The Golden Chronicle

September 2024

www.fultoncountycoa.com

Senior Games

Thursday, September 26, 2024

Please make sure to sign up no later than September 6. 2024

Late entries will not receive a tee-shirt.

Crafting with Kathy = Painting with Bob Ross

September 19, 2024, 9:30

If you have any questions on this class please contact Kathy.

FULTON COUNTY COMMUNITY CENTER
& 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

Area 5 Lunch

Sign up (2) days ahead for this service

(574)-223-8170

September 2024

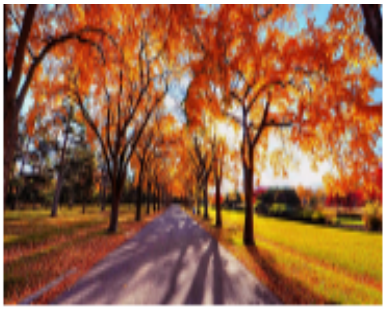
AREA FIVE AGENCY SENIOR MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Chicken Alfredo Seasoned Green Beans Fruit Medley Garlic Bread Milk	4 Stuffed Green Peppers Garden Salad Diced Peaches Cookie Roll/Margarine Milk	5 Sloppy Jo Tater Tots Mixed Vegetables Brownie Bun Milk	6 Chicken Fajita Casserole Stewed Tomatoes Mexican Cornbread Snack Cake Milk
9 Pork Chop & Gravy Rice Pilaf Broccoli Pineapple Cup Bread/Margarine milk	10 French Onion Chicken Baby Bakers Carrots Jell-O Bread/Margarine Milk	11 Meatballs & Sauce White Rice California Blend Vegetables Mandarin Orange Cup Milk	12 Swiss Mushroom Burger Buttered Corn Baked Beans Fruit Crisp Bun Milk	13 Country Fried Steak Mashed Potatoes Peas Pudding Cup Bread/Margarine Milk
16 Smoked Sausage Mashed Potatoes Sauerkraut Applesauce Bread/Margarine Milk	17 Meatloaf Sandwich Sweet Potatoes Coleslaw Spiced Peaches Bread/Margarine Milk	18 CHEFS SPECIAL	19 BBQ Chicken Pinto Beans Chuckwagon Corn Pudding Cup Rye Bread/Margarine Milk	20 Philly Cheesesteak Buttered Potatoes Broccoli Tropical Fruit Cup Bun Milk
23 Salisbury Steak Mashed Potatoes Candied Carrots Peach Cup Bread/Margarine Milk	24 Lasagna Toss Salad Sliced Apples Flavored Craisins Garlic Bread Milk	25 Ham & Beans Cubed Potatoes Fruit Cobbler Cornbread Milk	26 Chicken Strips Baby Bakers Vegetable Blend Banana Bread/Margarine Milk	27 Potato Crusted Fish Tartar Sauce Macaroni & Cheese Green Beans Cookie Bread/Margarine Milk
30 Penne Pasta w/ Meat Sauce Broccoli Applesauce Garlic Bread Milk				

Did you know?

September in the Northern Hemisphere is similar to March in the Southern Hemisphere.

2024 September



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26	27 T.O.P.S. 3:30	28	29	30	31	01
02 CLOSED LABOR DAY	03 Make it & Taste it with Mona 10:00 T.O.P.S. 3:30	04 Bingo 9:30 Exercise class 9:30	05 Chair Yoga 10:30 Bridge 12:30	06 Bingo 9:30 Exercise class 9:30	07	08
09 Bingo 9:30 Exercise class 9:30 Euchre 9:30	10 T.O.P.S. 3:30	11 Bingo 9:30 Exercise class 9:30	12 Chair Yoga 10:30 Bridge 12:30	13 Bingo 9:30 Exercise class 9:30	14	15
16 Bingo 9:30 Exercise class 9:30 Euchre 9:30	17 T.O.P.S. 3:30	18 Bingo 9:30 Exercise class 9:30	19 Crafting with Kathy 9:30 Chair Yoga 10:30 Bridge 12:30	20 Bingo 9:30 Exercise class 9:30	21	22
23 Bingo 9:30 Exercise class 9:30 Euchre 9:30	24 Bakery Bingo 9:30 T.O.P.S. 3:30 Open Crafting Closed	25 Bingo 9:30 Exercise class 9:30 Movie 12:15 "Twisters"	26 Senior Games No regular activities	27 Bingo 9:30 Exercise class 9:30	28	29
30 Bingo 9:30 Exercise class 9:30 Euchre 9:30	01 Helloo October	Notes:				

Well folks it is getting to be that time of year again, that you need to start thinking about getting your home and vehicles ready for the cold and snow. Are you ready?

T.O.P.S.

Taking Off Pounds Sensibly

Meetings every Tuesday 3:30pm

We would like to say "Thank You" to everyone who was able to attend our C.O.A. day trips. The buses filled up fast for the trips and a lot of fun was had by all.

We are planning more trips in the spring, watch the Newsletter for updates on upcoming day trips and get signed up for the fun.

If you have suggestions for day trips, let Mona know.

80s Movies

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

AIRPLANE
AMADEUS
BATMAN
BIG
BODY HEAT
COCOON
DAS BOOT
DIE HARD
DINER
FRANCES
GANDHI
GLORY
GOONIES
GREMLINS
PLATOON
PREDATOR
RAIN MAN
RAN
REDS
SCARFACE
SILKWOOD
SPLASH
STRIPES
TAPS
TOOTSIE
TOP GUN
TRON
WARGAMES
WITNESS
YENTL

Ravioli With Sage-Walnut Butter

Level: Easy
Total: 25 min
Active: 25 min
Yield: 4 servings

Ingredients:

Kosher salt
1/4 cup balsamic vinegar
2 teaspoons honey
1 bay leaf
2 9-ounce packages refrigerated cheese ravioli
6 tablespoons unsalted butter
1/3 cup fresh sage leaves
1 cup walnuts, roughly chopped — most nuts will work
3/4 cup grated parmesan cheese

Directions:

1 Bring a large pot of salted water to a boil. Combine the vinegar, honey and bay leaf in a small saucepan and boil over medium-high heat until syrupy, 4 to 5 minutes. Cover to keep warm.

2 Add the ravioli to the boiling water and cook as the label directs. Meanwhile, melt the butter in a large skillet over medium heat, then add the sage and walnuts and cook until the nuts are toasted, about 3 minutes. Increase the heat to high, ladle in about 1 cup cooking water and bring to a boil. Cook until reduced by about half, 1 to 2 minutes.

3 Drain the ravioli, reserving another 1/2 cup cooking water. Add the ravioli to the skillet and toss to coat, adding the reserved water as needed. Remove from the heat, toss with the parmesan and season with salt. Divide the ravioli among plates and drizzle with the balsamic syrup.

20-Minute Sausage and Pepper Ravioli Skillet

We took the favorite Italian flavor combo of sausage and peppers and put them in an easy weeknight dish that can be on the table in just 20 minutes. Cook the store-bought ravioli and colorful sauce at the same time, then finish by heating them in the same pan. Melted provolone is the crowning touch.

Level: Easy
Total: 20 min
Active: 5 min
Yield: 4 servings

Ingredients:

Kosher salt and freshly ground black pepper
1 tablespoon extra-virgin olive oil
1 medium green bell pepper, thinly sliced
1 medium red bell pepper, thinly sliced
1 small red onion, halved and thinly sliced
2 cloves garlic, minced
One 14-ounce can crushed tomatoes
1/4 teaspoon crushed red pepper flakes
One 10-ounce package Italian sausage ravioli
3 slices provolone (about 3 ounces)
Fresh basil leaves, for serving

Directions:

1 Bring a large pot of salted water to a boil.

2 Meanwhile, heat the olive oil in a medium skillet over medium-high heat. Add both of the bell peppers and the onion and season with 1 teaspoon salt and a few grinds of black pepper. Saute, stirring occasionally, until just beginning to soften, about 5 minutes. Add the garlic and cook, stirring frequently, until just beginning to turn golden, 1 to 2 minutes. Add the crushed tomatoes, red pepper flakes and 1/2 teaspoon salt. Bring to a boil, then lower heat and simmer until slightly thickened, stirring occasionally, about 8 minutes.

3 While the sauce is cooking, boil the ravioli according to the package instructions. Drain.

4 Add the cooked ravioli to the skillet and stir to coat in the sauce. Top evenly with provolone and warm until cheese is melted, 1 to 2 minutes. Top with fresh basil leaves.

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Ravioli a la Betsy

Level: Easy
Total: 16 min
Active: 16 min
Yield: 4 servings

Ingredients:

Kosher salt
18 to 20 ounces packaged spinach and ricotta ravioli
3 tablespoons butter
2 tablespoons olive oil
1 pound peeled and deveined large shrimp (optional)
3 cloves garlic, pressed
1 medium yellow onion, finely chopped
2/3 cup white wine
Two 14.5-ounce cans tomato sauce
1 cup heavy cream
1 teaspoon freshly ground black pepper
1/4 cup chopped fresh flat-leaf parsley, plus more for garnish
8 fresh basil leaves, roughly chopped, plus more for garnish

Directions:

1 Bring a large pot of salted water to a boil. Cook the ravioli according to the package instructions. Drain and set aside.

2 Meanwhile, heat half of the butter and olive oil in a large skillet over medium-high heat. When hot, add the shrimp and cook on both sides until just starting to turn opaque, 2 minutes per side. Remove to a aside.

3 Return the skillet to the heat and add the remaining butter and olive oil. Add the garlic and onions, stir to combine and cook until the onions have softened slightly, about 3 minutes.

4 Deglaze with the wine, scraping the bottom of the skillet, and simmer until reduced by half, about 45 seconds. Add the tomato sauce, cream and pepper and stir to combine. Bring to a simmer, then reduce the heat to low.

5 Chop the shrimp into bite-size chunks and stir back into the skillet. Add the parsley and basil and stir. Add the ravioli to the sauce and top with more parsley and basil.

Chicken Stir-Fry

Total: 30 min
Prep: 10 min
Cook: 20 min
Yield: 4 servings

Ingredients:

2 tablespoons dark sesame oil, divided
2 garlic cloves, finely minced
2 pounds chicken breasts, skinless and boneless
1 head broccoli, stems removed
1 dozen mushrooms, sliced
3 carrots, peeled and julienned
1/4 pound green beans, diced
1 head bok choy, chopped
2 to 3 tablespoons teriyaki sauce

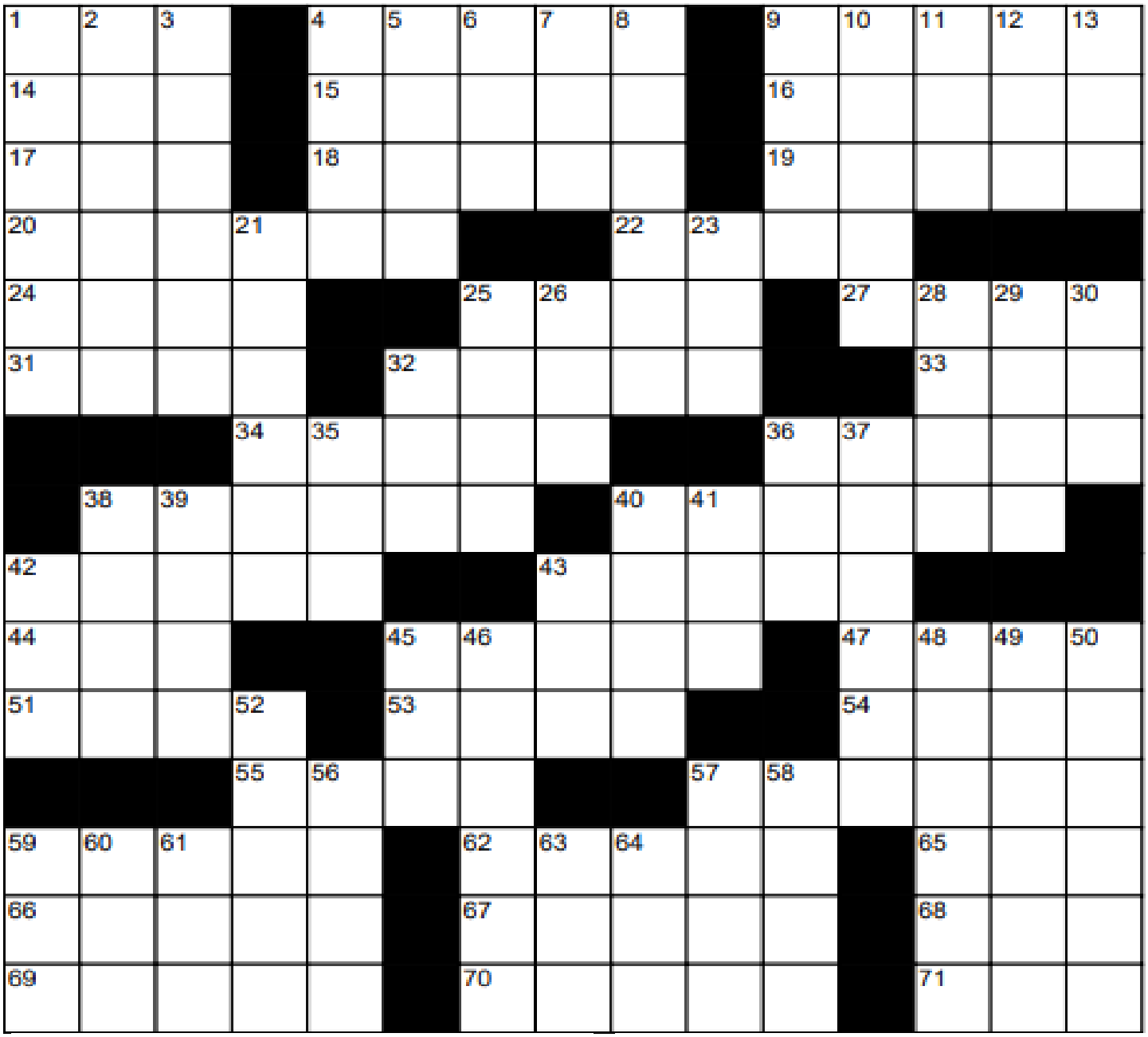
Directions:

1 Heat 1 tablespoon oil in a saute pan over medium heat. Add garlic and stir. Place the chicken in the pan and brown 4 minutes on each side. Remove from pan, slice into strips, set aside.

2 Heat remaining tablespoon of oil in a wok over high heat. Add the vegetables and teriyaki sauce. Stir-fry quickly until the vegetables begin to soften. Add the chicken strips combine well and continue to cook for 2 to 3 minutes. Serve immediately.

AED

SUMMER VACATION



ACROSS

1 Compass point
4 Shrub
9 Not these
14 Note of debt
15 Japanese city
16 Make loose
17 Tender loving care
18 Lady's title
19 Heavy-handed
20 Aid
22 Sports channel
24 Part of the eye
25 Roman emperor
27 Automobile
31 Musical repeat
32 Righteous
33 Kitten's cry
34 Colder
36 Type of peace prize
38 Produces eggs
40 Kidnappers want
42 Hawaiian 'hello'
43 Pains
44 Dog
45 Leave now!
47 What a mosquito bite does
51 Refuse to sign a bill
53 Given salary
54 Gambling game
55 Open vehicle for traveling on water
57 Pointed writing tool
59 Fire remains
62 Juicy
65 Fox's offspring
66 Hesitation
67 Sap (2 wds.)
68 East southeast
69 Niches
70 Aircraft
71 Eastern state

DOWN

1 Type of acid
2 Spanish dance
3 Greek mathematician
4 Few
5 U.S. Air Force
6 Fuming
7 Precedes an alias
8 Device for taking photographs
9 Journey, voyage, or excursion
10 Dye
11 Roberto's yes
12 Exhaust
13 Extension (abbr.)
21 Old Testament prophet
23 Sun's name
25 Opp. of yeses
26 Goof
28 Convexity
29 Seethe
30 Night bird
32 Least amount
35 Communication Workers of America (abr.)
36 North northeast
37 Change into bone
38 Swerve
39 Place where ships load and unload
40 Long paved surface for the passage of vehicles and people
41 Extremity
42 Air Cushion Vehicle (abbr.)
43 __ Lanka
45 Hotel
46 Condiment
48 Spoke
49 Travel for pleasure in a ship
50 Student lodging
52 Heavy-set
56 Mined metals
57 Made a web
58 Use a keyboard
59 Environmental protection agency (abbr)
60 Picture of a particular area of the earth
61 Used to carry large number of people
63 Sign language
64 Legume

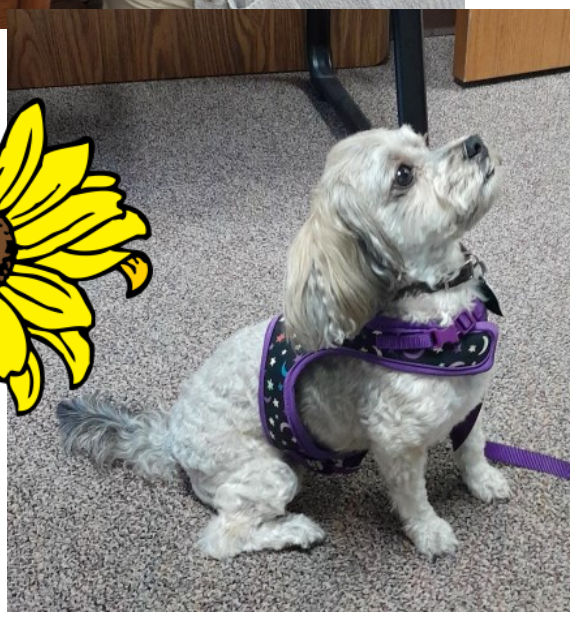
THE
CHOCOLATE
MUSEUM

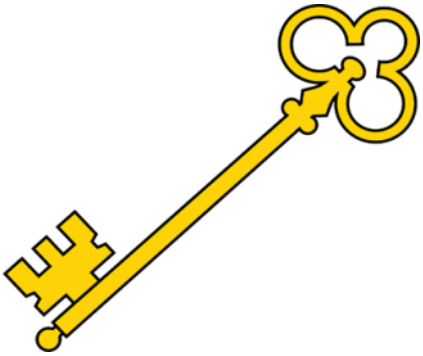
FRYS
GOLD MEDALS &c
CHOCOLATE
MAKERS TO H.M. THE KING, H.M. THE QUEEN
& H.M. QUEEN ALEXANDRA.
CANDY FROM
BRACH'S
Candyland
"REALLY FRESH CANDY"
PLEASE ASK FOR "BROX"
LIFE
LIFE

SOUTH

ALMOST PERFECT

THANK YOU FOR





September 2024

New RSVP Members:

Marjorie Kendall

Vicki Runkle Hammel

The key to a fulfilling life? Join RSVP and find out! The Retired & Senior Volunteer Program brings together individuals age 55+ with a desire to help and matches them with organizations that need volunteers. If you are age 55 or better and new-

HAPPY BIRTHDAY

09/01 Sue Geib
09/05 Barbara Troyer
09/06 Rebecca Banashak
09/09 Lois Morton
09/09 Pamela Moyer
09/10 Laura Baugher
09/17 Sharon Mutchler
09/21 Linda Nolte
09/24 Barbara Abis
09/27 Carolyn Baldwin
09/27 Phyllis Brown
09/27 Nyoka (Nikki) Davis
09/28 Arnie Snipes
09/28 Shirley Willard
09/30 Mona Elsea

Volunteer needs:

Receptionist at the Fulton Co Community Center

Ambassador at Woodlawn Hospital

Recycle Days! Join RSVP at the Recycling Center – 8AM to 12PM and help with intake of recyclable materials. Contact Anne at 574-223-3716 to help out!

Solution:

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

AmeriCorps Seniors

R.S.V.P.

Anne King 574-223-3716

rsvpanne84@yahoo.com

September 2024

Check out these exciting trip opportunities!

Christmas Market Cruise – Danube River = Dec 7-15, 2024 Visit Germany, Austria, Slovakia, & Hungary during the holiday season ~ flyers available

Tournament of Roses Parade = Dec 29 2024 thru Jan 2 2025 = Fly roundtrip from Chicago to LA and enjoy 6 meals, a tour of LA, Academy Museum of Motion Pictures, behind-the-scenes parade float building, 136th Tournament of Roses Parade, and a visit to Santa Monica. Call for pricing = flyers available…

Donna's Birthday Bash Cruise = Feb 15-23, 2025 = Sail Norwegian Cruise Lines with stops in San Jaun, Punta Cana, Aruba, Curacao, Bonaire, St Luca, & St Kitts. Call for pricing = flyers available…

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…

Albuquerque Balloon Fiesta, New Mexico = October 3-8, 2025 = Trip includes round-trip 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

New Day Trip to see Menopause the Musical 2!

Wednesday, November 6, 2024 at Blue Gate Performing Arts Center in Shipshewana, Indiana.

Cost of $140 includes transportation, family-style meal, and show ticket, plus a little time for shopping. Call Anne to sign up!

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;

www.fultoncountycoa.com

Fulton County TRANSPO

HOLIDAY HOURS

MONDAY, SEPT. 2, 2024
THURSDAY, NOV. 28, 2024
FRIDAY, NOV. 29, 2024
MONDAY, DEC. 23, 2024
TUESDAY, DEC. 24, 2024
WEDNESDAY, DEC. 25, 2024

Fulton County TRANSPO

RATES:

IN TOWN - $2.00 PER TRIP

IN COUNTY - $4.00 PER TRIP

SENIORS – DONATION ONLY

United Way

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