



# The Golden Chronicle

**January 2025**

**[www.fultoncountycoa.com](http://www.fultoncountycoa.com)**



## ***Fulton County Wellness Center***

has become part of the

***Fulton County Council on Aging*** family.

It is still community owned and operated.

You can still find the same friendly faces  
and warm smiles.

Come in and check us out to see what is new.

Check in with us from time to time to see what new  
things we introduce, you might find  
something that works for you.

And don't forget after a workout, wallyball, racket ball  
or a class go in and relax in the sauna.

***Fulton County***

***Wellness Center***

***Community owned & operated***







# January 2025

## AREA FIVE AGENCY SENIOR MENU

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

### Did you know?

Saxons called January the "Wolf Month" because hungry wolves would come into their towns searching for food this time of year.

**HAPPY  
NEW  
YEAR!**

Ham & Beans  
Oven Fried Potatoes  
Mandarin Orange Cup  
Cornbread  
Milk

Potato Crusted Fish  
Scalloped Potatoes  
California Blend Vegetable  
Pudding  
Tatar Sauce  
Bread  
Milk

Chicken Pot Pie  
Corn  
Warm Spiced Peaches  
Brownie  
Milk

Meatloaf  
Mashed Potatoes  
Carrots  
Mixed Fruit Cup  
Bread  
Milk

Saute Gravy  
Biscuit  
Hashbrown Potatoes  
Banana  
Milk

Sweet Sr Meatballs  
Rice  
Broccoli  
Pineapple Cup  
Bread  
Milk

Goulash  
Peas  
Applesauce  
Dump Cake  
Roll  
Milk

Smoked Sausage  
Creamed Corn  
Toss Salad  
Fried Pie  
Hot dog Bun  
Milk

Chicken & Noodles  
Mashed Potatoes  
Green Beans  
Roll  
Cookies  
Milk

Baked Chicken  
Baby Bakers  
Broccoli & Cheese  
Peach Cup  
Bread  
Milk

Homemade Beef  
Stew  
Corn  
Pineapple  
Fruit Cobbler  
Bread  
Milk

Sloppy Jo  
Tater Tots  
Mixed Vegetables  
Fruit Cocktail  
Bun  
Milk

**AGENCY  
CLOSED**

**MARTIN LUTHER  
KING JR DAY!**

BBQ Pork  
Cheesy Potatoes  
Carrots  
Peach Cup  
Bun  
Milk

Breaded Chicken  
Patty  
Red Skinned Potatoes  
Asparagus  
Diced Pears  
Bun

Salisbury Steak  
w/Gravy  
Mashed Potatoes  
Brussel Sprouts  
Cookie  
Bread  
Milk

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

Pork Chop & Gravy  
Hominy  
Carrots  
Brownie  
Bread  
Milk

**CHEFS  
SPECIAL**

Smoked Sausage  
Sauerkraut  
Mashed Potatoes  
Apples  
Bun  
Milk

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

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

# JANUARY 2025

## HAPPY NEW YEAR

SUN MON TUE WED THU FRI SAT

01 02 03 04

**CLOSED**  
**Happy New**  
**Year!**

Open Crafting  
.Closed  
Chair Yoga  
10:30  
Bridge 12:30

Bingo 9:30  
Exercise class  
9:30  
Open Crafting  
Closed

05 06 07 08 09 10 11

Bingo 9:30  
Euchre 9:30  
Exercise class  
9:30

**Board**  
**Game Day**  
T.O.P.S. 3:30  
Open Crafting

Bingo 9:30  
Exercise class  
9:30

Open Crafting  
Chair Yoga  
10:30  
Bridge 12:30

**The Price is**  
**Right 9:30**  
Open Crafting

12 13 14 15 16 17 18

Bingo 9:30  
Euchre 9:30  
Exercise class  
9:30

**Make it &**  
**taste it with**  
**Mona 10am**  
T.O.P.S. 3:30

Bingo 9:30  
Exercise class  
9:30

**Painting with**  
**Bob Ross**  
**9:30**

Open Crafting  
**Karaoke**  
**11am**

19 20 21 22 23 24 25

**CLOSED**  
**MLK JR**

Open Crafting  
T.O.P.S. 3:30

**Card making**  
**with Anne**  
**10am**

Open Crafting  
Chair Yoga  
10:30  
Bridge 12:30

Open Crafting  
Bingo 9:30  
Exercise class  
9:30

26 27 28 29 30 31

Bingo 9:30  
Euchre 9:30  
Exercise class  
9:30

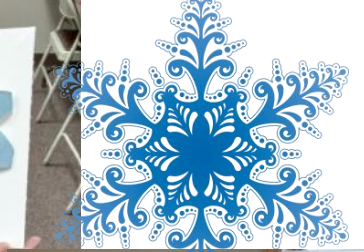
Open Crafting  
T.O.P.S. 3:30

Birthday  
Party

**Lake City Bank**  
**on Fraud 10:45**  
Open Crafting  
Chair Yoga  
10:30  
Bridge 12:30

Open Crafting  
Bingo 9:30  
Exercise class  
9:30













# Biscuit Chicken Potpie

**🕒 Total Time** Prep: 10 Min. Bake: 25 Min.

★★★★☆

**✔ Test Kitchen Approved**

You just can't beat the comfort meal of biscuit-topped chicken pot pie, especially when assembling it only takes ten minutes.

## Ingredients

- 1-2/3 cups frozen mixed vegetables, thawed
- 1-1/2 cups cubed cooked chicken
- 1 can (10-3/4 ounces) condensed cream of chicken soup, undiluted
- 1/4 teaspoon dried thyme
- 1 cup biscuit/baking mix
- 1/2 cup 2% milk
- 1 large egg

## Directions

- 1 Preheat oven to 400°. In a large bowl, combine vegetables, chicken, soup and thyme. Pour into an ungreased deep-dish 9-in. pie plate. Combine biscuit mix, milk and egg; spoon over chicken mixture.
- 2 Bake until topping is golden brown and a toothpick inserted in center comes out clean, 25-30 minutes.



# Sheet-Pan Sausage and Veggies

**🕒 Total Time** Prep/Total Time: 30 Min.

★★★★★

**✔ Test Kitchen Approved**

If you're hungry and want a full meal with little fuss, try this sheet-pan sausage and veggies recipe. This vegetable-heavy meal is filling and tastes marvelous.

## Ingredients

- 1 package (13-1/2 ounces) smoked sausage, cut into 1/2-inch slices
- 8 fresh Brussels sprouts, thinly sliced
- 1 large sweet onion, halved and sliced
- 1 medium yellow summer squash, halved and sliced
- 1 medium zucchini, halved and sliced
- 1 medium sweet yellow pepper, chopped
- 1 medium green pepper, chopped
- 1 medium tomato, chopped
- 3/4 cup sliced fresh mushrooms
- 1/2 cup Greek vinaigrette

## Directions

- 1 Preheat oven to 400°. Place the first 9 ingredients into a greased 15x10x1-in. baking pan. Drizzle with vinaigrette; toss to coat. Bake, uncovered, 15 minutes. Remove pan from oven; preheat broiler. Broil sausage mixture 3-4 in. from heat until vegetables are lightly browned, 3-4 minutes.



## Ingredients

- 1 package (19 ounces) frozen french-fried sweet potato fries
- 1/2 teaspoon garlic powder
- 1/2 teaspoon curry powder
- 1/2 teaspoon pepper
- 1/4 teaspoon chili powder
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon salt

## Directions

- 1 Bake fries according to package directions. Meanwhile, mix dipping sauce. Sprinkle over fries; toss to coat.



## Ingredients

- 1 pound lean ground beef (90% lean)
- 2 cups pizza sauce or pasta sauce
- 1 package (3-1/2 ounces) sliced pepperoni, chopped
- 4 slices American cheese, chopped
- 12 mini buns, split
- 2 cups shredded part-skim mozzarella cheese

## Directions

- 1 Preheat oven to 350°. In a large skillet, cook beef over medium heat, breaking into crumbles; drain. Stir in pizza sauce, pepperoni, and cheese; simmer until cheese is melted, 4-5 minutes.
- 2 Place buns on a baking sheet, cut sides up. Spoon mixture into buns. Bake until cheese is melted, about 5 minutes. If desired, broil for 1-2 minutes.



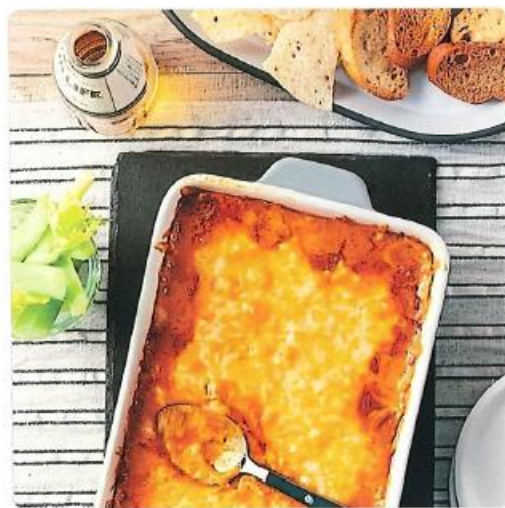
# Spiced Sweet Potato Fries

**Total Time** Prep/Total Time: 25 Min.

★★★★☆

**Test Kitchen Approved**

A spicy homemade seasoning blend shakes up everyone's favorite finger food in this rendition of sweet potato fries. —Taste of Home Test Kitchen



## Ingredients

- 1 package (8 ounces) cream cheese, softened
- 1 cup chopped cooked chicken breast
- 1/2 cup Buffalo wing sauce
- 1/2 cup ranch or blue cheese salad dressing
- 2 cups shredded Colby-Monterey Jack cheese
- French bread baguette slices, celery ribs or tortilla chips

## Directions

- 1 Preheat oven to 350°. Spread cream cheese into an ungreased shallow 1-qt. baking dish. Layer with chicken, wing sauce and salad dressing. Sprinkle with cheese.
- 2 Bake, uncovered, until cheese is melted, 20-25 minutes. Serve with baguette slices.

# Cheesy Pepperoni Buns

**Total Time** Prep/Total Time: 25 Min.

★★★★☆

**Test Kitchen Approved**

A pizza version of the sloppy joe, this hot and melty open-faced sandwich is a surefire kid pleaser. Adults love it, too! —Tanya Belt, Newcomerstown, Ohio



## Ingredients

- 1 prebaked 12-inch pizza crust
- 4 ounces cream cheese, softened
- 1 shallot, minced
- 2 cups shredded rotisserie chicken
- 1-1/2 cups shredded Monterey Jack cheese
- 1 cup shredded sharp cheddar cheese
- 8 slices ready-to-serve fully cooked bacon, cut into 1-inch pieces
- 1/4 cup sour cream
- 3 tablespoons 2% milk
- 2 teaspoons ranch salad dressing mix
- 1 cup shredded lettuce
- 1 plum tomato, seeded and chopped

## Directions

<https://www.tasteofhome.com/recipes/bacon-chicken-club-pizza/print/>

1/2

# Buffalo Chicken Dip

**Total Time** Prep/Total Time: 30 Min.

★★★★☆

**Test Kitchen Approved**

It is creamy, cheesy and packed with Buffalo hot wing flavors. This easy Buffalo chicken dip recipe is sure to be a party hit.

# Chicken Bacon Ranch Pizza

**Total Time** Prep/Total Time: 25 Min.

★★★★☆

**Test Kitchen Approved**

This chicken bacon ranch pizza is a fantastic family recipe. The flavor is out of control thanks to shredded chicken and savory bacon, multiple types of cheese, a creamy white sauce base and a DIY ranch drizzle. All that, plus a crunchy lettuce and refreshing tomato topper.

er medium heat until no longer pink, 5-7 minutes, pepperoni and American cheese. Cook and stir until

heat mixture onto buns; top with mozzarella cheese. Served, serve with additional warmed pizza sauce.

12/19/24, 3:38 PM

Chicken Bacon Ranch Pizza Recipe: How to Make It

1 Place crust on an ungreased pizza pan. Combine cream cheese and shallot; spread over crust. Top with chicken, cheeses and bacon.

2 Bake at 425° until edges are lightly browned and cheese is melted, 12-15 minutes.

3 Meanwhile, in a small bowl, combine the sour cream, milk and dressing mix. Sprinkle lettuce and tomato over pizza; drizzle with dressing.



# January Word Search

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

Winter

Cold

New year

Gloves

Chimney

Sweater

Skate

Hoodie

Blanket



Blizzard

Coat

Snowfall

Mittens

Freeze

Penguin

Hibernate

Sniffle

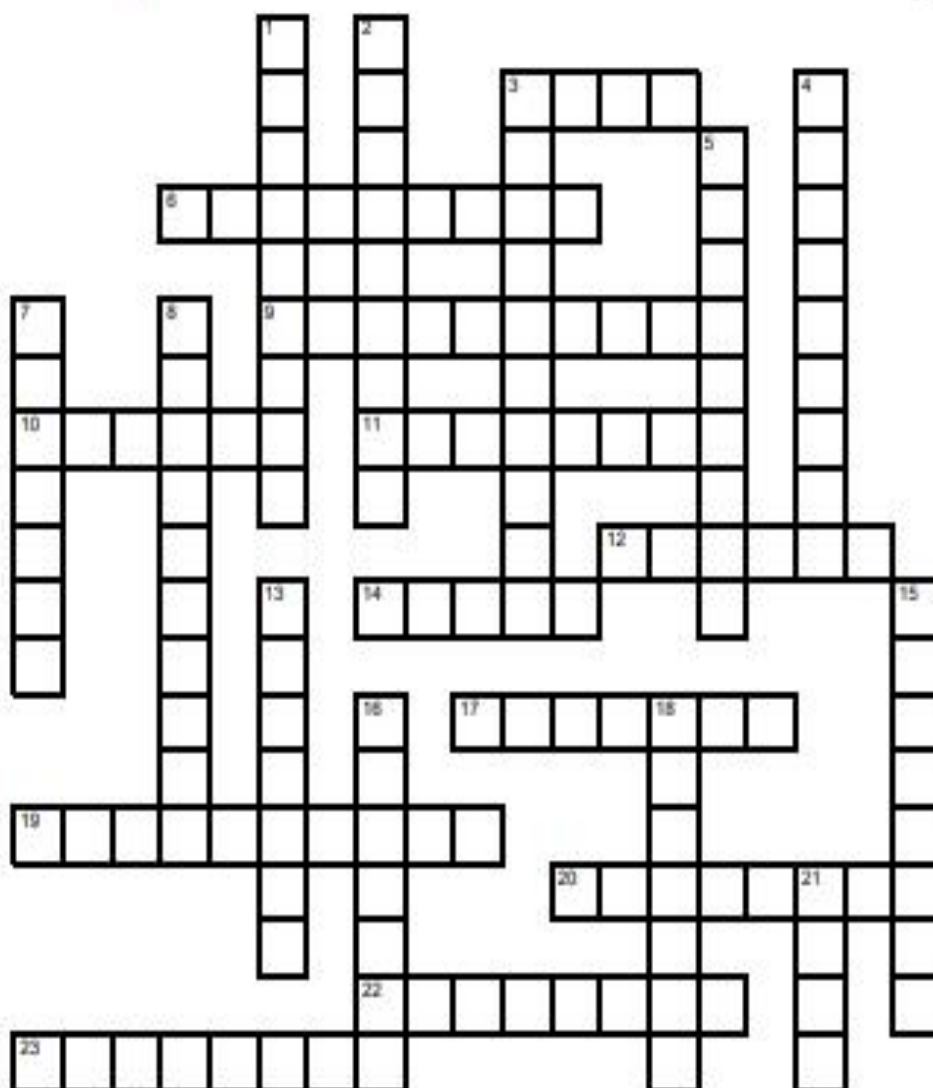
Frosty





ACROSS

- 3. Wintry precipitation common in January
- 6. January's birth flower
- 9. Restlessness from staying indoors
- 10. Season in full swing during January
- 11. Zodiac sign for late January birthdays
- 12. January's birthstone
- 14. Icy coating on January mornings
- 17. Frosty figure built after fresh snowfall
- 19. Wintertime activity on frozen ponds
- 20. Comforting chocolate drink for cold days
- 22. Christian feast day on January 6th
- 23. Cozy coverings for chilly nights



DOWN

- 1. Zodiac sign for early January birthdays
- 2. Arctic mammal taking January swims
- 3. Unique ice crystals falling from winter skies
- 4. Cozy spot for gathering on cold evenings
- 5. Popular destination for winter sports enthusiasts
- 7. January 1st celebration

- 8. Winter plunge for warm relaxation
- 13. First month of the new year
- 15. Severe January snowstorm
- 16. Frozen water droplets hanging from roofs
- 18. Hand warmers for snowy days
- 21. Typical January weather condition









# ASTRONOMY

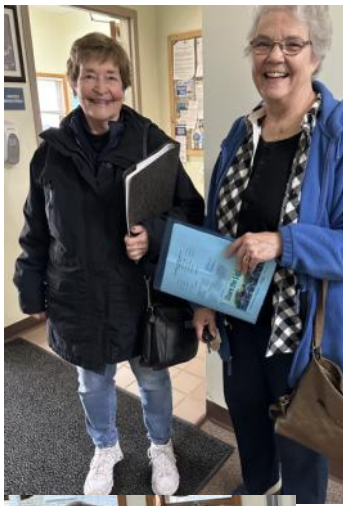
## Word Scramble

All of the scrambled words below are astronomy vocabulary words. Can you put the letters in the right order to spell the different words correctly? Careful! Some of the "words" are made up of two or even three words.

|                |  |
|----------------|--|
| RATDRKAEM      |  |
| TAEIOSRD       |  |
| NPEVUOSAR      |  |
| ETUNPEN        |  |
| RSMA           |  |
| LONECOISLAN TT |  |
| SOMOSC         |  |
| YARGVTI        |  |
| AGXYLA         |  |
| UUN SAR        |  |
| IGTAERYLH      |  |
| CMRERYU        |  |
| RETHA          |  |
| ETALILETS      |  |
| BITGGOHREBYAN  |  |
| QASUAR         |  |
| VESUN          |  |
| IERTUJP        |  |
| HALKCBLOE      |  |
| TECOM          |  |
| UNOQXIE        |  |
| ATSRNU         |  |
| OLHWMERO       |  |
| WEFDRARD       |  |
| EOTERIETM      |  |
| IELSCPE        |  |
| UENALB         |  |







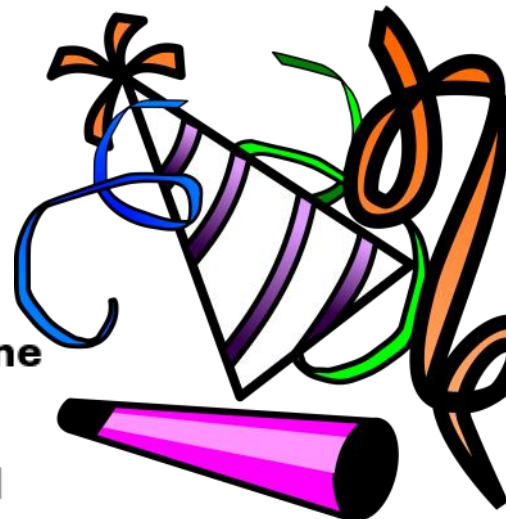
### New Year's Resolution!

Make 2025 the year you say "Yes!" to volunteering! RSVP (Retired & Senior Volunteer Program) matches individuals age 55+ with community organizations who need volunteers. If you want to help in your community, call Anne King today at 574-223-3716 to find out how you can get involved!



**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.**

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



**Card making class with Anne  
January 22, 2025, 10AM  
Let Anne know if you would  
like to attend this class.**





**HAPPY  
NEW  
YEAR!**



**AmeriCorps  
Seniors**

R.S.V.P.

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

**w e l c o m e**

**New RSVP Member:**

**Donna Kotouc**

**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, Eddy 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.**



*Happy Birthday  
To all the  
Wonderful  
Birthday  
people  
In January*







Fulton County Community  
Resource Center  
625 Pontiac Street  
Rochester, In. 46975  
[www.fultoncountycoa.com](http://www.fultoncountycoa.com)

Non-Profit Organization  
U.S. Postage  
PAID  
Rochester, In.  
Permit # 161

**Fulton County  
Wellness Center**  
*Community owned & operated*

TO;



[www.fultoncountycoa.com](http://www.fultoncountycoa.com)



**\*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

2  
0  
2  
5



**2024 MEMBER**



**Fulton County**



**RATES:**

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

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

**SENIORS - DONATION ONLY**