



the SENIOR CALLER

WOODLANDS SENIOR ACTIVITY CENTER

March...

9th Daylight Saving
17th St. Patrick's Day
20th March Equinox

MARCH 2025
VOL. 52 - ISSUE 3

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



Woodlands Senior Activity Center



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

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)
Larry Barr/Vice President (260-229-5945)

Duane Janssen/Treasurer (727-687-7958)
Jane Yohe/Secretary (260-248-8373)

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Larry Barr	(260-229-5945)	Paula Langeloh	(260-248-7848)
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Clay Geiger	(260-609-9032)	Connie Reimer	(260-248-2826)
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Sandy Kyler	(260-229-1760)	Jane Yohe	(260-248-8373)

STAFF DIRECTORY

_____	Executive Director	ext _
Nancy Bledsoe	Office Manager	ext 4
Sheila Troyer/Manager, Debbie	Nutrition	ext 2
Nancy Lou Zummack	Activities Manager	ext 9
Bernie King/Manager, Kim, Sarah	Transportation	ext 1
Gabby, Rose, Sharon, Samara	Reception	ext 5

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.

CYCLE OF LIFE CHAT**Monday, March 3 @ 12 p.m.**

Zanzy Lewis, Executive Director of the Long-Term Care Ombudsman Program of North-east Indiana, will be here to discuss their roles as advocates for residents of nursing homes and assisted living facilities.

MARDI GRAS**Tuesday, March 4**

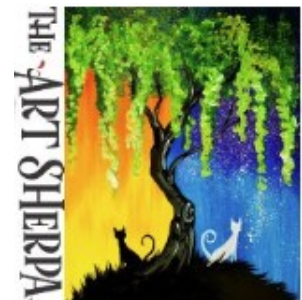
LOOKING SNAZZY & FEELING JAZZY, IT'S MARDI GRAS TIME!

Make sure to dress in Mardi Gras style. Wear Purple, Gold, or Green -OR- all 3 colors to get some Mardi Gras beads!

**PAINTING WITH EVIE****Wednesday, March 5 @ 12:30 p.m.**

Evie Moore from Cedar Creek will lead you through painting *Day & Night Cats Willow Tree* as pictured here.

No experience necessary. Come for the fun of creating a beautiful piece of art; and it's **FREE**.



<https://theartsherpa.com/>

HEALTH & WELLNESS WITH DARCY**Wednesday, March 12 @ 12 p.m.**

Topic: *“Early Warning Signs of Stroke & Heart Attack”*

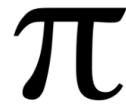
One-on-One Sessions: Friday, March 28 @ 10 a.m.

Appointments are available for a one-on-one session with Darcy.



PREVENT. PROMOTE. PROTECT.

PI DAY



Friday, March 14

In honor of Pi Day, we will have a scavenger hunt at the Woodlands. Also, for those of you who will be dining with us for lunch, we will have pie for dessert!

“Pi is the symbol used in mathematics to represent a constant - the ratio of the circumference of a circle to its diameter - which is approximately 3.14159” (<https://www.piday.org/>).

In 1988 when Larry Shaw, a physicist, made the link between 3.14 (Pi) and 3/14 (the date), Pi Day was born. It wasn't until 2009 that Pi Day was recognized nationally. (<https://www.cbsnews.com/news/what-is-pi-day-holiday-what-to-know/>)

AMERICAN HEART ASSOCIATION

Thursday, March 20 @ 12 p.m.

Ashlee Plew from the American Heart Association will present “*Life’s Essential 8*”.



BINGO & TENDERLOIN NIGHT

Thursday, March 27

Tenderloins @ 5 p.m.— **\$10** per person

Entertainment @ 5:30 p.m.— *In Due Season* will be performing Christian songs.

*** RESERVATIONS REQUIRED ***

CELEBRATING INDIANA AUTHORS

Each month, Nancy Lou will name authors with birthdates during that particular month. Then, during Creative Writing, you can choose one of those authors and read an excerpt from one of their works to the group.

March authors: Joe L. Hensley and Jeanette Covert Nolan

WOODLAND TRIPS 2025

April 7, 2025: DeBrand Chocolate Factory (Ft. Wayne). We will have a great tour of the DeBrand Chocolate Factory and eat lunch at the Lucky Turtle Grille/Lucky Moose Lounge; but first, we'll stop at Rise 'N Roll for breakfast! Weather permitting, we will also explore Salomon Farm and see the animals in the afternoon. The cost is **\$60**, which includes transportation on a Transit bus, the DeBrand Chocolate Factory tour, entrance to Salomon Farm, plus snacks with water and juice. The cost of breakfast and lunch **are not** included. **Full payment is due by March 17.**

April 10, 2025: Four Winds Casino (South Bend). Try your luck at Four Winds! The cost is **\$35**, which includes transportation on a Transit bus, snacks, water and juice. **Full payment is due by March 28.**

May 8, 2025: "Nonsense" at Cornwell's Turkeyville (Marshall, MI). *"Nonsense is habit-forming! The Little Sisters of Hoboken are in dire need of emergency funds after a culinary disaster nearly wipes out the convent. The nuns pull out all the stops in a fundraising variety show featuring tap dancing, habit humor, an audience quiz and a special appearance by convent cook, Sister Julia, Child of God. The clever story has an unabashed desire to make you laugh. With songs and comic interludes paced at break-neck speed, it's a must-see musical adventure!"* (<https://www.tix.com/ticket-sales/cornwell's%20dinner%20theatre/6562/event/1397994>). The cost is **\$145**, which includes transportation on a Royal Excursion bus, turkey buffet and show, plus snacks with water and juice. **First payment of \$45 is due by March 7 to reserve your spot. Balance of \$100 is due by April 11.**

June 5, 2025: Dairy Learning Center and Wassenberg Art Center (Celina & Van Wert, OH). We start our trip with lunch at Pullman Bay Park overlooking Grand Lake. Afterwards, we'll visit the MVP Dairy Learning Center that offers two floors of learning the "ins and outs" of a dairy farm. Then comes the Wassenberg Art Center where there will be an opening celebration of their new exhibition, complete with snacks! We will conclude our trip at The Brumback Library for a "photo op" in appreciation of its beautiful architecture. This library is known for being the first County Library formed in the United States. Time permitting, we can enter the library to view its classic interior. **The cost is \$135**, which includes transportation on a Royal Excursion bus, lunch, entry fees, snacks, juice and water. **First payment of \$50 is due by April 11 to reserve your spot. Balance of \$85 is due by April 28.**

June 12, 2025: Four Winds Casino (South Bend). Try your luck at Four Winds! The cost is **\$35**, which includes transportation on a Transit bus, snacks, water and juice. **Full payment is due by May 30.**

WOODLAND TRIPS 2025

June 17, 2025: *Ride the Dixie! (North Webster)*. We will have a 1 ¼ hour ride on the Dixie followed by lunch at the Boathouse Restaurant then dessert at the ice cream parlor. You'll have time to wander around Winona Village or work on a ceramic/glass piece of art (please let Nancy Lou know if you wish to do an art piece so that she can reserve a spot for you). The cost is **\$77**, which includes transportation on a Transit bus, the Dixie ride, snacks, water and juice. The cost of lunch **is not** included. **Full payment is due by May 30.**

June 25, 2025: *Stones Trace & Annie Oakley Perfumery (Ligonier)*. Our first stop will be the historic site of Stones Trace where we'll have a tour of the grounds, then we'll head to Fashion Farm for lunch and explore their flower shop. The finale will be a tour of Annie Oakley Perfumery! The cost is **\$60**, which includes both tours, transportation on a Transit bus, snacks, water and juice. The cost of lunch **is not** included. **Full payment is due by June 6.**

July 8, 2025: *Quilt Gardens & Murals along the Heritage Trail (Elkhart County)*. Join me on this bus tour of beautiful quilt gardens and murals! Along the way, we'll stop at Das Dutchman Essenhaus for a hearty meal before wrapping up the tour. The cost is **\$125**, which includes transportation on a Royal Excursion Bus, the tour, buffet lunch, snacks, water and juice. **First payment of \$40 is due by May 16 to reserve your spot. Balance of \$85 is due by June 6.**

August 11, 2025: *Veterans National Memorial Shrine and Museum (Ft. Wayne)*. We will begin our trip by walking the labyrinth at Trinity Episcopal Church before enjoying lunch at Liberty Diner. Afterwards, we will explore the Veterans National Memorial grounds and the Museum. The cost is **\$60**, which includes transportation on a Transit Bus, snacks, water and juice. The cost of lunch **is not** included. **Full payment is due by July 28.**

August 28, 2025: *"The Play That Goes Wrong" at La Comedia Dinner Theatre (Springboro, OH)*. This is a brilliant, must-see show "...where things are quickly going from bad to utterly disastrous. With an unconscious leading lady, a corpse that can't play dead, and actors who trip over everything (including their lines), this hilarious show within a show is Broadway's funniest smash hit!" (<https://boxoffice.lacomedia.com/Online/default.asp>). The cost is **\$150**, which includes transportation on a Royal Excursion bus, buffet lunch and show, plus snacks with water and juice. **First payment of \$50 is due by July 11 to reserve your spot. Balance of \$100 is due by July 25.**

MARCH 2025


THE WOODLANDS 260-248-8944

RESERVATIONS REQUIRED 2 BUSINESS DAYS

IN ADVANCE. \$7 PER MEAL.



Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00 Line Dancing 10:00 Chair Exercise 11:30 Cheesy Tuna Noodles 12:00 Cycle of Life Chat: Zany Lewis from NE Long-Term Care Ombudsman Program	4 MARDI GRAS 9:00 Euchre 9:00 Bible Study with Cheryl 11:30 Cheeseburger 12:00 Dominoes 1:00 Bible Study w/Bob	5 9:00 Line Dancing 9:00 Pixie Bingo: Partner, Home Helpers <i>*Players must bring prizes!</i> 10:00 Exercise w/Brittney 11:30 Loaded Ranch Chix Potato Bake 12:30 Hand & Foot Game 12:30 Painting w/Evie	6 9:00 Craft & Chat 11:30 Beef Taco Casserole 12:30 Euchre	7 9:00 Euchre 9:00 Line Dancing 10:00 Chair Exercise 11:30 Chicken Tenders
10 9:00 Line Dancing 10:00 Chair Exercise 11:30 Grilled Cheese and Chicken Rice Soup 1:00 Mahjong	11 9:00 Euchre 9:00 Bible Study with Cheryl 11:30 Chicken Mushroom Pasta 12:00 Dominoes 1:00 Bible Study w/Bob	12 9:00 Line Dancing 10:00 Chair Exercise 10:45 Blood Pressure Ck 11:30 Roast Turkey 12:00 Health Class with Darcy 12:30 Hand & Foot Game	13 BIRTHDAY WISHES 9:00 Craft & Chat 10:00 Alzheimer's "Be Happy, Be Well" 11:30 Grilled Pork Chop 12:30 Euchre 6:30 Grieving Friends Support Group	14 PI DAY 9:00 Euchre 9:00 Line Dancing 10:00 Chair Exercise 11:30 Italian Beef Burrito
17 ST. PATRICK'S DAY BONUS MOVIE DAY 9:00 Board Meeting 9:00 Line Dancing 10:00 Chair Exercise 11:30 Shepherd's Pie 12:15 Movie *WEAR YOUR GREEN, WHITE & ORANGE!*	18 9:00 Euchre 9:00 Bible Study with Cheryl 11:30 Turkey Manhattan 12:00 Dominoes 1:00 Bible Study w/Bob 1:30 The League	19 9:00 Line Dancing 9:00 Pixie Bingo: Partner, Oberlin Mirtg/Heidi Darley <i>*Players must bring prizes!</i> 10:00 Chair Exercise 11:30 Fish Sticks 12:30 Hand & Foot Game	20 9:00 Craft & Chat 11:30 Chicken Cordon Bleu 12:00 American Heart Association "Life's Essential 8" 12:30 Euchre Tourney	21 9:00 Euchre 9:00 Line Dancing 10:00 Chair Exercise 11:30 Liver & Onions

<p>24 9:00 Line Dancing 10:00 Chair Exercise 11:30 Chicken Pot Pie 12:00 Creative Writing 1:00 Mahjong</p>	<p>25 MOVIE DAY 9:00 Euchre 9:00 Bible Study with Cheryl 11:30 Ham Sandwich and Corn Potato Chowder 12:00 Dominoes 12:15 Movie 1:00 Bible Study w/Bob</p>	<p>26 9:00 Line Dancing 10:00 Chair Exercise 11:30 Sweet & Sour Meatballs 12:15 Miller's Games 12:30 Hand & Foot Game</p>	<p>27 9:00 Craft & Chat 11:30 Corn Dogs 12:30 Euchre 5:00 Tenderloins 5:30 Entertainment: <i>In Due Season</i></p>	<p>28 9:00 Euchre 9:00 Line Dancing 10:00 Chair Exercise 10:00 1 on 1 w/Darcy 11:30 Breaded Cheese-burger</p>
<p>31 9:00 Line Dancing 10:00 Chair Exercise 11:30 Potato Beef Casserole 12:00 Presentation: Joni Kapocius of Interim Healthcare on Home Care Svcs</p>	 <p><i>Reminder!</i> SPRING FORWARD SUNDAY, MARCH 9</p>			

APRIL

<p>1 11:30 Grilled Cheese and Tomato Soup</p>	<p>2 11:30 Pizza Burger</p>	<p>3 11:30 Salmon Patty</p>	<p>4 11:30 Smorgasbord</p>
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* **Take-Out & Delivery: Orders must be placed 2 business days in advance. The meal is \$7. There is a \$2 charge for each 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.**

WOODLAND TRIPS 2025

September 17, 2025: *Midwest Museum of Art & Wellfield Botanic Gardens (Elkhart)*. Our day will begin by discovering the beauty of American art at the Museum, followed by lunch at North Garden Chinese Buffet. Afterwards, we will have a guided tour of the Wellfield Botanic Gardens. The cost is **\$140**, which includes admission to the museum, lunch at North Garden Chinese Buffet, a guided tour of the Wellfield Gardens, transportation on a Royal Excursion bus, plus snacks with water and juice. **First payment of \$40 is due by July 25 to reserve your spot. Balance of \$100 is due by August 15.**

October 8, 2025: *“Heartbreak Hotel” at Beef & Boards Dinner Theatre (Indianapolis)*. *“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). Prior to the show, we will enjoy their buffet lunch! The cost is **\$160**, which includes transportation on a Royal Excursion bus, buffet lunch, the show, snacks with water and juice. **First payment of \$60 is due by August 22 to reserve your spot. Balance of \$100 is due by September 5.**

November 12, 2025: *“The Naughty List” at Cornwell’s Turkeyville (Marshall, MI)*. *“Sparkles the Elf dances like a snowflake and has the voice of a snow angel, and she is always the star of the annual Christmas Pageant at Santa’s Workshop. But when a new and talented elf comes onto the scene and threatens to steal the spotlight, Sparkles is overwhelmed with feelings of jealousy that threaten to land her on... the Naughty List!”* (<https://www.tix.com/ticket-sales/cornwell's%20dinner%20theatre/6562/event/1398425>). Cost is **\$145**, which includes transportation on a Royal Excursion bus, turkey buffet and show, plus snacks with water and juice. **First payment of \$45 is due by September 12 to reserve your spot. Balance of \$100 is due by October 3.**

Please come to the Woodlands to register for trips. If you have any questions, you may call Nancy Lou at 260-248-8944 x9.



FEATURED DAY TRIP

"...the Little Sisters of Hoboken pull out all the stops in a fundraising variety show featuring toe-tapping musical numbers, habit humor, and an unabashed desire to make you laugh."

(<https://www.turkeyville.com/dinner-theatre/2025-season/>)

Join us May 8th on a trip to Turkeyville for a hearty meal and this "must-see musical adventure"!

The cost is \$145.

(includes turkey buffet, the show, and transportation)

\$45 due by March 7 to reserve your spot.

Balance of \$100 due by April 11.

Come to the Woodlands to register.

Questions? Call Nancy Lou at 260-248-8944 x9.

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.***



HAIR CARE**Haircuts & Eyebrow Waxing by Lyndah****Wednesday, March 12**

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, March 17****Tuesday, March 18**

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

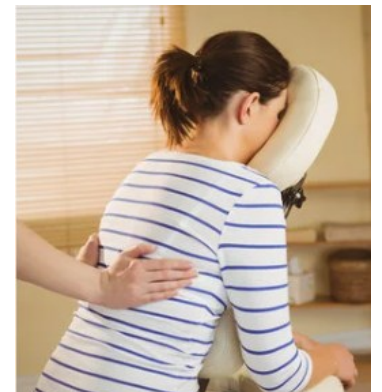
**** Please bring a wash basin & large bath towel. ******NAIL CARE****Manicures by Lyndah****Wednesday, March 19**

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****Tuesday, March 25**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.****

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BowenHealth.org



Mind. Body. Bowen.

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- Visit our website at <https://whitleycountycouncilonaging.org>
- Click on “Newsletters & Trips” at the top of the page
- Scroll down the page to the month you would like to read and click the “Download” button
- The Newsletter will open in Adobe
- You can read it on your computer or print out a copy

If you have any questions, just give us a call!

260-248-8944

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Phone _____ Birthday _____

Email _____

Mail this form and the **\$12 subscription fee** to:

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