribette
Sweet Potatoes
Toss Salad
Mousse
Bun
Milk

20
Hamburger
Buttered Potatoes
Stewed tomatoes
Jello
Bun
Milk

21
Chili w/Beans
Baby Bakers
Broccoli
Lemon Pudding
Crackers
Milk

24
Spaghetti with Meat
sauce
Italian Vegetables
Warm Spiced Apples
Tropical Fruit
Garlic Bread
Milk

25
Chicken Burgers
Sweet Potatoes
Brussel Sprouts
Mixed Fruit Cup
Bun
Milk

26
Shredded BBQ Chick
Mac & Cheese
California Blend
vegetable
Strawberry Applesauce
Bun
Milk

27
Ham & Beans
Oven Fried
Potatoes
Fruit Cobbler
Cornbread
Milk

28
Potato Crusted Fish
Scalloped Potatoes
Broccoli
Pudding
Bread
Tartar Sauce
Milk

CHEF SPECIAL

Did you know?

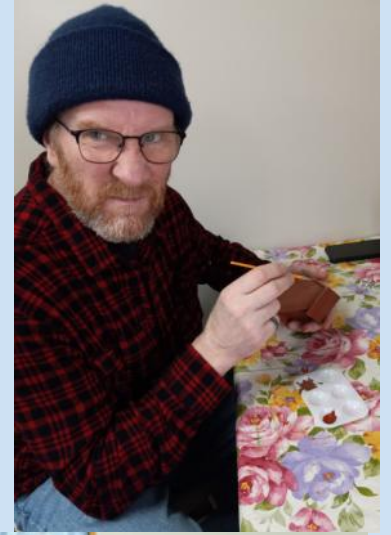
Alexander Graham Bell made the first ever phone call on 10 March 1876. He called his assistant and said "Mr Watson, come here. I want to see you."



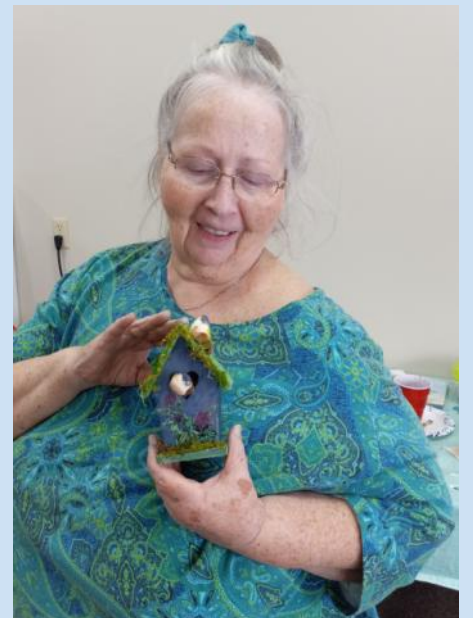
March 2025

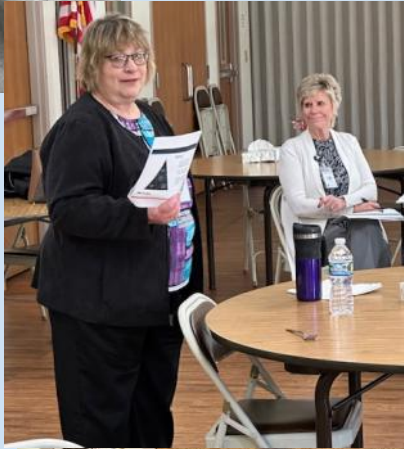
| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|--|---|--|--|--|------------------------------------|
| | | | | | | 1 <i>Hello March</i> |
| 2 | 3 Bingo 9:30 Euchre 9:30 Exercise class 9:30 | 4 T.O.P.S. 3:30 Open Crafting 8:00-11:30 | 5 Bingo 9:30 Exercise class 9:30 | 6 Chair Yoga 10:30 Open Crafting 8:00-11:30 | 7 Bingo 9:30 Exercise class 9:30 30 | 8 |
| 9  | 10 Bingo 9:30 Euchre 9:30 Exercise class 9:30 | 11 Make it & taste it with Mona 10:30 <u>T.O.P.S. 3:30</u> <u>Open Crafting</u> 8:00-11:30 | 12 Bingo 9:30 Exercise class 9:30 | 13 Chair Yoga 10:30 Open Crafting 8:00-11:30 | 14 Bingo 9:30 Exercise class 9:30 | 15 |
| 16 | 17 Bingo 9:30 Euchre 9:30 Exercise class 9:30 | 18 T.O.P.S. 3:30 Open Crafting 8:00-11:30 | 19 Bingo 9:30 Exercise class 9:30 | 20 Crafting with Kathy 9:30 Chair Yoga 10:30 | 21 Bingo 9:30 Exercise class 9:30 | 22 |
| 23 | 24 Bingo 9:30 Euchre 9:30 Exercise class 9:30 | 25 <u>T.O.P.S. 3:30</u> <u>Open Crafting</u> 8:00-11:30 | 26 Bingo 9:30 Exercise class 9:30 Birthday Celebration | 27 Chair Yoga 10:30 Bridge 12:00 | 28 Bingo 9:30 Exercise class 9:30 | 29 |
| 30 | 31 Bingo 9:30 Euchre 9:30 Exercise class 9:30 | April 1 April Fool's Day T.O.P.S. 3:30 Open Crafting 8:00-11:30 | | | | |

Food Pantry every **1:00pm - 3:00pm**
 Mon. Wed. Fri.



March Project







Grasshopper Pie

Total Time Prep: 15 Min. + Freezing

★★★★☆

Test Kitchen Approved

Looking for a grasshopper pie recipe to wow your guests? You can whip up this minty dessert the day before (it takes just 15 minutes), freeze it and then serve!

Ingredients

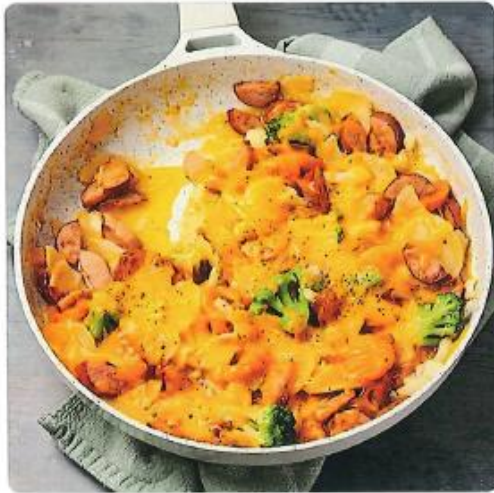
- 6 ounces cream cheese, softened
- 1 can (14 ounces) sweetened condensed milk
- 15 drops green food coloring
- 24 chocolate-covered mint cookies, divided
- 2 cups whipped topping
- 1 chocolate crumb crust (9 inches)

Directions

- 1 In a large bowl, beat the cream cheese until fluffy. Gradually beat in milk until smooth. Beat in the food coloring. Coarsely crush 16 cookies; stir into the cream cheese mixture. Fold in whipped topping. Spoon into the crust. Cover and freeze overnight. Remove from the freezer 15 minutes before serving. Garnish with remaining cookies.

Nutrition Facts

1 piece: 357 calories, 16g fat (11g saturated fat), 29mg cholesterol, 151mg sodium, 46g carbohydrate (38g sugars, 1g fiber), 6g protein.



Au Gratin Sausage Skillet

Total Time Prep: 15 Min. Cook: 30 Min.

★★★★☆ 🏆 Contest Winner

Test Kitchen Approved

This hearty scalloped potatoes and sausage relies on two store-bought shortcuts—frozen vegetables and packaged au gratin potatoes—to save time and effort in the kitchen.

Ingredients

- 1 pound smoked kielbasa or Polish sausage, halved and sliced
- 2 tablespoons canola oil
- 1 package (4.9 ounces) au gratin potatoes
- 2-1/2 cups water
- 1 package (8 ounces) frozen California-blend vegetables
- 1 to 2 cups shredded cheddar cheese

Directions

- 1 In a large skillet, cook sausage in oil until lightly browned; drain. Add potatoes with contents of sauce mix and water. Cover and cook over medium heat for 18-20 minutes or until the potatoes are almost tender, stirring occasionally.
- 2 Add vegetables; cover and cook for 8-10 minutes or until potatoes and vegetables are tender. Sprinkle with cheese. Remove from the heat; cover and let stand for 2 minutes or until the cheese is melted.



Cheese Cup

Total Time

★★★★☆

Test Kitchen Approved

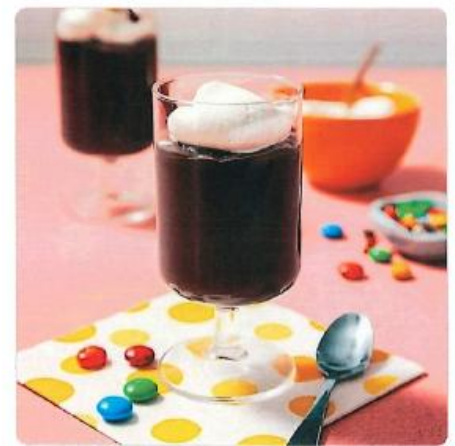
This easy, 3-ingredient recipe will please everyone everywhere.

Ingredients

- 1 pound ground beef
- 1/2 cup ketchup
- 2 tablespoons brown sugar
- 1 tablespoon prepared mustard
- 1-1/2 teaspoons Worcestershire sauce
- 2 tubes (10-1/2 ounces each) large refrigerated buttermilk biscuits
- 1/2 cup cubed Velveeta

Directions

- 1 In a large skillet, cook beef over medium heat until no longer pink. Drain. Stir in the ketchup, brown sugar, mustard and Worcestershire sauce.
- 2 Press each biscuit onto the bottom and up the side of a greased 8-inch cup; top with cheese cubes. Bake at 400° until cups are golden brown.



Chocolate Pudding

Total Time

★★★★☆

Test Kitchen Approved

Bring this rich, creamy pudding to the table with a dollop of whipped cream.

Ingredients

- 1 cup sugar
- 1/2 cup baking cocoa
- 1/4 cup cornstarch
- 1/2 teaspoon salt
- 4 cups whole milk
- 2 tablespoons butter
- 2 teaspoons vanilla extract
- Optional: Sweetened whipped cream and M&M's

Directions

- 1 In a heavy saucepan, combine sugar, cocoa, cornstarch and salt. Add milk and butter. Cook over medium heat; boil and stir for 2 minutes. Remove from the heat. Spoon into individual serving dishes. Chill until serving. If desired, top with whipped cream and M&M's.

Nutrition Facts

<https://www.tasteofhome.com/recipes/homemade-chocolate-pudding/print/>

Cheeseburger Cups

Total Time Prep/Total Time: 30 Min.

★☆☆ **Contest Winner**

Test Kitchen Approved

30-minute recipe for cheeseburger cups for kids, adults and cheeseburger lovers.



Chicken Potpie

Total Time Prep: 40 Min. Bake: 35 Min. + Standing

★★★★☆

Test Kitchen Approved

Learning how to make chicken potpie from scratch is 100% worth it. This chicken potpie recipe features a flaky, buttery crust packed with chicken, vegetables and a creamy sauce.

Ingredients

- 2 cups diced peeled potatoes
- 1-3/4 cups sliced carrots
- 1 cup butter, cubed
- 2/3 cup chopped onion
- 1 cup all-purpose flour
- 1-3/4 teaspoons salt
- 1 teaspoon dried thyme
- 3/4 teaspoon pepper
- 3 cups chicken broth
- 1-1/2 cups whole milk
- 4 cups cubed cooked chicken
- 1 cup frozen peas
- 1 cup frozen corn
- 4 sheets refrigerated pie crust



<https://www.tasteofhome.com/recipes/favorite-chicken-potpie/print/>

1/2

Chocolate Dudding

Total Time Prep: 10 Min. + Chilling

★★★★☆

Test Kitchen Approved

Bring your favorite childhood lunchbox treat to life with this rich and decadent homemade chocolate pudding recipe.

and salt. Gradually add milk. Bring to a boil from the heat; stir in butter and vanilla. Spoon pudding, garnish with whipped cream and M&M's.

2/14/25, 9:37 AM

Chicken Potpie Recipe: How to Make It

Directions

- 1 Preheat oven to 425°. Place potatoes and carrots in a large saucepan; add water to cover. Bring to a boil. Reduce heat; cook, covered, 8-10 minutes or until crisp-tender; drain.
- 2 In a large skillet, heat butter over medium-high heat. Add onion; cook and stir until tender. Stir in flour and seasonings until blended. Gradually stir in broth and milk. Bring to a boil, stirring constantly; cook and stir 2 minutes or until thickened.
- 3 In a large bowl, combine chicken, peas, corn and potato-carrot mixture. Stir in broth mixture.
- 4 Unroll a pie crust into each of two 9-in. pie plates; trim crusts even with rims of plates. Add chicken mixture. Unroll remaining crusts; place over filling. Trim, seal and flute edges. Cut slits in tops.
- 5 Bake 35-40 minutes or until crust is lightly browned. Let stand 15 minutes before cutting.

1/2

3 LETTER WORDS

Cat
Hrs
Ken
One
Ooh
Sea

4 LETTER WORDS

Burr
Chin
Cyan
Erie
Gats
Otis

5 LETTER WORDS

Amirs
Areal
At bay
Coati
Deems
Erica
Error
Heads
Nicad
Occam
On ice
Oriya
Retch
Roach
Spine
Tiers

6 LETTER WORDS

Ballad
Bodied
Brides
Denier
Drivel
Jobber
Linear
Pained
Parlay
Peaces
Polers
Popery



Rowers
Rulers
Seines
Selves
Sodden
Toners
Turban
Vipers

7 LETTER WORDS

Jackpot
Pagodas
Stearin
Tsetses

8 LETTER WORDS

Asserter
Obtained
Potherbs
Romanist

9 LETTER WORDS

Dissuades

Politesse
Practical
Rabbinate

10 LETTER WORDS

Condescend
Half volley

11 LETTER WORDS

Cornflowers
Opalescence

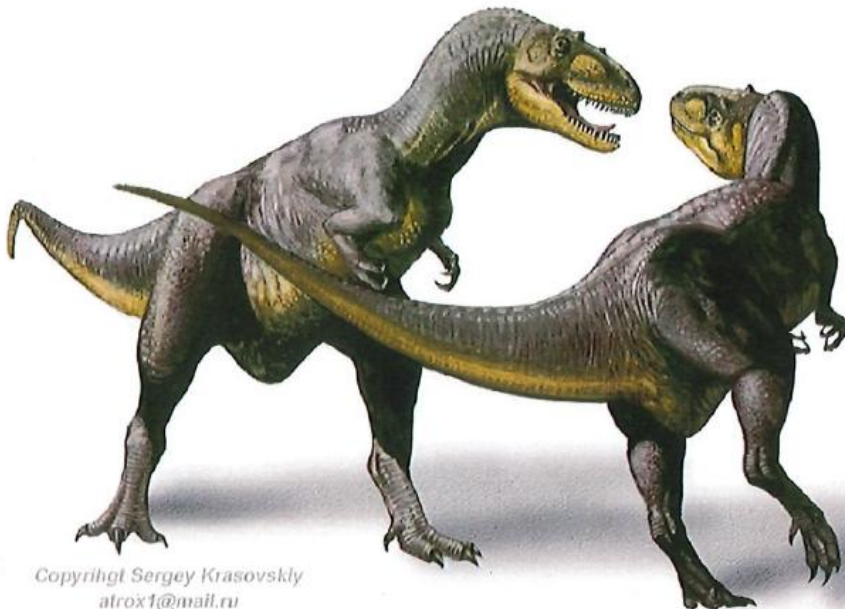
Golden Age Movie Actresses



BALL
BARBARA
BETTE
CAROLE
CLAUDETTE
COLBERT
DAVIS
DAY
DORIS
DOROTHY

GINGER
HARLOW
HAYWORTH
JANE
JEAN
LAMOUR
LEIGH
LOMBARD
LOY
LUCILLE

MAE
MARILYN
MONROE
MYRNA
RITA
ROGERS
STANWYCK
VIVIEN
WEST
WYMAN



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atrox1@mail.ru

Are you ready for some fun? We are planning a day trip to the Dinosaur Museum in South Bend on May 13. The seats are limited to 22. The cost of this trip is \$10.00 with lunch on your own. If you have a sweet tooth, you can hop into the Chocolate Factory for a few minutes and see what they have. You can sign up at the front desk or call the center at 574-223-6953. The bus will leave at 9:15.

Date is subject to change depending on availability of buses.

More trips are in the planning. Keep checking the newsletter for further information.

www.fultoncountywellnesscenter.com



**Stop in and talk with
our friendly staff, to see
if we have a program that
works for you.**

574-223-3657



John



Pat



**Congratulations
Valentine 2025
King & Queen**



2025 Trips

Saturday, April 12, 2025 = Day bus trip to The Beef House in Covington, IN to see the hilarious Four Old Broads. Think: The Golden Girls Reboot! Four ladies (Beatrice, Eaddy Mae, Imogene, and Maude) band together to solve a mystery at their assisted living facility, evade an Elvis impersonator, and outsmart evil Nurse Pat so they can make it to their much-needed cruise. Cost = \$140/person, and includes transportation, meal, and show ticket.

Alaskan Cruise = June 17-29, 2025 = Sail Holland America Cruise Lines, with stops in Fairbanks, Denali, Whittier, Glacier Bay, Skagway, Juneau, Ketchikan, & Vancouver. Call for pricing = flyers available...Wait list only

Monday, September 8, 2025 = Day bus trip to The Blue Gate Theatre in Shipshewana, IN to see The Rise & Fall of Miss Fannie's Biscuits. Fannie Miller makes the finals of the Tuscarawas County Baking Contest, but calls her retired cop friend Foster Bates to help investigate when other contestants start disappearing. Foster and Fannie stay on the case until the end, learning about solving mysteries, baking contests, and life. Cost = \$140/person, and includes transportation, meal, and show ticket.

Albuquerque Balloon Fiesta, New Mexico = October 3-8, 2025 = Trip includes roundtrip airfare, 8 meals, attend the Mass Ascension of Balloons, visit the Indian Pueblo Cultural Center with Native American Dance performance, Old Town Albuquerque guided tour, Evening Balloon Glow, Pecos National Historic Park, and tour of Santa Fe, including San Miguel Mission and Loretto Chapel = Call for pricing = flyers available

Saturday, November 1, 2025 = Day bus trip to The Beef House in Covington, IN to see The Fatal 50s Affair. The cast of 50s TV sitcom "Make Way For Winky" is on a reunion tour when an audience member is murdered. Local TV host Barry West leads the audience through this murder-mystery to discover the killer, determining that the Winky cast members are not as wholesome as they appear to be. Cost = \$140/person, and includes transportation, meal, and show ticket.

Monday, December 1 through Thursday, Dec 4, 2025: Bus trip to Branson, Missouri. Cost = \$859/person (dbl occ) or \$1059 (single), and includes all motorcoach transportation, lodging at Hotel Grand Victorian with buffet breakfast, visits to Silver Dollar City, Butterfly Palace Experience, College of The Ozarks tour with Ralph Foster Museum, a performance of David at The Sights & Sounds Theatre, Christmas Wonderland Show, meals at Mel's Hardluck Diner and College of The Ozarks, Branson Belle Dinner Cruise, a performance by Clay Cooper, and shopping at Grand Village Shops. Your \$100 nonrefundable deposit will hold your seat.

New Orleans Bus Trip = dates for this trip are May 17-23, 2025. Price has not yet been set. Stay tuned for more information on this trip...

Trips can fill up quickly, so if you are interested, be sure to sign up and pay any required deposit to hold your seat!



**AmeriCorps
Seniors**

R.S.V.P.

Anne King 574-223-3716

rsvpanne84@yahoo.com



March Birthday's

- 03/05 Diane Jones
- 03/05 Bill Willard
- 03/10 David Mygrant
- 03/11 Connie Walter
- 03/18 Gary Donaldson
- 03/18 Joe Moore
- 03/19 Cheryl Schreiber
- 03/28 Wilma Graves

VOLUNTEER



VOLUNTEER



Happy St. Patrick's Day!

Fulton County is LUCKY to have an RSVP program! Our volunteers serve in a variety of ways to help our community be the best it can be. If you are age 55 or better and have a desire to help, contact Anne King at 574-223-3716 to find out more. Joining is free and easy.



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;



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