



# the SENIOR CALLER

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WOODLANDS SENIOR ACTIVITY CENTER



710 N. Opportunity Dr. - Columbia City, IN 46725  
Office Hours: Mon-Thu 8 am - 4 pm / Fri 8 am - 1 pm  
260-248-8944 1-800-290-1697  
TTY Relay 800-743-3333

[www.whitleycountycouncilonaging.org](http://www.whitleycountycouncilonaging.org)



Woodlands Senior Activity Center



[the.woodlands.wcoa](https://www.instagram.com/the.woodlands.wcoa)

## OUR MISSION

To enable the senior citizens of Whitley County to live confident, dignified, independent and productive lives through education, programs and services.

## OUR SERVICES

- |                          |                                     |   |
|--------------------------|-------------------------------------|---|
| * Transportation         | * Senior Caller Newsletter          | * Health Programs/Exercise                  |
| * Weekday Lunches        | * Tax Assistance (Feb-Apr)          | * Educational/Informational Programs        |
| * Home Delivered Meals   | * Social Gatherings & Entertainment | * Non-Perishable Food Pantry & Bread Pantry |
| * Lending Library        | * Medical Equipment Loan Program    | * Pet Food Pantry                           |
| * Information & Referral | * Incontinence Items                | * Woodland Trips                            |
| * Food Share Programs    |                                     |   |
| * Annual Senior Fair     |                                     |   |

**TITLE VI NOTICE TO THE PUBLIC:** All programs and services are provided without regard to race, color, or national origin in accordance with Title VI of the Civil Rights Act. Any person who believes she or he has been aggrieved by any unlawful discriminatory practice under Title VI may file a complaint with WCCOA.

## OUR PEOPLE

### CORPORATION OFFICERS

Thor Hodges/President	(260-229-1284)	Duane Janssen/Treasurer	(727-687-7958)
Larry Barr/Vice President	(260-229-5945)	Shelbi Brown/Secretary	(260-610-8020)

### BOARD MEMBERS

Larry Barr	(260-229-5945)	Paula Langeloh	(260-248-7848)
Shelbi Brown	(260-610-8020)	Marlin Leininger	(260-466-5231)
Clay Geiger	(260-609-9032)	Connie Reimer	(260-248-2826)
Dr. Christopher Grindrod	(260-481-6455)	Joan Western	(260-229-9902)
Thor Hodges	(260-229-1284)	Virginia Wright	(260-609-5249)
Duane Janssen	(727-687-7958)	Steve Yann	(260-449-1663)
Sandy Kyler	(260-229-1760)	Jane Yohe	(260-248-8373)

### STAFF DIRECTORY

Jim Johnson	Executive Director	ext 3
Nancy Bledsoe	Office Manager	ext 4
Sheila Troyer/Manager, Debbie	Nutrition	ext 2
Bernie King/Manager, Kim, Sarah	Transportation	ext 1
Gabby, Rose, Sharon	Reception	ext 5
Aimee Ray	Activities Manager	ext 9

## **CONTACT US**

**Call 248-8944 for a ride!** Toll Free: 1-800-290-1697

Hours: 7am - 5pm Monday - Friday. **A 48 hour notice (prior to 1 pm) is necessary.**

*Senior Transportation Services are funded in part through Title III of the Older Americans Act and Social Service Block Grants distributed through Aging and In-Home Services of Northeast Indiana. We are a Medicaid transit provider.*

## **INFORMATION WE NEED**

**Who:** Name, address, phone number, birthday, any disabilities, and if the client has Medicaid.

**When:** Appointment date and time.

**Where:** Destination, including address.

**Contact/Billing Information:** Name and address of the responsible parties.

## **PRICING**

Distance	Fees - One Way	Fees - Round Trip
1-4 miles	\$6	\$12
5-10 miles	\$8	\$16
11-15 miles	\$12	\$24
16-25 miles	\$15	\$30
Over 25 miles	\$17	\$34
Out of County	\$29	\$58



*Stated mileage are for trips made within Whitley County.*

- \* Children under 12 ride free with an adult. Adults must provide car seats when necessary.
- \* Veterans - \$20 Round Trip for trips outside of Whitley County.
- \* Working Seniors 60+ - public rates apply.
- \* Seniors 60+ - donation only; service is not denied to anyone who is not able to donate.

***Exact payment is required.*** For your convenience, you may buy Transit Punch Cards for \$40 per card (a \$45 value).

**CLIENTS MUST BE READY 15 MINUTES PRIOR TO SCHEDULED PICK-UP TIME**

***All vans are sanitized throughout the day for your safety.***



WOODLAND TRIPS HIGHLIGHT

# HEARTBREAK HOTEL



*“This prequel to Million Dollar Quartet follows the tender story of Elvis Presley in his youth and the moments of his life that led him to become ‘The King of Rock and Roll.’ ”*

([https://beefandboards.com/Online/default.asp?doWork::WScontent::loadArticle=Load&BOParam::WScontent::loadArticle::article\\_id=E544C99D-CD32-4DEC-B881-6AF87DC2444F&menu\\_id=9CA614E0-ACDA-48D4-82BD-6A9701390C27](https://beefandboards.com/Online/default.asp?doWork::WScontent::loadArticle=Load&BOParam::WScontent::loadArticle::article_id=E544C99D-CD32-4DEC-B881-6AF87DC2444F&menu_id=9CA614E0-ACDA-48D4-82BD-6A9701390C27))

**October 8, 2025**  
**Beef & Boards in Indianapolis**

**Cost: \$160**

(includes transportation, buffet lunch & show, snacks & drinks)

**First payment of \$60 is due by August 22 to reserve your spot. Balance of \$100 is due by September 5.**

**Register at The Woodlands**

**CAR SHOW**



# WOODLANDS CLASSIC CAR, TRUCK, AND MOTORCYCLE SHOW



**SATURDAY, AUGUST 9, 2025**

**11 AM - 2 PM**

**710 N OPPORTUNITY DR - COLUMBIA CITY**

**CAR/TRUCK/MOTORCYCLE ENTRY FEE: \$15**

**MUSIC BY DJ TOM FROMM**

**Prizes  
Awarded!**

**FOOD & DRINKS AVAILABLE FOR PURCHASE**

Free Ice Water / Free Car Seat Safety Check / Free Blood Pressure Check

For additional information call 260-248-8944



**SENIOR FAIR**

# THE WOODLANDS

## SENIOR HEALTH FAIR

**FRIDAY, SEPTEMBER 19, 2025**

10 a.m. - 1 p.m.

**4H CENTER**

680 W. Squawbuck Rd., Columbia City

Free Admission &amp; Parking

Free Lunch &amp; Ice Cream - Free Blood Pressure Checks

Immunizations (*bring your Insurance Cards*)

Vendor Booths w/Giveaways - Door Prizes - 50/50 Raffle\*

\*The Exempt Event Activity Notification is on file with the Gaming Commission 68 IAC 21-10-2 (c)**2025 Senior Fair Sponsors!****thrivent**

Kidane Sarko  
Financial Associate  
260-445-8040 | kidane.sarko@thrivent.com |  
Fort Wayne, IN

Alarie  
Chiropractic  
Center

**TINKELS**  
RESTAURANT SUPPLIES

[www.whitleycountycouncilonaging.org](http://www.whitleycountycouncilonaging.org)

## SENIOR GAMES

# Whitley County Senior Games

**SEPT**  
**22-26**



Prepare for a week filled with fun, games, and excitement at our 4th Annual Senior Games! Join one or all events for just \$20, which includes a T-shirt. Prizes will be awarded during the Closing Ceremony. *Don't miss out, there's lots of fun for all!*



**\$20 Registration Fee due by September 19th.**  
Shirts available for pickup on September 22nd.  
No refunds.

**Thank you to our hosts!**



**Seeking additional sponsors!**



## All Events will take place at The Woodlands!

### September 22nd

- ☐ Skee Ball @ 10 AM
- ☐ Pop-A-Shot Basketball @ 11 AM
- ☐ Frisbee Golf @ 12 PM

### September 23rd

- ☐ Jigsaw Speed Contest @ 11 AM
- ☐ Bait Casting Contest @ 12:30 PM
- ☐ Corn Hole Contest @ 1:30 PM

### September 24th

- ☐ Dominoes @ 11 AM
- ☐ Scooter Race @ 12:30 PM

### September 25th

- ☐ Euchre @ 11 AM
- ☐ Horseshoes @ 12:30 PM

### September 26th

- ☐ Match that Baby Photo Contest @ 12 PM
- ☐ Closing Ceremony @ 1 PM

## SENIOR GAMES

# Whitley County *Senior Games*

**SEPT**  
**22 - 26**



### September 22nd

Skee Ball @ 10 AM  
Pop-A-Shot Basketball @ 11 AM  
Frisbee Golf @ 12 PM

### September 25th

Euchre @ 11 AM  
Horseshoes @ 12:30 PM

### September 23rd

Jigsaw Speed Contest @ 11 AM  
Bait Casting Contest @ 12:30 PM  
Corn Hole Contest @ 1:30 PM

### September 26th

Match that Baby Photo Contest @ 12 PM  
Closing Ceremony @ 1 PM

### September 24th

Dominoes @ 11 AM  
Scooter Race @ 12:30 PM

**\$20 Registration Fee due by  
September 19th.**

Shirts available for pickup on  
September 22nd.  
No refunds.



## Release of Liability, Assumption of Risk, and Indemnity Agreement

IN CONSIDERATION of being permitted to participate in any way in any WHITLEY COUNTY SENIOR GAMES activity ("ACTIVITY") at any time during the current calendar year I, for myself, for my personal representatives, assigns heirs, and next of kin:

1. ACKNOWLEDGE, agree and represent that I understand the nature of WHITLEY COUNTY SENIOR GAMES Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further agree and warrant that if at any time I believe the conditions be unsafe, I will immediately discontinue further participating in the Activity.

2. FULLY UNDERSTAND, that: (a) WHITLEY COUNTY SENIOR GAMES ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANET DISABILITY, PARALYSIS, AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my own actions on inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPOSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participating in the Activity.

3. HERBY RELEASE, DISCHARGE AND COVENENAT NOT TO SUE ANY WHITLEY COUNTY SENIOR GAMES HOST AGENCIES, its administrators, directors, agents, officers, members, volunteers, team member, and employees, other participants, any advertisers, and, if applicable, owners of premises on which the Activity takes place, (each considered one of the RELEASES herein) FROM ALL LIABILITY, CLAIMS, DEMAND LOSSES, OR DAMAGES ON MY ACCOUNT ACUAUSED OF ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releases, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM any litigation expenses, attorney fees, loss, liability, damage, or cost which may be incurred as the result of such claim. I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THR GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

SHIRT SIZE: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_

EMAIL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PRINTED NAME OF PARTICIPANT: \_\_\_\_\_

SIGNATURE OF PARTICIPANT: \_\_\_\_\_ DATE: \_\_\_\_\_



## ACTIVITIES MANAGER

### *Welcome to our new Activities Manager!*



Hello Everyone!

My name is Aimee Ray. My husband, James, and I moved to Columbia City (his home town) almost 30 years ago to raise our family. We have two awesome sons (Brandon and Noah), an amazing daughter-in-law (Lauren), and our two little princesses (Ellie and Claire). We really enjoy the outdoors and love to kayak in our free time.

Over the past 30-ish years, I have been involved in many things around our community. While my kids were in school, I worked for WCCS serving in many paid and volunteer positions, including sporting events and 4H, to name a few. After my kids graduated, I started and ran my own business for several years. I have also worked in senior care both privately and for companies.

About a year and a half ago, we were looking for a local place to get a little help with my Mom, Carolyn, and found the Woodlands Senior Activity Center. What a blessing it has been for our family! Mom and I joined several activities and started coming to the center about 4 days a week. I can't begin to thank everyone enough for the love and support we have been shown. As your activities manager, I look forward to being able to share the same love and support we were so graciously given with others that attend the senior center.

Please feel free to reach out with ideas for the future or with anything that I can help you with.

Have a great day!

# AUGUST 2025

THE WOODLANDS 260-248-8944  
RESERVATIONS REQUIRED 2 BUSINESS DAYS  
IN ADVANCE. \$7 PER MEAL.

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> 9:00 Euchre 9:00 Line Dancing 10:00 Chair Exercise 11:30 Bratwurst on Bun 12:00 Ashlee Plew of the American Heart Assoc. Presents: "Salt and Cardio-vascular Risk"
<b>4</b> 9:00 Line Dancing 10:00 Chair Exercise 11:30 Smoked Sausage, Green Beans, and Potatoes 12:00 Abby of Seasons Home Care Presents: "How Seasons Home Care is Different and Tips on Applying for Medicaid"	<b>5</b> 9:00 Euchre 9:00 Bible Study with Cheryl 11:30 Turkey Tetrazzini 12:00 Dominoes 12:30 Bible Study w/Bob	<b>6</b> 9:00 Pixie Bingo: Partner, <i>The Waters</i> <i>*Players must bring prizes!</i> 9:00 Line Dancing 10:00 Chair Exercise 11:30 Bean Soup & Grilled Cheese 12:00 Katie of Paradigm Presents: "Paradigm Hospice Services" 12:30 Hand & Foot Game 12:30 Painting w/Evie	<b>7</b> 10:00 Denise Hughes of Aging and In-Home Services Presents: "Improving Your Memory" 11:30 Chicken Taco Casserole 12:30 Euchre	<b>8</b> 9:00 Euchre 9:00 Line Dancing 10:00 Chair Exercise 11:30 Pizza Burger 12:00 Brittney Schori of Purdue Extension Presents: "Scam Red Flags and Avoiding Fraud"
<b>11</b> 9:00 Line Dancing 10:00 Chair Exercise 11:30 Mexican Lasagna 1:00 Mahjong	<b>12</b> 9:00 Euchre 9:00 Bible Study with Cheryl 11:30 BBQ Meatballs 12:00 Dominoes 12:30 Bible Study w/Bob	<b>13</b> 9:00 Line Dancing 10:00 Chair Exercise 10:45 Blood Pressure Ck 11:30 Baked Ham 12:30 Hand & Foot Game	<b>14 BIRTHDAY WISHES</b> 11:30 Fried Fish 12:30 Euchre 6:30 Grieving Friends Support Group	<b>15</b> 9:00 Euchre 9:00 Line Dancing 10:00 Chair Exercise 11:30 Corn Dogs 12:00 Brittney Schori of Purdue Extension Presents: "Reducing the Risk of Identity Theft"

<b>18</b> 9:00 Board Meeting 9:00 Line Dancing 10:00 Chair Exercise 11:30 Philly Cheesesteak 12:00 Volunteer Center Project	<b>19</b> 9:00 Euchre 9:00 Bible Study with Cheryl 11:30 Cube Steak with Beef Gravy 12:00 Dominoes 12:30 Bible Study w/Bob 1:30 The League	<b>20</b> 9:00 Pixie Bingo: Partner <i>Oberlin Mktg/Heidi Darley</i> <i>*Players must bring prizes!</i> 9:00 Line Dancing 10:00 Drumming Class 11:30 Grilled Pork Chop 12:00 Health Class with Darcy: "Tips to Taking Medicines Safely" 12:30 Hand & Foot Game	<b>21</b> 11:30 Toasted Cheese Ravioli 12:30 Euchre Tourney	<b>22</b> 9:00 Euchre 9:00 Line Dancing 10:00 Chair Exercise 11:30 Lasagna 12:00 Brittney Schori of Purdue Extension Presents: "A Bad Deal in Disguise: Types of Scams"
<b>25</b> 9:00 Line Dancing 10:00 Chair Exercise 11:30 Creamed Beef on Toast 1:00 Mahjong	<b>26</b> 9:00 Euchre 9:00 Bible Study with Cheryl 11:30 Chicken Cordon Bleu 12:00 Dominoes 12:30 Bible Study w/Bob	<b>27</b> 9:00 Line Dancing 10:00 Drumming Class 11:30 Fish Sticks 12:15 Miller's Crafts 12:30 Hand & Foot Game	<b>28 TENDERLOIN NIGHT</b> 11:30 Loaded Ranch Chicken Potato Bake 12:30 Euchre 4:00 Bingo: Partner, <i>Stillwater Hospice</i> <i>*Players must bring prizes!</i> 5:00 Tenderloins	<b>29</b> 9:00 Euchre 9:00 Line Dancing 10:00 Chair Exercise 10:00 1 on 1 w/Darcy 11:30 Layered Salad

\* Take-Out & Delivery: Orders must be placed 2 business days in advance. The meal is \$7. There is a \$2 charge for meal delivery. Please note that shifting of food may occur during delivery; therefore, be cautious when opening the container(s). Evening dinners are not available for delivery.

\* A Garden Salad can be ordered in place of any meal.

\* This menu is subject to change at the discretion of our kitchen staff.



**TASTE & TUNES**

# TASTE & TUNES

## *Fundraiser*

Featuring

**HUBIE ASHCRAFT & TRAVIS GOW**

**OCTOBER 28, 2025 @ 6 PM**



**The Woodlands - 710 N Opportunity Drive, Columbia City.**

Come enjoy yourself while helping support the Whitley County Council on Aging.

We welcome adults of all ages to enjoy the delicious meal and outstanding entertainment. This is an event that you don't want to miss!

**\$35 DINNER**

**Beer & Wine Cash Bar**

**TICKETS MUST BE PURCHASED IN  
ADVANCE BY OCTOBER 17, 2025.**

**Questions? Call (260) 248-8944.**

## HAIR CARE

**Haircuts & Eyebrow Waxing by Lyndah**

**Wednesday, August 13**

Call 248-8944 x5 for your appointment.

Haircut \$10  
Cut w/style \$11  
Men's Haircuts \$5  
Eyebrow Waxing \$5

## FOOT CARE

**Foot Care & Reflexology by Toni Mowery, LPN**

**Monday, August 18**

**Tuesday, August 19**

**\$35 ~** Call 248-8944 x5 for your appointment.

***\* Please bring a wash basin & large bath towel. \****



## NAIL CARE

**Manicures by Lyndah**

**Wednesday, August 20**

Call 248-8944 x5 for your appointment.

Filing \$3  
Polish \$5  
Filing & Polish \$8  
***Please bring your own nail polish.***

## MASSAGE

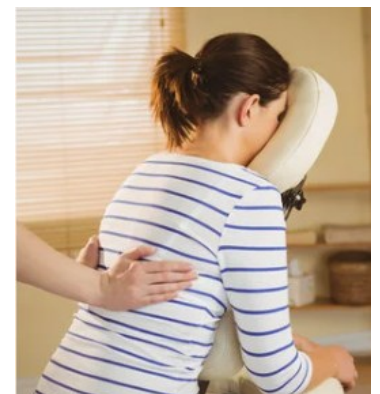
**Massage by Annette Bear, LMT**

**Thursday, August 28**

Annette Bear, LMT of *Relaxing Roots Massage*, provides 15-minute chair massages once a month. Book your massage now!

**\$15 ~** Call 248-8944 x5 for your appointment.

***\*All equipment will be sanitized prior to each appointment time.\****



## EQUIPMENT LOAN PROGRAM

### SHORT-TERM LOANER EQUIPMENT

Walkers, canes, crutches, and shower chairs require a \$10 deposit.

Wheelchairs and knee scooters require a \$25 deposit.

\* \* \* \* \*

Incontinence items are also available. Each recipient is allowed one package per month.

## FOOD PROGRAMS

### WEEKEND MEALS

Order as many weekend meals as you like by Wednesday at noon, then pick them up on Friday or have them delivered. Call the Woodlands for more details.

### NON-PERISHABLE FOOD PANTRY

The senior food pantry is available to seniors **50+** who find themselves short on non-perishable grocery items. It can be used as a supplemental food source **one time per month**. Pantry hours are Monday, Tuesday, Thursday 9 am - 10:30 am & 1 pm - 2 pm.

*\*\*Bread is available dependent on supply.*

### WOODLANDS FOOD SHARE PROGRAM

Seniors living on a limited income and in need of additional food items on an ongoing basis can apply for a supplemental food program. The program provides a 10 to 15 lb bag of shelf stable food items **one time per month**. Call the Woodlands for more details.

## PET FOOD

### PET PANTRY

Dog and cat food is available for pick up **once per month**. The Pet Food Pantry hours are Monday, Tuesday, Thursday 9 am - 10:30 am & 1 pm - 2 pm. ***Pet food is available dependent on supply.***





# Convenient Care. Just for You.



## Mental and physical health care in a single visit.

New name, same compassionate commitment to you. At Bowen Health, we offer combined services at our locations. So, you can get mental health care, medical health care, addiction recovery support and life skills coaching all under one roof. Our warm, friendly care team is ready to welcome you in, regardless of your ability to pay. Come see us or schedule an online video appointment and get the care you need today.



Make your appointment.  
800-342-5653  
[BowenHealth.org](https://BowenHealth.org)



Mind. Body. Bowen.



**WHITLEY COUNTY COUNCIL ON AGING INC.**  
710 N Opportunity Drive  
Columbia City, IN 46725

NON-PROFIT ORGANIZATION  
U.S. POSTAGE PAID  
COLUMBIA CITY, IN 46725  
(PERMIT NO. 263)



***"YOUR BEST LOCAL RESOURCE FOR SENIOR SERVICES"***

**Thank you WCCOA Sponsors!**

Cedar Creek Assisted Living, Warsaw

Miller's - Oak Pointe

Oberlin Marketing - Heidi Darley

Stillwater Hospice

The Waters

