



# the SENIOR CALLER

WOODLANDS SENIOR ACTIVITY CENTER



**MARCH 2024** VOL. 51 - 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](http://www.whitleycountycouncilonaging.org)



Woodlands Senior Activity Center



[the.woodlands.wccoa](http://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 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                | * Woodlands Travel Day Trips                |
| * Food Share Programs    |                                     |   |
| * Annual Senior Fair     |                                     |   |

**TITLE VI NOTICE TO THE PUBLIC:** All programs and services are provided without regard to age, race, color, religion, sex, sexual orientation, gender identity, 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)  
Jane Yohe/Secretary (260-248-8373)

Ron Myer/Vice President (260-609-5497)  
Duane Janssen/Treasurer (727-687-7958)

### BOARD MEMBERS

Larry Barr	(260-229-5945)	Marlin Leininger	(260-466-5231)
Shelbi Brown	(260-610-8020)	Ron Myer	(260-609-5497)
Dr. Christopher Grindrod	(260-481-6455)	Connie Reimer	(260-248-2826)
Thor Hodges	(260-229-1284)	Joan Western	(260-229-9902)
Duane Janssen	(727-687-7958)	Virginia Wright	(260-609-5249)
Sandy Kyler	(260-229-1760)	Steve Yann	(260-449-1663)
Paula Langeloh	(260-248-7848)	Jane Yohe	(260-248-8373)

### STAFF DIRECTORY

Leslie Blakley	Executive Director	ext 3
Nancy Bledsoe	Office Manager	ext 4
Carlee LaRue	Development Coordinator	ext 5
Sheila Troyer/Manager, Debbie, Cheryl	Nutrition	ext 2
Carrie Perry	Activities Manager	ext 9
Bernie King/Manager, Kim, Sarah	Transportation	ext 1
Terry Almon	Travel Coordinator	ext 14
Nancy Lou, 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.***

## MOVIE DAY

**Friday, March 1 @ 12:15 p.m.**

A misunderstanding leads to a white lie that leads to romance and opportunity.

**Monday, March 25 @ 12:15 p.m.**

Modern grandparents babysit their grandchildren, but issues arise when their modern behavior conflicts with the grandchildren's old-school upbringing.

## EVENING SNACKS & ENTERTAINMENT

**Appetizers and "Name That Tune Bingo" with Joe Justice!**

**Friday, March 8 @ 7 p.m.**

Appetizers, beer, wine coolers, and cola will be available for purchase.

**\$5 Entry Fee: Doors open at 6:30 p.m.**



## PRESENTATION

**The League**

**Tuesday, March 19 @ 1:30 p.m.**

The League advocates for people with any disability so they can reach their potential.

Join us as we learn valuable information about The League from one of their representatives.

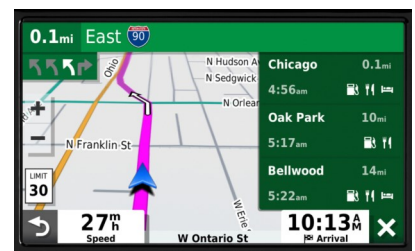


## PRESENTATION

**GPS & How it Works**

**Wednesday, March 20 @ 12 p.m.**

Councilman Dan Weigold will be here to discuss how GPS systems work.





## ALZHEIMER'S PRESENTATION

### Alzheimer's Presentation

Thursday, March 21 @ 10:15 a.m.

When someone shows signs of dementia, it's time to talk. This program offers tips on how to have honest and caring conversations regarding common issues. Topics covered in the program include: going to the doctor, deciding when to stop driving, and making legal and financial plans.

## EVENING AT THE WOODLANDS

### Bingo, Tenderloin & Music!

Tuesday, March 26

Bingo @ 4 p.m.    **\*\* Remember to bring Bingo Prizes \*\***

Tenderloins @ 5 p.m.— \$5 per person

**Hits from the 60s/70s & beyond by Joe Donnell @ 5:30 p.m.**

**\* RESERVATIONS REQUIRED \***



## CELEBRATE

### Celebrate March Birthdays!

Thursday, March 28 @ 11:30 a.m.

**Baked Ham w/Scalloped Potatoes, Green Bean Casserole & Dinner Roll**

Cake & Ice Cream for dessert (ice cream for in-house dining only)

**Musical entertainment provided by Pat Murphy @ 12:15 p.m.**

**\* RESERVATIONS REQUIRED \***



**TRAVEL SHOW**

# Whitley County COA Travel Show

**March 13 - 5:30 p.m.**

**at**

**The Woodlands**

**710 Opportunity Drive,  
Columbia City**

Join Terry Almon as she highlights the upcoming 2024 trips and gives us a sneak-peak at the 2025 travel schedule.

Pam Crone will also be here to share her upcoming 2024 travel adventures.

**June 2024**

Niagara Falls, US

**September 2024**

Atlantic City, New York, Philadelphia

**November 2024**

Lancaster Show & Dutch Country

**Questions?**

Call Terry at 260-248-8944 x14



## DAY TRIP

### *Four Winds Casino, South Bend!*

Thursday, April 4

**Cost: \$20 per person** (for bus ride only)

*Must be paid in advance to reserve your spot.*



[www.fourwindscasino.com/southbend/](http://www.fourwindscasino.com/southbend/)

Depart from the Woodlands at 8:45 a.m.

Depart from the Casino at 2:30 p.m.

We'll make a stop at Ritters in Warsaw on the way home for an ice cream treat to-go!

**Open to the public!**

*\*Visit the Woodlands prior to March 21 to register.\**

### Reservation Form

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Trip: \_\_\_\_\_

Emergency Contact Name and Number (someone not traveling with you):  
\_\_\_\_\_

Dietary restrictions or allergies: \_\_\_\_\_

**Make check payable to: WCCOA**



THE WOODLANDS 260-248-8944  
 RESERVATIONS REQUIRED 2 BUSINESS DAYS  
 IN ADVANCE. \$5 PER MEAL.

# MARCH 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> <b>MOVIE DAY</b> 9:00 Euchre 9:00 Line Dancing 10:00 Matter of Balance 11:30 Chili Dog 12:15 Movie (call for more info)
<b>4</b> 9:00 Line Dancing 10:00 Exercise w/Brittney 11:30 Cheeseburger 1:00 Mahjong	<b>5</b> 9:00 Euchre 9:00 Bible Study with Cheryl 11:30 Grilled Chicken 12:00 Dominoes 1:00 Bible Study w/Bob	<b>6</b> 9:00 Line Dancing 9:30 Pixie Bingo: Partner, <b>Symmetry Financial Group/Adia Lewis Field</b> 10:00 Chair Exercise 11:30 Ham w/Scalloped Potatoes	<b>7</b> 11:30 Salmon Cakes	<b>8</b> 9:00 Euchre 9:00 Line Dancing 10:00 Matter of Balance 11:30 Cold Meat Sandwich w/Corn Potato Chowder 6:30 Name That Tune Bingo with Joe Justice
<b>11</b> 9:00 Line Dancing 10:00 Chair Exercise 11:30 Chicken Taco	<b>12</b> 9:00 Euchre 9:00 Bible Study with Cheryl 11:30 Grilled Cheese w/Stuffed Pepper Soup 12:00 Dominoes 1:00 Bible Study w/Bob	<b>13</b> 9:00 Line Dancing 10:00 Chair Exercise 10:45 Blood Pressure Ck 11:30 Roast Turkey 5:30 Travel Show	<b>14</b> 11:30 Sweet Chili Beef Rice Bowl 12:00 Miller's Bingo 12:00 Art w/Amanda 1:00 Ice Cream 6:30 Grieving Friends Support Group	<b>15</b> 9:00 Euchre 9:00 Line Dancing 10:00 Matter of Balance 11:30 Shepherds Pie



18	9:00 Board Meeting 9:00 Line Dancing 10:00 Chair Exercise 11:30 Breaded Chicken Sandwich 1:00 Mahjong	19	9:00 Euchre 9:00 Bible Study with Cheryl 11:30 Balsamic Glazed Meatballs 12:00 Dominoes 1:00 Bible Study w/Bob 1:30 The League	20	9:00 Line Dancing 9:30 Pixie Bingo: Partner, <b>Oberlin Mrktg/Heidi Darley</b> 10:00 Chair Exercise 11:30 BBQ Pork Chop 12:00 GPS Presentation	21	10:15 Alzheimer's 11:30 Onion Crunch Chicken 1:00 Euchre Trny: \$5 entry fee 2:00 Dominoes	22	9:00 Euchre 9:00 Line Dancing 10:00 Matter of Balance 11:30 Breakfast Casserole
25	<b>BONUS MOVIE DAY</b> 9:00 Line Dancing 10:00 Chair Exercise 11:30 Cheesy Chicken Broccoli Rice Casserole 12:15 Movie: a comedy will be featured	26	9:00 Euchre 9:00 Bible Study with Cheryl 11:30 Baked Fish 12:00 Dominoes 1:00 Bible Study w/Bob 4:00 Stillwater Bingo 5:00 Tenderloin 5:30 Joe Donnell	27	9:00 Line Dancing 10:00 Exercise w/Brittney 11:30 Baked Spaghetti 12:15 Miller's Games	28	<b>BIRTHDAY WISHES</b> 11:30 Baked Ham with Scalloped Potatoes Green Bean Casserole, Dinner Roll *Cake w/Ice Cream 12:15 Pat Murphy	29	<b>GOOD FRIDAY</b>  <b>CLOSED</b>

## APRIL

1	11:30 Cheesy Tuna Noodles	2	11:30 Hot Ham Sandwich w/Cheeseburger Soup	3	11:30 Swiss Steak	4	11:30 Sesame Chicken	5	11:30 Chili dog
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**Take-Out & Delivery: Orders must be placed 2 business days in advance. The meal is \$5. There is a \$2 charge for each meal delivery. 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, March 13**

Call 248-8944 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 18**

**Tuesday, March 19**

**\$35** ~ Call 248-8944 for appointments.

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



## NAIL CARE

### Manicures

by Lyndah

**Wednesday, March 20**

Call 248-8944 for your appointment.

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

## 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

**CELEBRATION**

Whitley County  
Council on Aging

*Celebrate  
with us!*

This October, Whitley County  
Council on Aging is celebrating 50  
years of serving seniors!

Stay tuned for more information  
about our celebration.

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



## WOODLANDS GARDEN

There are many signs of Spring, but one that is unique to the Woodlands is the noticeable anticipation of fresh herbs and vegetables from our garden.

The Whitley County Master Gardeners have been instrumental in this garden since its inception in 2020, and thanks to their continued care and maintenance, 2023 brought us a hearty amount of fresh beets, carrots, green beans, tomatoes, peppers, cabbage, broccoli, squash, cucumbers, onions, garlic, and a number of different herbs.



As we look forward to another bountiful year, the planning must begin! We welcome everyone who is interested in volunteering their time to the Woodlands Garden to join us on the first day of Spring, Tuesday, March 19 at 2 p.m. for our annual meeting. We will decide which vegetables and herbs to grow this year and begin the process of scheduling volunteers who will be paired off and assigned one week per month to work in the garden. Volunteers will also be involved in the initial planting.

Our nutrition staff, Sheila & Debbie, will use the fresh herbs and vegetables in many of the meals they will prepare. Bonus: any excess herbs and vegetables will be available for you to take home!

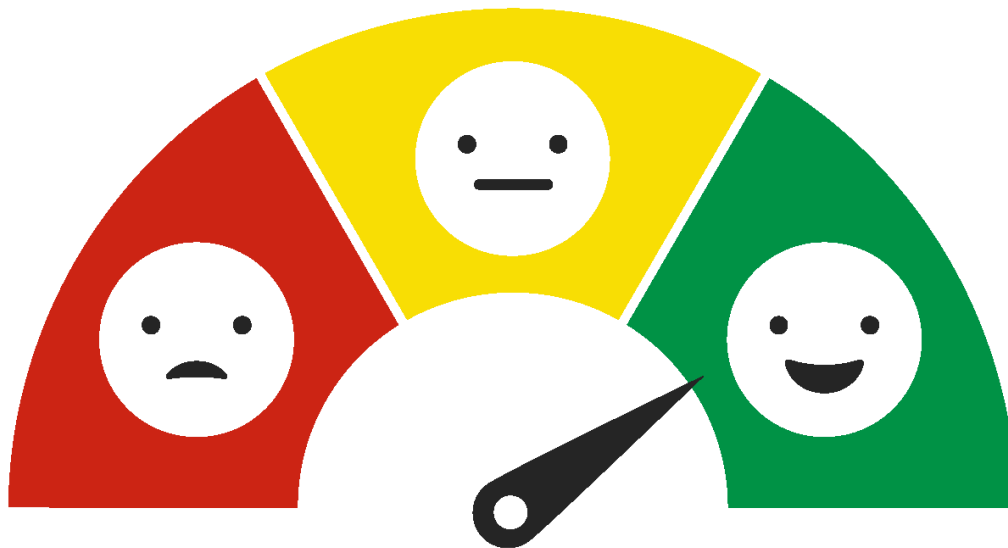
This will be a perfect opportunity for you to decide if you would like to volunteer as one of our gardeners. We hope you will choose to lend your heart, your hands, and/or your expertise to the Woodlands Vegetable Garden!

*Duane Janssen*

## DAYLIGHT SAVING TIME

**Remember to turn your clocks ahead 1 hour on  
March 10!**



SHARE YOUR THOUGHTS

# HELP US IMPROVE!

TELL US WHAT YOU THINK



Yelp  
Council on Aging



Facebook  
The Woodlands



Facebook Whitley  
County Transit

Step 1: Open your camera on your smart phone

Step 2: Point it at the QR code and click the link

Step 3: Write your review(s)!

*If you prefer, you can write us a letter and mail it to  
The Woodlands - 710 N. Opportunity Dr. Columbia City, IN 46725*

**SUBSCRIPTION FORM**

**Subscription Enrollment Form**

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Phone \_\_\_\_\_ Birthday \_\_\_\_\_  
Month / Day / Year

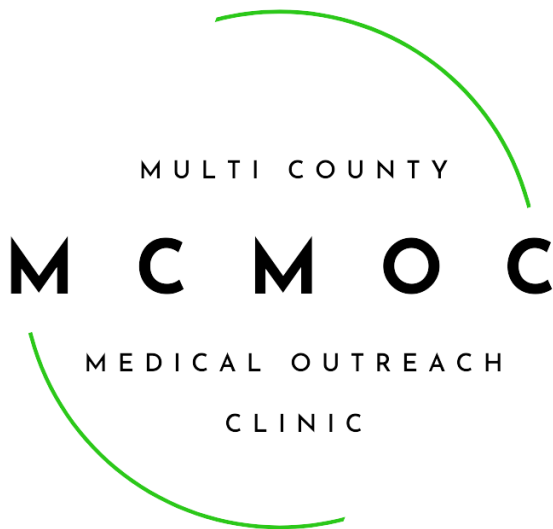
Email \_\_\_\_\_

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

**WCCOA**  
**710 N. Opportunity Dr., Columbia City, IN 46725**

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**Thursdays 1 pm–5 pm**



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Oberlin Marketing - Heidi Darley

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Symmetry Financial Group - Adia Lewis Field

