



the SENIOR CALLER

WOODLANDS SENIOR ACTIVITY CENTER



JANUARY 2025

VOL. 52 - ISSUE 1

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

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

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

Leslie Blakley	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.

WINTER READING

The cold and snowy time of year has arrived! What better way is there to spend a cold, snowy day at home than to read a few good books?

For the wintery months of January and February, we encourage you to select books from our library and read them in the warmth and comfort of your home, and we'll even give you a prize for doing it!

- *Read 3 books and receive a special bookmark.
- *Read 10 books and get hot cocoa mix.
- *Read 25 books and get your choice of cheese or peanut butter crackers.

You must complete a Synopsis Form to qualify for prizes. Please see Nancy Lou in the Activities Department for the forms and more information.

Good only during January & February 2025. All forms must be turned in by February 28, 2025 to qualify.

CYCLE OF LIFE CHAT WITH A LUNCH & LEARN**Monday, January 6**

11:30 a.m. Join us for lunch while Jeff from Companion Medical Alert talks about his services.

12:00 p.m. We'll have an extensive discussion regarding the Lunch & Learn.

HEALTH & WELLNESS WITH DARCY**Wednesday, January 8 @ 11 a.m.**

Topic: *"Cooking for 1 or 2"*

One-on-One Sessions: Friday, January 31 @ 10 a.m.

Book a confidential one-on-one session with Darcy to talk about personal, medical, or mental health issues!



AMERICAN HEART ASSOCIATION

Wednesday, January 22 @ 11 a.m.

Come join Ashlee Plew from the American Heart Association as she presents *"Make Life Sweet, Not Your Drink"*.

Ashlee will join us for a new presentation every month.

TENDERLOIN LUNCH

Thursday, January 23 @ 11:30 a.m.

We will not be having evening tenderloins in January, so come enjoy one for Lunch!

After Lunch, musical entertainment by Joe Donnell.



TAX PREPARATION

AARP Foundation tax aides will be providing free tax preparation at the Woodlands Senior Activity Center.

Tax Preparation days will be on **Thursdays only** from **February 6 to April 10**.

Appointments Required! Call 248-8944 ext. 5 to schedule your appointment.

IMPORTANT NUMBERS

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

SHIP Representative: Marlene McDaniel 260-403-4083

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

Whitley County Health Department: 260-248-3121

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 on the bus. The cost of breakfast and lunch **are not** included.

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.

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, turkey buffet and show, plus snacks with water and juice on the bus.

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. Trip cost will be determined by the number of people who want to go and the size of the bus.

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 transportation on a Transit bus, plus snacks with water and juice on the bus. The cost of lunch **is not** included.

July 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 an Amish home for an authentic Amish dinner before wrapping up the tour. The date will be determined by location of gardens. Cost and details to come!

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, buffet lunch and show, plus snacks with water and juice on the bus.

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 a buffet lunch at Das Dutchman Essenhaus. Afterwards, we will have a guided tour of the Wellfield Botanic Gardens. The cost is **\$140**, which includes admission to the museum, buffet lunch at Essenhaus, a guided tour of the Wellfield Gardens, transportation, plus snacks with water and juice on the bus.

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’ll enjoy their buffet lunch! The cost is **\$160**, which includes transportation, buffet lunch, the show, snacks with water and juice on the bus.

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, turkey buffet and show, plus snacks with water and juice on the bus.

December 2025: “Yuletide Celebration” (Indianapolis). Presented by the Indianapolis Symphony Orchestra at the Hilbert Circle Theatre, this lavish production of music and dance will fill us with wonder, joy, and the holiday spirit; the perfect way to crown another glorious year! A date will be chosen when the tickets go on sale in mid-August.



JANUARY 2025

THE WOODLANDS 260-248-8944

RESERVATIONS REQUIRED 2 BUSINESS DAYS

IN ADVANCE. \$7 PER MEAL.



Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>CLOSED</p> 	<p>2</p> <p>MOVIE DAY</p> <p>9:00 Craft & Chat 10:00 Alzheimer's 11:30 Corn Dogs 12:15 Movie 12:30 Euchre</p>	<p>3</p> <p>9:00 Euchre 9:00 Line Dancing 10:00 Chair Exercise 11:30 Creamed Chicken over Biscuit</p>
<p>6</p> <p>9:00 Line Dancing 10:00 Chair Exercise 11:30 Salmon Patty 11:30 Cycle of Life Chat: <i>Lunch & Learn</i> 12:00 Cycle of Life Chat: <i>Lunch & Learn Discussion</i></p>	<p>7</p> <p>9:00 Euchre 9:00 Bible Study with Cheryl 11:30 Breaded Chicken Sandwich 12:00 Dominoes 1:00 Bible Study w/Bob</p>	<p>8</p> <p>9:00 Line Dancing 10:00 Chair Exercise 10:45 Blood Pressure Ck 11:00 Health Class with Darcy 11:30 Santa Fe Enchilada 12:00 Corporation Mtg. 12:30 Hand & Foot Game</p>	<p>9</p> <p>BIRTHDAY WISHES</p> <p>9:00 Craft & Chat 11:30 Ham Loaf 12:15 Miller's Bingo <i>*Players must bring prizes!</i> 12:30 Euchre 6:30 Grieving Friends Support Group</p>	<p>10</p> <p>9:00 Euchre 9:00 Line Dancing 10:00 Chair Exercise 11:30 Beef & Noodles</p>
<p>13</p> <p>9:00 Line Dancing 10:00 Chair Exercise 11:30 Beef Liver & Onions 1:00 Mahjong</p>	<p>14</p> <p>9:00 Euchre 9:00 Bible Study with Cheryl 11:30 Beef Ravioli Bake 12:00 Dominoes 1:00 Bible Study w/Bob</p>	<p>15</p> <p>9:00 Line Dancing 9:00 Pixie Bingo: Partner, Oberlin Mrktg/Heidi Darley <i>*Players must bring prizes!</i> 10:00 Chair Exercise 11:30 Chicken Cordon Bleu 12:30 Hand & Foot Game</p>	<p>16</p> <p>9:00 Craft & Chat 11:30 Smoked Sausage, Green Beans and Potatoes 1:00 Euchre Tourney</p>	<p>17</p> <p>9:00 Euchre 9:00 Line Dancing 10:00 Chair Exercise 11:30 Sloppy Joe</p>

20 BONUS MOVIE DAY 9:00 Board Meeting 9:00 Line Dancing 10:00 Chair Exercise 11:30 Chicken Pot Pie 12:15 Movie	21 9:00 Euchre 9:00 Bible Study with Cheryl 11:30 Grilled Cheese and Vegetable Soup 12:00 Dominoes 1:00 Bible Study w/Bob 1:30 The League	22 9:00 Line Dancing 10:00 Chair Exercise 11:00 American Heart Association 11:30 Meatloaf 12:30 Hand & Foot Game	23 9:00 Craft & Chat 11:30 Tenderloins 12:15 Joe Donnell 12:30 Euchre	24 9:00 Euchre 9:00 Line Dancing 10:00 Chair Exercise 11:30 Smorgasbord
27 9:00 Line Dancing 10:00 Chair Exercise 11:30 Pizza Burger 12:30 Creative Writing 1:00 Mahjong	28 9:00 Euchre 9:00 Bible Study w/Cheryl 11:30 Swiss Steak 12:00 Dominoes 1:00 Bible Study w/Bob	29 9:00 Line Dancing 9:00 Bonus Pixie Bingo <i>*Players must bring prizes!</i> 10:00 Chair Exercise 11:30 Grilled Pork Chop 12:15 Miller's Games 12:30 Hand & Foot Game	30 9:00 Craft & Chat 11:30 Loaded Baked Potato 12:30 Euchre	31 9:00 Euchre 9:00 Line Dancing 10:00 One-On-One Sessions w/Darcy 10:00 Chair Exercise 11:30 Cheesy Tuna Noodles

FEBRUARY

3 11:30 Bratwurst on Bun	4 11:30 Beef Bolognese over Linguine	5 11:30 BBQ Chicken	6 11:30 Baked Fish	7 11:30 Scalloped Potatoes and Ham
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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.

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, January 8**

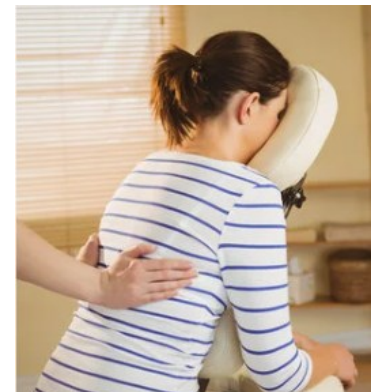
Call 248-8944 x5 for your appointment.

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

NAIL CARE**Manicures by Lyndah****Wednesday, January 15**

Call 248-8944 x5 for your appointment.

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

FOOT CARE**Foot Care & Reflexology by Toni Mowery, LPN****Monday, January 20****Tuesday, January 21****\$35 ~** Call 248-8944 x5 for your appointment.** Please bring a wash basin & large bath towel. ****MASSAGE****Massage by Annette Bear, LMT****Thursday, January 30**Annette Bear, LMT of *Relaxing Roots Massage*, will be providing 15-minute chair massages once a month beginning in January!**\$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.

VALENTINE TREATS

Woodlands Valentine Sweet Treat Boxes!!

Each beautifully wrapped box is \$12 and will contain four desserts: Turtle Brownie, Chocolate Ganache, Cheesecake w/Raspberry Sauce, and Strawberry Lemonade Cupcake.

These sweet treats will be available for pick-up at the Woodlands on the following days:

Thursday, February 13 from 1 pm - 4 pm
Friday, February 14 from 10 am - 1 pm

Delivery is available only on Thursday, February 13 and only to locations within Columbia City limits.
Delivery is FREE!

Complete and mail the order form below along with your payment to: The Woodlands
710 Opportunity Drive
Columbia City, IN 46725

Orders must be received by Monday, February 3. All orders must be prepaid. Quantities are limited!
For additional information, call the Woodlands at 260-248-8944.

Purchaser Name: _____ **Phone:** _____

Number of Boxes: _____ **Pick Up Date:** February 13 February 14

Delivery Information:

Recipient Name: _____ **Phone:** _____

Recipient Address: _____

Tag Names To: _____ **From:** _____

Delivery Date: February 13 *Please use reverse side for additional deliveries.*

Number of boxes: _____ x \$12 = _____ Cash Check

VALENTINE TREATS

Delivery Information:

Recipient Name: _____ Phone: _____

Recipient Address: _____

Tag Names To: _____ From: _____

Delivery Information:

Recipient Name: _____ Phone: _____

Recipient Address: _____

Tag Names To: _____ From: _____

Delivery Information:

Recipient Name: _____ Phone: _____

Recipient Address: _____

Tag Names To: _____ From: _____

Delivery Information:

Recipient Name: _____ Phone: _____

Recipient Address: _____

Tag Names To: _____ From: _____

Delivery Information:

Recipient Name: _____ Phone: _____

Recipient Address: _____

Tag Names To: _____ From: _____

IMPORTANT REMINDER

Friends of The Woodlands

As you are aware, the price of food has increased significantly over the last few years. Like everyone, we have felt the impact of those higher prices on our bottom line and therefore we are left with no other option than to increase our prices as well. Please understand that this is not a decision we have taken lightly.

As of January 1, 2025, the cost of lunch meals increased to \$7 and evening meals to \$10.

We greatly appreciate your understanding as we strive to fulfill our commitment to providing the quality meals that you expect and appreciate.

SUBSCRIPTION FORM

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

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The Waters

