

The Golden Chronicle

A photograph of two turkeys standing on a gravel path. The turkey on the left is facing right, and the turkey on the right is facing left. Both have blue heads and red wattles. The background is a blurred natural setting with green foliage and dry grass.

November 2024

www.fultoncountycoa.com



With Respect
Honor
and Gratitude

Thank You Veterans

Monday, November 11, 2024

“NOTICE”

All regular activities are cancelled Tuesday, November 5, 2024

Due to voting here at the Center.

Regular activities to resume on Wednesday, November 6, 2024

Pending Weather

If the weather is looking like it might not be safe,

Please listen to WROI 92.1fm

For any delays or cancelations for

Fulton County Council on Aging and/or

Fulton County Transpo

Be safe out there

November 2024

AREA FIVE AGENCY SENIOR MENU

Monday

Tuesday

Wednesday

Thursday

Friday

Did you know?

Throughout much of history, November has often been thought of as a somber month because it signaled the start of winter. People would spend the month storing up their harvest and preparing their food and homes in order to survive the winter.

4
Pork Chop & Gravy
Hominy
Carrots
Brownie
Bread
Milk

5
**CHEFS
SPECIAL**

6
Smoked Sausage
Sauerkraut
Mashed Potatoes
Apples
Bun
Milk

7
Chicken & Dumplings
Vegetable Bend
Warm Spiced Peaches
Nutty Bar
Bread
Milk

8
County Fried Steak
Garlic Mashed
Potatoes
Seasoned Green
Beans
Mixed Fruit
Bread

11
Baked Ziti w/ Italian
Sausage
Peas
Peach Cup
Garlic Bread
Milk

12
Ham & Beans
Oven Fried
Potatoes
Fruit Cobbler
Cornbread
Milk

13
BBQ Ribette
Sweet Potatoes
Toss Salad
Cherry Mousse
Bun
Milk

14
Hamburger
Buttered Potatoes
Stewed Tomatoes
Jello
Bun
Milk

15
Chili w/Beans
Baby Bakers
Broccoli
Lemon Pudding
Crackers
Milk

18
Spaghetti w/Meat
sauce
Italian Vegetables
Warm Spiced Apples
Tropical Fruit
Garlic Bread
Milk

19
Baked Pork Chops
Sweet Potatoes
Brussel Sprouts
Fruit Cup
Roll
Milk

20
Shredded BBQ Chicken
Macaroni & Cheese
California Blend
Vegetables
Strawberry Applesauce
Bun
Milk

21
Chicken Parmesan
Over Spaghetti
California Blend
Vegetables
Pudding Cup
Bread
Milk

22
Potato Crusted Fish
Scalloped Potatoes
Broccoli
Snack Cake
Bread
Milk

25
Chicken Pot Pie
Buttered Corn
Fruit Cocktail
Brownie
Milk

26
**THANKSGIVING
DINNER**

27
Biscuits & Gravy
Scrambled Eggs
Tater Tots
Banana
Milk



29
**AGENCY
CLOSED**

*Hello
November!
Wishing
you all
peace, love
and
happiness
for the new
month!*



2024 November



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28	29	30	31	01 <i>Hello November</i>	02	03
04 Bingo 9:30 Exercise class 9:30 Euchre 9:30	05 All regular activities cancelled today.	06 Bingo 9:30 Exercise class 9:30 Euchre 9:30	07 Open Crafting 8:00 Chair Yoga 10:30 Bridge 12:30	08 Bingo 9:30 Exercise class 9:30 Euchre 9:30	09	10
11 Honor our Veterans	12 Make it & Taste it with Mona 10:30	13 Bingo 9:30 Exercise class 9:30 Euchre 9:30	14 Open Crafting 8:00 Chair Yoga 10:30 Bridge 12:30	15 Bingo 9:30 Exercise class 9:30 Euchre 9:30	16	17
18 Bingo 9:30 Exercise class 9:30 Euchre 9:30	19	20 Bingo 9:30 Exercise class 9:30 Euchre 9:30	21 Crafting with Kathy 9:30	22 Bingo 9:30 Exercise class 9:30 Euchre 9:30	23 Karaoke 11:00	24
25 Bingo 9:30 Exercise class 9:30 Euchre 9:30	26	27 Thanksgiving Bingo 9:30 Birthday Cake	28 CLOSED	29 CLOSED	30	01
02	03	Notes: Open Crafting every Tuesday, Thursday, Friday starting at 8:00 am				





Craft Class Projects for December November





Maple Walnut Cake

Total Time Prep: 45 Min. Bake: 15 Min. + Cooling

★★★★☆

Test Kitchen Approved

This maple-flavored cake with candied walnuts honors beloved my grandpa, who made maple syrup when I was a child. It honors his memory and has proven to be a favorite with family and friends throughout the years. — Lori Fee, Middlesex, New York



Ingredients

- 1/2 cup unsalted butter, softened
- 1-1/2 cups packed light brown sugar
- 3 large eggs, room temperature
- 1 teaspoon maple flavoring or maple syrup
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup buttermilk

CANDIED WALNUTS:

- 1 tablespoon unsalted butter
- 1-1/2 cups coarsely chopped walnuts
- 1 tablespoon maple syrup
- 1/4 teaspoon salt

FROSTING:

- 2 cups unsalted butter, softened
- 1 teaspoon maple flavoring or maple syrup
- 1/4 teaspoon salt
- 5 cups confectioners' sugar
- 1/4 to 1/2 cup half-and-half cream
- 3 tablespoons maple syrup, divided

Directions

- 1 Preheat oven to 350°. Line bottoms of 3 greased 9-in. round baking pans with parchment; grease parchment.
- 2 Cream butter and brown sugar until light and fluffy, 5-7 minutes. Add eggs, 1 at a time, beating well after each addition. Beat in maple flavoring. In another bowl, whisk together flour, baking powder, baking soda and salt; add to creamed mixture alternately with buttermilk, beating after each addition.
- 3 Transfer to prepared pans. Bake until a toothpick inserted in center comes out clean, 11-13 minutes. Cool in pans 10 minutes before removing to wire racks; remove paper. Cool completely.
- 4 For candied walnuts, in a large skillet, melt butter over medium heat; saute walnuts until toasted, about 5 minutes. Stir in maple syrup and salt; cook and stir 1 minute. Spread onto foil; cool completely.
- 5 For frosting, beat butter until creamy. Beat in maple flavoring and salt. Gradually beat in confectioners' sugar and enough cream to reach desired consistency.
- 6 Place 1 cake layer on a serving plate; spread with 1 cup frosting. Sprinkle with 1/2 cup candied walnuts and drizzle with 1 tablespoon maple syrup. Repeat layers.
- 7 Top with remaining layer. Frost top and sides of cake. Top with remaining walnuts and syrup.

Ingredients

- 2 packages (1/4 ounce each) active dry yeast
- 1-1/3 cups warm water (110° to 115°), divided
- 1 cup warm mashed potatoes (without added milk a
- 2/3 cup sugar
- 2/3 cup shortening
- 2 large eggs, room temperature
- 2-1/2 teaspoons salt
- 6 to 6-1/2 cups all-purpose flour

Directions

- 1 In a small bowl, dissolve yeast in 2/3 cup warm water, shortening, eggs, salt, remaining 2/3 cup water, yeast enough remaining flour to form a soft dough.
- 2 Do not knead. Shape into a ball; place in a greased pan in a warm place until doubled, about 1 hour.

<https://www.tasteofhome.com/recipes/easy-potato-rolls/print/>

10/11/24, 10:38 AM

- 3 Punch down dough; divide into thirds. Divide and shape into rolls. Place in a greased baking pan. Cover with a kitchen towel. Repeat with remaining dough until doubled, about 30 minutes. Preheat oven to 375°.
- 4 Bake rolls until golden brown, 20-25 minutes. Remove from oven.



Ingredients

- 1 pound fresh or frozen cranberries
- 1 can (20 ounces) crushed pineapple, drained
- 1 cup sugar
- 2 cups miniature marshmallows
- 1 cup heavy whipping cream, whipped
- 1/2 cup chopped pecans

Directions

- 1 In a food processor, cover and process cranberries and pineapple and sugar. Cover and refrigerate overnight.
- 2 Just before serving, fold in marshmallows, whipped cream, and chopped pecans.

Potato Rolls

Total Time Prep: 20 Min. + Rising Bake: 20 Min.

★★★★☆ **Contest Winner**

Test Kitchen Approved

Homemade potato rolls have a distinctively delicious flavor and moist, fluffy texture.

and butter)

er. In a large bowl, combine mashed potatoes, sugar, yeast mixture and 2 cups flour; beat until smooth. Stir in

bowl, turning once to grease the top. Cover and let rise in

1/2

ght and Fluffy Potato Rolls Recipe

hape 1 portion into 15 balls; place in a greased 9-in. round remaining dough. Let rise in a warm place until

ve from pans to wire racks. Serve warm.

Cranberry Ambrosia Salad

Total Time Prep: 20 Min. + Chilling

★★★★☆

Test Kitchen Approved

My paternal grandmother used to make this for Christmas dinner. I'm not sure how many batches she made since there were nearly 50 aunts, uncles and cousins in our family. I still make the recipe in memory of her, and it's still as good as I remember. —Janet Hurley, Shell Rock, Iowa

until coarsely chopped. Transfer to a large bowl; stir in ht.

d cream and pecans. If desired, top with additional



Slow Cooker Turkey Breast

Total Time Prep: 10 Min. Cook: 5 Hours

★★★★☆

Test Kitchen Approved

Make this Thanksgiving dinner the easiest ever with our slow-cooker turkey breast recipe.

Ingredients

- 1 bone-in turkey breast (6 to 7 pounds), skin removed
- 1 tablespoon olive oil
- 1 teaspoon dried minced garlic
- 1 teaspoon seasoned salt
- 1 teaspoon paprika
- 1 teaspoon Italian seasoning
- 1 teaspoon pepper
- 1/2 cup water

Directions

- 1 Brush turkey with oil. Combine the garlic, seasoned salt, paprika, Italian seasoning and pepper; rub over turkey. Transfer to a 6-qt. slow cooker; add the water. Cover and cook on low for 5-6 hours or until tender. **Lemon-Garlic Turkey Breast:** Combine 1/4 cup minced fresh parsley, 8 minced garlic cloves, 4 teaspoons grated lemon zest, 2 teaspoons salt-free lemon-pepper seasoning and 1-1/2 teaspoons salt; rub over turkey breast. Add water and cook as directed.



Sausage Stuffing

Total Time Prep: 20 Min. Bake: 40 Min.

★★★★☆

Test Kitchen Approved

The best sausage stuffing recipe evokes nostalgia for time spent with loved ones at the holiday table. Pair it with turkey for Thanksgiving, or eat it as an all-in-one meal any time of the year.

Ingredients

- 1 pound bulk pork sausage
- 2 cups chopped celery
- 1 cup chopped onion
- 1 cup 2% milk
- 7 cups coarse dry bread cubes
- 2 large eggs
- 2 tablespoons minced fresh parsley
- 1/2 teaspoon salt or salt to taste
- 1/4 teaspoon pepper

Directions

- 1 Preheat oven to 350°. In a large skillet over medium heat, cook and crumble sausage until no longer pink, 6-7 minutes. Drain sausage, reserving 2 teaspoons drippings; set sausage aside. In same skillet, cook and stir celery and onion in reserved drippings over medium heat until celery is tender-crisp and onions are translucent, 3-4 minutes.

<https://www.tasteofhome.com/recipes/grandma-s-poultry-dressing/print/>

1/2

10/10/24, 11:01 AM

The Best Sausage Stuffing Recipe

- 2 Meanwhile, in a small saucepan, heat milk over medium heat until bubbles form around side of pan. In a large bowl, combine sausage, celery mixture, milk, bread cubes, eggs, parsley, salt and pepper.
- 3 Transfer to a greased 2-qt. baking dish. Cover and bake until lightly browned, about 40 minutes. If desired, sprinkle with additional parsley just before serving.

Trivia

1. Who starred as Rick Blaine in the classic film "Casablanca" (1942)?
2. In which iconic Western movie did John Wayne portray the character Rooster Cogburn?
3. In this movie, a man travels back in time in a DeLorean car and must make sure his parents fall in love to ensure his own existence.
4. A man, played by Clint Eastwood, becomes a bounty hunter and seeks revenge in the Wild West.
5. Which actor starred as the iconic character Indiana Jones in the adventure film series?
6. In the 1971 movie "Dirty Harry," who played the role of Inspector Harry Callahan?
7. Which movie, released in 1959, won a record-breaking 11 Academy Awards, including Best Picture?
8. Who portrayed the character Luke Skywalker in the original "Star Wars" trilogy?
9. Who played the role of Scarlett O'Hara in the epic historical film "Gone with the Wind" (1939)?
- 10 In this musical film, Maria becomes a governess for the von Trapp family and brings music back into their lives.
- 11 A young woman, played by Audrey Hepburn, finds herself in a case of mistaken identity while on a trip to Rome.
- 12 Who portrayed the character Vito Corleone in the crime film "The Godfather" (1972)?
- 13 In what year did the first "Star Trek" television series premiere?
- 14 Name the actress who portrayed Mary Poppins in the 1964 film of the same name.
- 15 Who played the role of George Bailey in the 1946 Christmas-themed film "It's a Wonderful Life"?
- 16 Who starred as Dorothy in the beloved musical "The Wizard of Oz" (1939)?
- 17 Who is the renowned filmmaker behind classics such as "Psycho" and "Vertigo"?
- 18 Name the legendary toothbrush-mustached comedian known for his slapstick humor and films like "The Great Dictator" and "City Lights."
- 19 What classic sitcom follows the lives of the Ricardos and the Mertzes in New York City?
- 20 In which TV show does Sheriff Andy Taylor raise his son Opie in the fictional town of Mayberry?



You're invited to a Life Line Screening event!

Where: Fulton County Council on Aging
625 Pontiac Street
Rochester, IN 46975

When: December 5, 2024

Life Line Screening is the nation's leader in **Stroke and Cardiovascular Disease Risk** Screenings.

Trusted by over 10 million customers.

Screenings are simple and painless. Get peace of mind or early detection.

Who should attend:

Anyone over the age of 40

Special Member Pricing for \$159

- ♥ Carotid Artery Disease Screening
- ♥ Atrial Fibrillation Screening
- ♥ Abdominal Aortic Aneurysm Screening
- ♥ Peripheral Artery Disease Screening
- ♥ Plus a **FREE** Hypertension Screening

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Call 888-814-0466 and use promo code HSCA001

Visit  LLSA.SOCIAL/HSCA

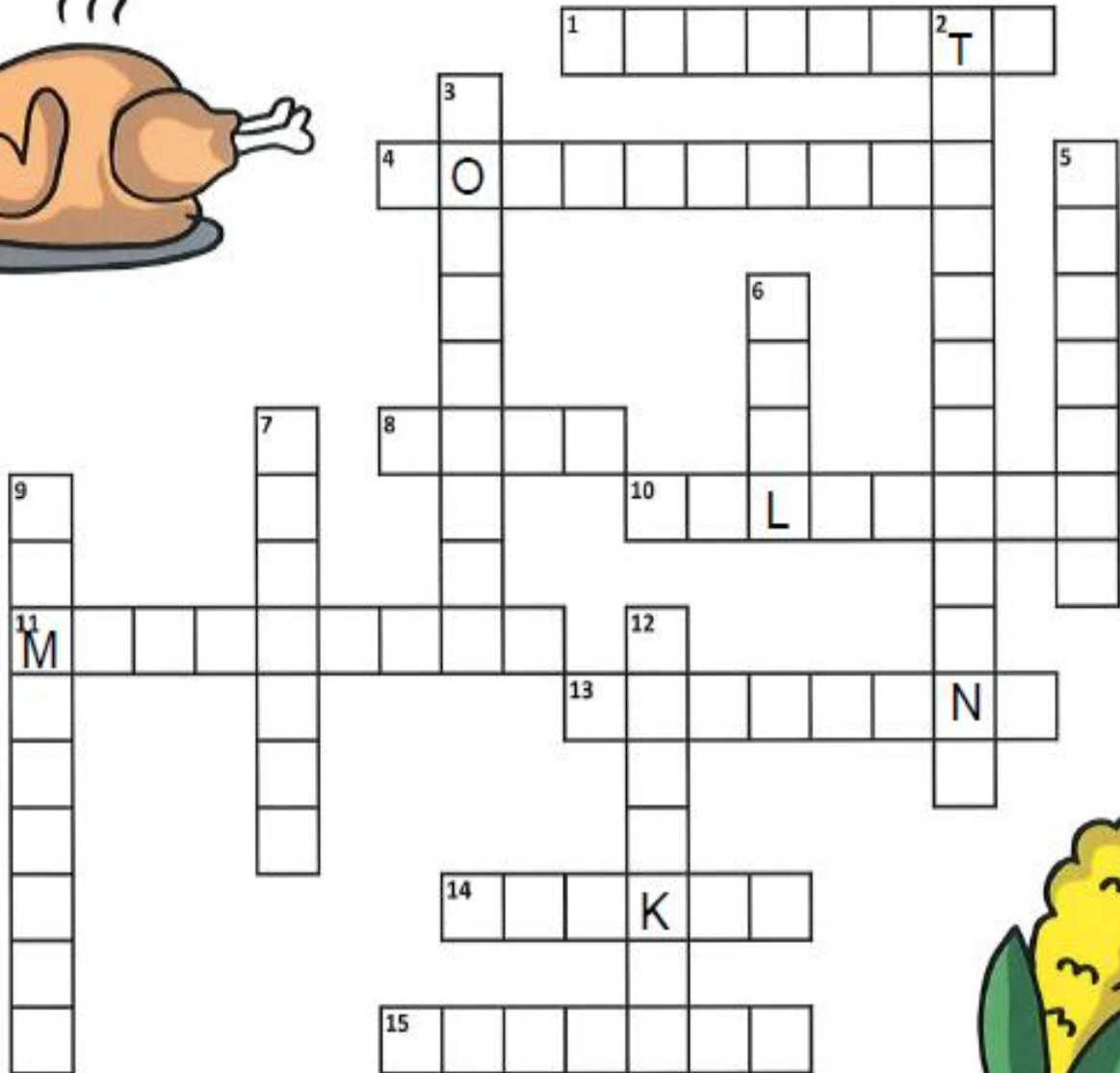


Text the word "circle" to 216-279-1607

These tests cannot detect all risk factors for all conditions, such as and including the presence of coronary artery disease. Those with abnormal results should discuss possible next steps with their family healthcare provider and ensure they understand the risk and benefits of any additional testing or procedures.

THANKSGIVING

Crossword



ACROSS

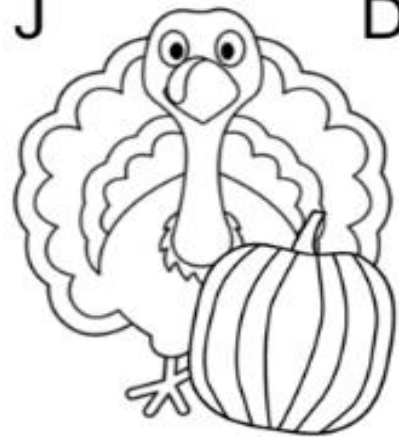
1. First village established by the Pilgrims
4. Symbol of abundance and nourishment
8. An essential grain in the New World diet
10. Literally, travelers going to a holy place
11. The Pilgrims' boat
13. 16th and 17th century English Protestants
14. The traditional holiday bird
15. American Indian who taught the Pilgrims many things

DOWN

2. 4th Thursday of November
3. A traditional American Indian dwelling
5. Gathering of crops
6. Season for harvesting
7. Country the Pilgrims left behind
9. Indigenous people who were present at the first Thanksgiving
12. Bright orange squash used to make pie

November

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



AUTUMN
CHILLY
FAMILY
FEAST

FOOTBALL
FRIENDS
GATHER
LEAVES

PUMPKINS
THANKSGIVING
THIRTY DAYS
VETERAN'S DAY

© Puzzle Cheer





Welcom Robin
MIGROW BOPIN

1. Humphrey Bogart.
2. "True Grit" (1969).
3. "Back to the Future" (1985).
4. "The Good, the Bad and the Ugly" (1966)
5. Harrison Ford.
6. Clint Eastwood.
7. "Ben-Hur" (1959).
8. Mark Hamill.
9. Vivien Leigh.
- 10 "The Sound of Music" (1965).
- 11 "Roman Holiday" (1953).
- 12 Marlon Brando.
- 13 1966.
- 14 Julie Andrews.
- 15 James Stewart.
- 16 Judy Garland.
- 17 Alfred Hitchcock.
- 18 Charlie Chaplin.
- 19 "I Love Lucy" (1951-1957).
- 20 "The Andy Griffith Show" (1960-1968).



Check out these exciting trip opportunities!

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

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

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

"Pampered Chef Fundraiser"

See Anne King for a book or go online



RSVP
pampered chef
FUNDRAISER

To Order:
pamperedchef.com/party/rsvp1110

You may order November 10-20
All orders are shipped directly to you!

If you need help ordering or have any questions, please contact Lori Remley, Pampered Chef Independent Consultant at lremley.pamperedchef@yahoo.com

pampered|chef



**AmeriCorps
Seniors**

R.S.V.P.

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



- 11/01 Jay Wilson
- 11/04 John Stewart
- 11/05 Gayle Rodriguez
- 11/08 Linda Alley
- 11/08 Lois White
- 11/09 Joan Bowen
- 11/11 Mark Blackman
- 11/11 Pat Henderson
- 11/12 David Smook
- 11/15 Frankie Swango
- 11/16 GordonBohs

I want to give a heartfelt "Thank You" to all of my RSVP volunteers who give of their time and talents to make Fulton County a better community. I am thankful for YOU!

For those who are not members of RSVP, if you are age 55 or better and have a desire to help in our community, please contact Anne King today at 574-223-3716 to join RSVP. It's free and easy, and there are several opportunities for you to volunteer



New RSVP Members:

John Gough

John Stewart

- |/16 Bonnie Overlander
- |/17 Martin Houlihan
- |/19 Katie McCarter
- |/22 Virgil Biddinger
- |/23 David Morris
- |/24 Lottie Smoker
- |/28 Sharon Allport

Volunteer needs:

Receptionist at the Fulton Co Community Center

Ambassador at Woodlawn Hospital





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

Shake the hand of **TO;**
a **VETERAN** and
say **THANK YOU**

www.fultoncountycoa.com



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