



the SENIOR CALLER

WOODLANDS SENIOR ACTIVITY CENTER

May
2025

VOL. 52 - ISSUE 5



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.wccoa

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 |
| * Home Delivered Meals | * Social Gatherings & | Programs |
| * Lending Library | Entertainment | * Non-Perishable Food Pantry & |
| * Information & Referral | * Medical Equipment Loan | Bread Pantry |
| * Food Share Programs | Program | * Pet Food Pantry |
| * Annual Senior Fair | * Incontinence Items | * 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	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.

PRESENTATION

Friday, May 2 @ 11 a.m.

Tim Alderdice of Indiana Physical Therapy will be here to discuss the benefits of physical therapy, etc.

**BEGINNING SIGN LANGUAGE**

Every Friday Beginning May 2 @ 11 a.m.

Always wanted to learn how to sign? Well then join Nancy Lou as she teaches the basics of beginners sign language. Questions? Call Nancy Lou at 260-248-8944 x9.

CYCLE OF LIFE CHAT

Monday, May 5 @ 12 p.m.

Shandi Steele of Stillwater Hospice will be here to present "The Myths of Hospice". In discussing the myths, Shandi will also share the truths about hospice and it's valuable services. Don't miss out on this important opportunity!



Stillwater
HOSPICE

DRUMMING EXERCISE

Every Tuesday @ 1:30 p.m. from May 6th through June 10th

A new, different, and fun way to exercise! Equipment will be provided. Join us for this very unique experience!

PAINTING WITH EVIE

Wednesday, May 7 @ 12:30 p.m.

Evie Moore from Cedar Creek will lead you through painting *Zen Stacked Stones and Lotus* as pictured here.



<https://theartsherpa.com/>

MOTHER'S DAY LUNCHEON

Come celebrate Mother's Day with us!

Friday, May 9 @ 11:30 a.m.

We'll be serving Cheddar Baked Chicken, Calico Rice, Scalloped Broccoli Corn Casserole, Rolls, and Dessert.

Our entertainment will be *Chain Gang*.

*** RESERVATIONS REQUIRED ***

PRESENTATION

Monday, May 12 @ 12 p.m.

Darci Felone of Age In Place Home Services will be here to discuss options to Assisted Living and Nursing Homes. You won't want to miss this!



DEMONSTRATION

Wednesday, May 14 @ 12 p.m.

Join us as Master Gardener Dave Sewell demonstrates and guides participants in planting violets while sharing their many benefits in the kitchen. Supplies will be provided with a donation to the Activities Department. This activity will take place on the back patio. Questions? Call Nancy Lou at 260-248-8944 x9.

PRESENTATION

Friday, May 16 @ 12 p.m.

As May is American Stroke Month, Ashlee Plew of the American Heart Association will provide important information on strokes. This information could help you save someone's life!



PRESENTATION

Friday, May 23 @ 12 p.m.

Melanie Brandt will be discussing and giving pointers on “Living with Chronic Pain”. Have lunch with us and stay to learn about these very helpful pointers!

PRESENTATION

Friday, May 30 @ 12 p.m.

Darcy Hoopengartner from the Whitley County Health Department will present “*Forgetfulness, Knowing when to Ask for Help*”. This is worth staying after lunch for!



LUNCH N LEARN

Monday, June 2 @ 11:30 a.m.

Staff members of Sheets & Childs Funeral Home will be here to present “The Benefits of Preplanning One’s Funeral”. Join us for this informative and important presentation!



Thank you Sheets & Childs for being our Lunch Sponsor!

*** RESERVATIONS REQUIRED ***

AARP DRIVER SAFETY COURSE

Monday, June 9 @ 10 a.m.—2 p.m.

Learn how to reduce driver distractions, maintain proper distance behind cars, techniques for handling turns, driving techniques to help keep you safe, and more. This Driver Safety Course is open to everyone! The cost is \$20 for AARP Members and \$25 for Non-Members; the cost includes the Workbook.

Register online at <https://www.aarp.org/auto/driver-safety/locations/> or with Nancy Zummack at the Woodlands.

MEMORIAL DAY



**MEMORIAL
DAY**

REMEMBER AND HONOR

26 MAY 2025

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

MAY 2025

THE WOODLANDS 260-248-8944

RESERVATIONS REQUIRED 2 BUSINESS DAYS

IN ADVANCE. \$7 PER MEAL.



Monday	Tuesday	Wednesday	Thursday	Friday
5 9:00 Line Dancing 10:00 Chair Exercise 11:30 Swedish Meatballs 12:00 Cycle of Life Chat - Shandi Steele of Stillwater Hospice: "The Myths of Hospice" 1:00 Mahjong	6 9:00 Euchre 9:00 Bible Study with Cheryl 11:30 Beef Ravioli Bake 12:00 Dominoes 12:30 Bible Study w/Bob 1:30 Drumming Exercise	7 9:00 Pixie Bingo: Partner, <i>Home Helpers</i> <i>*Players must bring prizes!</i> 9:00 Line Dancing 10:00 Chair Exercise 11:30 Smoked Sausage with Green Beans and potatoes 12:30 Hand & Foot Game 12:30 Painting w/Evie	1 MOVIE DAY 9:00 Craft & Chat 10:00 Alzheimer's "Be Happy, Be Well" 11:30 Loaded Ranch Chicken Potato Bake 12:15 Movie 12:30 Euchre	2 9:00 Euchre 9:00 Line Dancing 10:00 Exercise w/Brittney 10:00 1 on 1 w/Darcy 11:00 Beginning Sign Language 11:00 Tim Alderdice of IPT: "The Benefits of Physical Therapy". 11:30 Pizza
12 9:00 Line Dancing 10:00 Exercise w/Brittney 11:30 Grilled Pork Chop 12:00 Darci Felone of Age in Place Home Services: "Options to Assisted Living and Nursing Homes".	13 9:00 Euchre 9:00 Bible Study with Cheryl 11:30 Breaded Chicken Sandwich 12:00 Dominoes 12:30 Bible Study w/Bob 1:30 Drumming Exercise	14 9:00 Line Dancing 10:00 Chair Exercise 10:45 Blood Pressure Ck 11:30 Fried Fish 12:00 Dave Sewell will demonstrate the planting of real violets. 12:30 Hand & Foot Game	15 9:00 Craft & Chat 11:30 Tex-Mex Turkey Rice Bowl 12:30 Euchre Tourney	16 9:00 Euchre 9:00 Line Dancing 10:00 Chair Exercise 11:00 Beginning Sign Language 11:30 Layered Salad 12:00 Ashlee Plew of AHA: "Strokes".
			8 BIRTHDAY WISHES 9:00 Craft & Chat 11:30 Salisbury Steak 12:30 Euchre 6:30 Grieving Friends Support Group	9 Mother's Day Luncheon 9:00 Euchre 9:00 Line Dancing 10:00 Chair Exercise 11:00 Beginning Sign Language 11:30 Cheddar Baked Chicken, Calico Rice Scaloped Broccoli and Corn, Rolls 12:00 Chain Gang

19 9:00 Board Meeting 9:00 Line Dancing 10:00 Chair Exercise 11:30 Bratwurst on Bun 12:00 Creative Writing 1:00 Mahjong	20 9:00 Euchre 9:00 Bible Study with Cheryl 11:30 Grilled Cheese and Vegetable Soup 12:00 Dominoes 12:30 Bible Study w/Bob 1:30 The League 1:30 Drumming Exercise	21 BONUS MOVIE DAY 9:00 Pixie Bingo: Partner <i>Oberlin Mktg/Heidi Darley</i> <i>*Players must bring prizes!</i> 9:00 Line Dancing 10:00 Chair Exercise 11:30 Beef Liver & Onions 12:15 Movie 12:30 Hand & Foot Game	22 TENDERLOIN NIGHT 9:00 Craft & Chat 11:30 Fish Sticks 12:30 Euchre 5:00 Tenderloins 5:30 JD Smith	23 9:00 Euchre 9:00 Line Dancing 10:00 Chair Exercise 11:00 Beginning Sign Language 11:30 Corn Dog 12:00 Melanie Brandt presents: "Living with Chronic Pain".
26 CLOSED ***** Memorial Day	27 9:00 Euchre 9:00 Bible Study with Cheryl 11:30 BBQ Pulled Pork Sandwich 12:00 Dominoes 12:30 Bible Study w/Bob 1:30 Drumming Exercise	28 9:00 Line Dancing 10:00 Exercise w/Brittney 11:30 Onion Crunch Chicken 12:15 Miller's Games 12:30 Hand & Foot Game	29 9:00 Craft & Chat 11:30 Beef Bolognese over Linguine 12:30 Euchre	30 9:00 Euchre 9:00 Line Dancing 10:00 Chair Exercise 10:00 1 on 1 w/Darcy 11:00 Beginning Sign Language 11:30 Smorgasbord 12:00 Health Class with Darcy: "Forgetfulness, Knowing When to Ask for Help".

JUNE

2 11:30 Cheesy Tuna Noodles	3 11:30 Taco Quiche	4 11:30 Creamed Beef over Toast	5 11:30 Chicken Cordon Bleu	6 11:30 Sloppy Joe on a Bun
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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 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

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. **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 **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.**

July 17, 2025: *Four Winds Casino (South Bend)*. Try your luck at Four Winds! The cost is **\$30**, which includes transportation on a Transit bus. This will be the last casino trip of the season! **Full payment is due by June 27.**

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.**

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

WOODLAND TRIPS 2025

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-C32-4DEC-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, 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, May 7

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, May 12

Tuesday, May 13

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

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



NAIL CARE

Manicures by Lyndah

Wednesday, May 14

Call 248-8944 x5 for your appointment.

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

MASSAGE

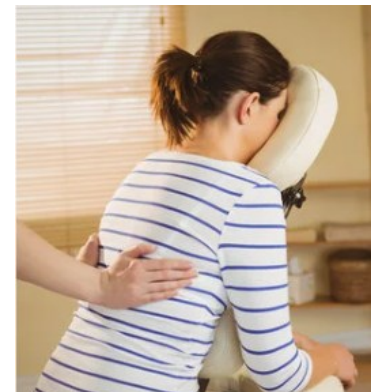
Massage by Annette Bear, LMT

Thursday, May 29

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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Mind. Body. Bowen.

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- 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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WCCOA

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The Waters

