

SENIOR CALLER

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



Woodlands Senior Activity Center



02

ABOUT OUR CENTER

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
- * Weekday Lunches
- * Home Delivered Meals
- * Lending Library
- * Information & Referral
- * Food Share Programs
- * Annual Senior Fair

- * Senior Caller Newsletter
- * Tax Assistance (Feb-Apr)
- * Social Gatherings & Entertainment
- * Medical Equipment Loan Program
- * Incontinence Items

- * Health Programs/Exercise
- * Educational/Informational Programs
- * Non-Perishable Food Pantry & Bread Pantry
- * Pet Food Pantry
- * Woodland Trips

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
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.

ACTIVITIES & EVENTS

EXECUTIVE DIRECTOR

Welcome Jim Johnson



We warmly welcome Jim Johnson as the new Executive Director here at the Whitley County Council on Aging. Jim grew up in Elkhart County and has lived in Northeast Indiana for decades. He graduated from South Adams High School (Berne, Indiana), earned his bachelors degree from Taylor University (Upland, Indiana), and holds a masters degree in education from George Fox University in Oregon. He also earned a certificate in executive leadership from the University of Notre Dame.

Jim brings decades of leadership experience from a large credit union in Northeast Indiana. He is also the co-founder of First Fridays Fort Wayne, which is a leadership, education, and networking forum. He has also served in a couple of churches in the greater Fort Wayne area and out in the Pacific Northwest.

Jim and his wife, Laurie, have two children. Hannah is a junior at Purdue University. Their son, Karsten, will start his college experience at the University of Cincinnati this coming fall.

Jim is excited and humbled to be able to serve as the Executive Director. He's looking forward to getting to know the staff and our community in the years to come.

PAINTING WITH EVIE

Wednesday, April 2 @ 12:30 p.m.

Evie Moore from Cedar Creek will lead you through painting this *Lavender Field* as pictured here.



CYCLE OF LIFE CHAT

Monday, April 14 @ 12 p.m.

Jami Davis, Business Development Specialist, from the Bowen Health will facilitate a "Managing Frustration Workshop".

What does emotional self-care look like and how do we respond to the cumulative effects of stress and fatigue? Why does stigma interfere with self-care and what can we do? You will learn how to overcome the stigma you carry about self-care and your emotions in addition to learning skills that can be practiced daily, weekly, monthly, etc. This workshop focuses on teaching self-care skills in both social & emotional wellness for everyone. Don't miss out on this important opportunity!

EXERCISE WITH BRITTNEY

Monday, April 21 @ 12 p.m.

Brittney has added this afternoon exercise class for April!

If you can't join us in the morning, come in the afternoon so you don't miss out on the fun. This may become a regular session if it's highly attended!

IMPORTANT NUMBERS

FSSA/WC Division of Family Resources: 800-403-0864 545 N line St., Columbia City

SHIP (State Health Insurance Assistance Program): 800-452-4800

Social Security Administration: 877-223-6061 2122 Lincolnway Ct., Ft. Wayne

Whitley County Health Department: 260-248-3121

ACTIVITIES & EVENTS

WOODLAND TRIPS 2025

May 8, 2025: "Nunsense" at Cornwell's Turkeyville (Marshall, MI). "Nunsense 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. The full payment of \$145 (or your 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 "Summer Special" cost is \$25, which includes transportation on a Transit bus, snacks, water and juice. Full payment is due by May 30.

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 <u>is not</u> 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 <u>is not</u> included. Full payment is due by June 6.

WOODLAND TRIPS 2025

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.

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.

APRIL 2025

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



Monday	Tuesday	Wednesday	Thursday	Friday
	9:00 Euchre 9:00 Bible Study with Cheryl 11:30 Grilled Cheese & Tomato Soup 12:00 Dominoes 1:00 Bible Study w/Bob	9:00 Line Dancing 9:00 Pixie Bingo: Partner, The Waters *Players must bring prizes! 10:00 Chair Exercise 11:30 Pizza Burger 12:30 Hand & Foot Game 12:30 Painting w/Evie	3 9:00 Craft & Chat 10:00 Alzheimer's "Sleep, Be Well" 11:30 Salmon Patty 12:30 Euchre	4 9:00 Euchre 9:00 Line Dancing 10:00 Chair Exercise 11:30 Smorgasbord
7 9:00 Line Dancing 10:00 Chair Exercise 11:30 Breakfast Casse- role 1:00 Mahjong	9:00 Euchre 9:00 Bible Study with Cheryl 11:30 Honey Garlic Meatballs 12:00 Dominoes 1:00 Bible Study w/Bob	9 9:00 Line Dancing 10:00 Chair Exercise 10:45 Blood Pressure Ck 11:30 Stuffed Cabbage Roll 12:30 Hand & Foot Game	10 BIRTHDAY WISHES 9:00 Craft & Chat 11:30 Meatloaf 12:00 American Heart Association "Get Active" 12:30 Euchre 6:30 Grieving Friends Support Group	11 9:00 Euchre 9:00 Line Dancing 10:00 Chair Exercise 11:30 Fish Sticks
14 BONUS MOVIE DAY 9:00 Line Dancing 10:00 Chair Exercise 11:30 Chicken Broccoli Rice Casserole 12:00 Cycle of Life Chat: Presentation by Jami from Bowen Health 12:15 Movie	9:00 Euchre 9:00 Bible Study with Cheryl 11:30 Beef & Noodles 12:00 Dominoes 1:00 Bible Study w/Bob 1:30 The League	9:00 Line Dancing 9:00 Pixie Bingo: Partner, Oberlin Mrktg/Heidi Darley *Players must bring prizes! 10:00 Exercise w/Brittney 11:30 Chicken Parmesan 12:00 Health Class with Darcy: "Better Night's Sleep" 12:30 Hand & Foot Game	9:00 Craft & Chat 11:30 Ham, Scalloped Potatoes, Green Bean Casserole, and Rolls 12:30 Euchre Tourney	2LOSED * * * * * * * * * COOD FRIDAY

9:00 Board Meeting 9:00 Line Dancing 10:00 Chair Exercise 11:30 Loaded Baked Potato 12:00 Exercise with Brittney 1:00 Mahjong	9:00 Euchre 9:00 Bible Study with Cheryl 11:30 Vegetable Lasagna 12:00 Dominoes 1:00 Bible Study w/Bob	CENTER CLOSED * * * * * * * * * * Whitley County Transit will be open.	24 TENDERLOIN NIGHT 9:00 Craft & Chat 11:30 Ham, Beans, and Cornbread 12:30 Euchre 4:00 Stillwater Bingo *Players must bring prizes! 5:00 Tenderloins 5:30 Joe Justice	25 9:00 Euchre 9:00 Line Dancing 10:00 Chair Exercise 10:00 1 on 1 w/Darcy 11:30 Chili Dog
9:00 Line Dancing 9:00 Line Dancing 10:00 Chair Exercise 11:30 Beef Flauta 12:00 Creative Writing	29 MOVIE DAY 9:00 Euchre 9:00 Bible Study with Cheryl 11:30 Baked Fish 12:00 Dominoes 12:15 Movie 1:00 Bible Study w/Bob	30 9:00 Pixie Bingo: Partner, <i>Miller's</i> * <i>Players must bring prizes!</i> 9:00 Line Dancing 10:00 Exercise w/Brittney 11:30 Ham Loaf 12:15 Miller's Crafts 12:30 Hand & Foot Game	Sastery	Welcome

MM

2	11:30 Pizza	
₽	11:30 Loaded Chicken	Ranch Potato Bake

- 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). Take-Out & Delivery: Orders must be placed 2 business days in advance.
- * Evening dinners <u>are not</u> 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.



10 P

ACTIVITIES & EVENTS

WOODLAND TRIPS 2025

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.

WORD SEARCH WITHOUT A LIST

American Cities

PCSRXINEOHPOIE SNP CHINOZ VAPLGMNRAOON RYINASVGSE E РD 0 GTR ICLCE Т Z ILMI I M E ECGAILD KIUOAIVN NHMHODNRNE RTN PIRMAENO L Т CALAHNRH TCSOELAWD TPAL BEIOAANNP TEBOBSAHGC DXLIPGDDBH INLLZWR QTMOLOOUB JIQ ITRUQ SELEGNASOLNA S LBA YIVCSANFRANC Ι SCOHRE STLOUISANAN Т ONEEKUAWLIMFMT SALLA ULULO NOHC Α IBUFFALON TAMPABAYGAMMD

How many can you find?

Super Word Search Puzzles—<u>www.superwordsearchpuzzles.com</u>

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)

The full payment of \$145 (or your balance of \$100) is due by April 11.

Come to the Woodlands to register.

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

12

HEALTH & WELL-BEING

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 <u>one time per month</u>. 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, April 9

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, April 14 Tuesday, April 15

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

^{*} Please bring a wash basin & large bath towel. *



NAIL CARE

Manicures by Lyndah

Wednesday, April 16

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

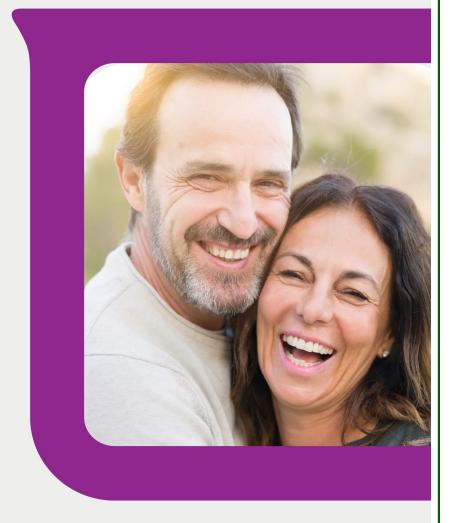
Thursday, April 24

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.





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



Mind. Body. Bowen.

NEWSLETTER SUBSCRIPTION

Would you like to get **The Senior Caller** for **FREE**?

Go to our website and download the latest edition!

- 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

Prefer a hard copy? Just complete & mail the form below with your payment.

Subscription Enrollment Form		
Name		
Address		
Phone Birthday		
Email		
Mail this form and the \$12 subscription fee to:		
WCCOA		
710 N. Opportunity Dr., Columbia City, IN 46725		

	١
١	J

"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

