



# the 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](http://www.whitleycountycouncilonaging.org)



Woodlands Senior Activity Center



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

Shelbi Brown/President	(260-610-8020)	Duane Janssen/Treasurer	(727-687-7958)
Larry Barr/Vice President	(260-229-5945)	Joan Western/Secretary	(260-229-9902)

### BOARD MEMBERS

Larry Barr	(260-229-5945)	Sue Lewis	(260-441-6551)
Shelbi Brown	(260-610-8020)	Barb Overdeer	(260-609-5210)
Jennifer Esterline	(916-747-5003)	Chip Stephenson	(260-213-3089)
Clay Geiger	(260-609-9032)	Kaliebe VanEmon	(260-580-2647)
Dr. Christopher Grindrod	(260-481-6455)	Joan Western	(260-229-9902)
Duane Janssen	(727-687-7958)	Virginia Wright	(260-609-5249)
Marlin Leininger	(260-466-5231)	Jane Yohe	(260-248-8373)

### STAFF DIRECTORY

Executive Director	-----	ext 300
Nancy Bledsoe	Office Manager	ext 400
Sheila Troyer	Nutrition Manager	ext 110
John Jones	Transportation Manager	ext 600
Aimee Ray	Activities Manager	ext 900
Gabby Gaff	Customer Service Specialist	ext 102

## 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.***

**WOODLAND TRIPS***2026 Trips*

**3/5/26** We will be spending the day at Four Winds Casino. The cost is \$30 per person, and the payment is due before 2/26/26. Spaces are limited to 14. Make sure to sign up before all the seats are spoken for.

**3/26/26** DeBrand Fine Chocolates and Golden Corral. We will be starting our day at DeBrand where you will take a tour, sample some goodies, and have time to shop for some yummy chocolates to take home. After DeBrand we will go to Golden Corral for lunch. The cost is \$50 and is due before 3/6/26. The payment covers your tour at DeBrand and lunch/drink at GC. The only thing that isn't covered are the sweets you purchase to take home. If you have a sweet tooth, this is the trip for you.



**4/27/26** IF you love instruments or music in general, you might want to check this trip out. We will be going to Sweetwater! The day will begin with a tour of the building. After our tour we will be part of a drumming circle. The final part of our day will be lunch. They will be preparing lunch boxes for us. Each lunch box will consist of a deli sandwich, chips, cookie, and a fountain drink. The cost of the trip is \$40 and is due before 4/10/26.



**5/4/26** Join us for an animal adventure and a great lunch buffet. We will start our day at Dutch Creek Animal Park where we will go on a little safari in Middlebury. When we are finished at the animal park, we will head over to Das Dutchman Essenhaus for a buffet lunch. The cost of the trip is \$75 and is due by 4/17/26. The payment will include entry to the animal park, lunch, drink, and tip. Don't forget to bring some cash for souvenirs and shopping.



**5/21/26** We will be spending the day at Four Wind Casino. The cost is \$30 per person and the payment is due before 5/1/26. Spaces are limited to 14. Make sure to sign up before all the seats are spoken for.

**CANCELLED**

## WOODLAND TRIPS

**6/4/26 Dutch Creek Market, Heritage Creamery, and Blue Gate Theatre.** When we get to Middlebury we will start our adventure at Dutch Creek Market where you will be able to watch fresh noodles be made or enjoy seeing the bees buzzing through the market. After the market we will head over to Heritage Creamery. If cheese is your friend, feel free to taste the local cheeses that will be available. Shopping at both locations will not be included in the cost of the trip. Then we will wrap up our adventure at the Blue Gate Theatre in Shipshewana. At Blue Gate we will see the Gaither Vocal Band perform and enjoy an Amish home cooked buffet. There should be plenty of time for shopping after. The trip will include everything in this description except your shopping. The total is \$130 per person and is due by 5/15/26.



**7/9/26 Who remembers Footloose???** Come join us at the Wagon Wheel in Warsaw where we will get to experience the musical. After the show is over we will stop at a local restaurant before heading home. The cost is \$65 per person and will include the musical, but lunch will be on your own. The payment is due before 6/19/26.

**7/16/26 Where are my “Foodies??”** This trip will be good for your taste buds. We will start the trip at the Sechler Pickle Factory. After our tour we will have some time for shopping. We will be there during the St. Joe Pickle Festival. Why not do a lap and see what wonderful things St. Joe has to offer? Our final stop will be Millie’s Diner. As we step back into the 50's we can enjoy our lunch while records play on the jukebox. The trip total will be \$40 per person and is due before 6/26/26. Lunch and shopping will not be included in the price of the trip. So don’t forget to bring a little cash.



**7/30/26** We will be spending the day at Four Winds Casino. The cost is \$30 per person, and the payment is due before 7/10/26. Spaces are limited to 14. Make sure to sign up before all the seats are spoken for.

WORD SEARCH**PLANT LIFE!**

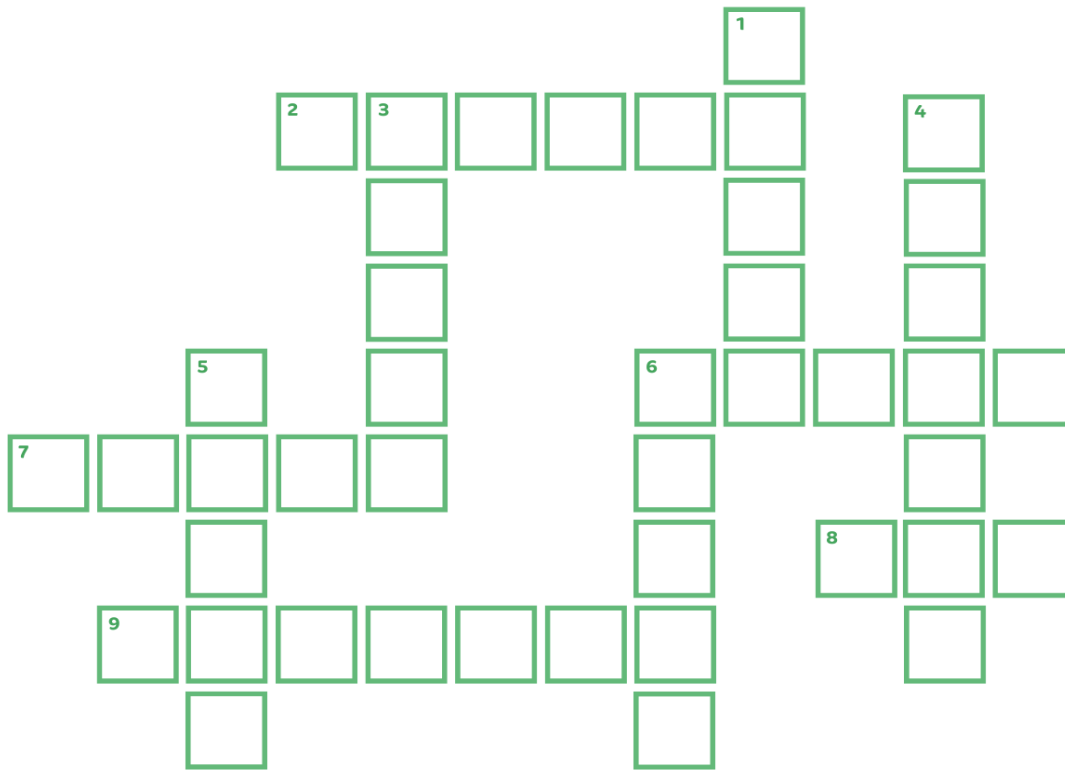
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- SEED
- WATER
- ROOTS
- POLLEN
- LEAVES
- PETAL
- STEM
- SHOOTS
- FLOWER
- PLANT
- LIFE
- SOIL

**CROSSWORD**



# Recycling



**ACROSS**

- 2. Use less to create less waste.
- 6. A clear, breakable material.
- 7. Things we throw away.
- 8. A container for trash or recycling.
- 9. Use old things to make new things.

**DOWN**

- 1. A strong material used for cans.
- 3. The planet we live on.
- 4. A material used for bottles & bags.
- 5. Material made from trees.
- 6. A color that means helping nature.

# JUNE

**THE WOODLANDS 260-248-8944**  
**WALK-IN MEALS AVAILABLE.**  
**NO RESERVATIONS REQUIRED FOR DINE-IN.**

**\$7 PER MEAL**  
**\$10 FOR TENDERLOIN MEALS**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b> 9:00 Line Dancing            10:00 Chair Exercise            11:00 Health Class with Darcy: "Diabetes—Why we crave sweets."            11:30 Loaded Baked Potato            12:15 Movie (call us for the movie title)            1:00 Mahjong</p>	<p><b>2</b> 9:00 Euchre            9:00 Bible Study with Cheryl            11:30 Philly Cheesesteak            12:00 Dominoes            12:30 Bible Study w/Bob</p>	<p><b>3</b> 9:00 Pixie Bingo: Partner <i>The Waters</i>  <i>*Players must bring prizes!</i>            9:00 Line Dancing            10:00 Chair Exercise            11:30 Chicken Parmesan            12:00 AIHS Respite Care            12:30 Painting w/Evie            12:30 Hand &amp; Foot Game</p>	<p><b>4</b> 10:00 Alzheimer's: "Dementia Friends Indiana"            11:30 Ham Loaf            12:30 Euchre            5:00 Cash Bingo</p>	<p><b>5</b> 9:00 Euchre            9:00 Line Dancing            10:00 Chair Exercise            11:30 Grilled Cheese and Veggie Soup</p>
<p><b>8</b> 9:00 Line Dancing            10:00 Chair Exercise            11:30 Mostaccioli w/Beef            12:15 Movie (call us for the movie title)</p>	<p><b>9</b> 9:00 Euchre            9:00 Bible Study with Cheryl            11:30 Beef Enchiladas            12:00 Dominoes            12:30 Bible Study w/Bob</p>	<p><b>10</b> 9:00 Line Dancing            10:00 Chair Exercise            10:45 Blood Pressure Ck            11:30 Chicken Cordon Bleu            12:00 AIHS Respite Care            12:30 Hand &amp; Foot Game</p>	<p><b>11</b> 11:30 Grilled Pork Chop            12:30 Euchre            5:00 Cash Bingo            6:30 Grieving Friends Support Group</p>	<p><b>12</b> 9:00 Euchre            9:00 Line Dancing            10:00 Chair Exercise            11:30 Potluck Lunch N Learn w/John Johnston of 1st Source Bank. Bring your favorite dish to share.  <i>Cheesy Tuna Noodles for Delivery only.</i></p>
<p><b>15</b> 9:00 Board Meeting            9:00 Line Dancing            10:00 Chair Exercise            11:30 Creamed Chicken over Biscuit            12:15 Movie (call us for the movie title)            1:00 Mahjong</p>	<p><b>16</b> 9:00 Euchre            9:00 Bible Study with Cheryl            11:30 Cheeseburger            12:00 Dominoes            12:30 Bible Study w/Bob            1:30 The League</p>	<p><b>17</b> 9:00 Pixie Bingo: Partner <i>Oberlin Mrktg/Heidi Darley</i>  <i>*Players must bring prizes!</i>            9:00 Line Dancing            10:00 Chair Exercise            11:30 Toasted Cheese Ravioli w/Marinara            12:00 AIHS Respite Care            12:30 Hand &amp; Foot Game</p>	<p><b>18</b> 11:30 Corn Dog            12:30 Euchre Tourney  <i>**Cash Bingo will <u>not</u> take place this evening.</i></p>	<p><b>19 FATHER'S DAY LUNCH</b>            9:00 Euchre            9:00 Line Dancing            10:00 Chair Exercise            11:30 Meatloaf, Mashed Potatoes w/Gravy, Green Beans            12:15 Entertainment by: David Scribner</p>

<b>22</b> 9:00 Line Dancing 10:00 Chair Exercise 11:30 Tenderloin 12:15 Entertainment by: The Singing Auctioneer (Dane Bailey) 12:15 Movie (call us for the movie title)	<b>23</b> 9:00 Euchre 9:00 Bible Study with Cheryl 11:30 Chicken Mushroom Pasta 12:00 Dominoes 12:30 Bible Study w/Bob 6:00 Empower Whitley Women	<b>24</b> 9:00 Line Dancing 10:00 Chair Exercise 11:30 Egg Salad Sand- wich and Tomato Basil Soup 12:00 AIHS Respite Care 12:15 Miller's Games 12:30 Hand & Foot Game	<b>25 BIRTHDAY WISHES</b> 10:00 Book Club with Peabody Library 11:30 Fried Fish 12:15 Entertainment by: Big Meow 12:30 Euchre 5:00 Cash Bingo	<b>26</b> 9:00 Euchre 9:00 Line Dancing 10:00 Chair Exercise 11:30 Breakfast Casserole
<b>29</b> 9:00 Line Dancing 10:00 Chair Exercise 11:30 Pizza 12:15 Movie (call us for the movie title) 1:00 Mahjong	<b>30</b> 9:00 Euchre 9:00 Bible Study with Cheryl 11:30 BBQ Meatballs 12:00 Dominoes 12:30 Bible Study w/Bob			

<b>JULY</b>			
	1	2	3
	11:30 Tuna Salad Sandwich	11:30 Grilled Hot Dog	<b>CLOSED</b>

\* 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.

## EQUIPMENT LOAN PROGRAM

### SHORT-TERM LOANER EQUIPMENT

Walkers, canes, crutches, and shower chairs: \$10 rental fee.

Wheelchairs and knee scooters: \$25 rental fee.

\* \* \* \* \*

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 days/hours: Monday and Thursday from 9 am - 11 am & 12 pm - 3 pm.

### 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 days/hours are Monday and Thursday from 9 am - 11 am & 12 pm - 3 pm. ***Pet food is available dependent on supply.***



## HAIR CARE

Haircuts & Eyebrow Waxing by Lyndah

Wednesday, June 10

Call 248-8944 x5 to schedule.

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

## NAIL CARE

Manicures by Lyndah

Wednesday, June 17

Call 248-8944 x5 to schedule.

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

## MASSAGE

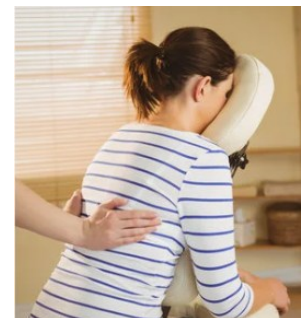
Massage by Annette Bear, LMT

Thursday, June 25

Enjoy a 15-minute chair massage!

**\$15** ~ Call 248-8944 x5 to schedule.

*\*All equipment will be sanitized prior to each appointment time.\**



## ONE ON ONE WITH DARCY

Darcy Hoopingarner, NP, from the Whitley County Health Department is offering confidential one-on-one sessions. Need to talk to someone about a personal, medical, or mental health issue? Come see Darcy at the Woodlands!

Call 248-8944 x5 to schedule.



**ARTICLE****We're Living Longer. We Need More Than Just Money to Retire**  
**You might live three decades in retirement. Are you prepared?**

By Tim Smart

Edited by Devon Haynie and Morgan E. Felchner

May 4, 2026, at 5:00 a.m.

**So you want to live to be 100? Or 90, even?**

There's a decent chance you might. Although the absolute number of centenarians is small, there was a 149% increase in their total number from 1980 to 2020. The population of those 65 and older increased 118% in the same period.

But is the nation ready for such a dramatic increase in those living longer? More importantly, are you?

Many people need to plan for living as much as three decades or longer in retirement – and need to begin preparing medically, financially and emotionally for what that might entail.

“Longevity isn't just about more years lived. It's about how well-prepared we are to live them,” says Brooks Tingle, CEO of life insurer John Hancock, which recently held its third “Longer. Healthier. Better. Symposium.” The event convened global leaders from the healthcare and financial services industries to discuss the changing landscape of aging.

The company also launched, in connection with MIT's AgeLab, an online tool where you can measure how prepared you might be to live to a ripe, old age. I used the Longevity Preparedness Index myself, scoring 76 out of 100 (a score that is 16 points better than the average) and found out I need to do more to secure my home.

I learned very quickly last May when I broke my hip that I was not ready to go up and down the small flights of stairs into my house from the garage. Having a handrail installed suddenly became of the utmost importance.

Here's how we're living longer and what experts say to do to prepare for it.

**What's Driving the Longevity Shift?**

Medical innovation is a key factor driving longevity gains. Massive advances in medical care and simpler, at-home devices to monitor one's health have spurred a revolution in how we take care of ourselves. An estimated 55% of households now have a blood pressure cuff, something that can be bought in any drugstore for \$25 to \$50.

If you have a serious heart condition, or live with someone who does, you are probably on statins – small pills that have the capability to sharply reduce high cholesterol. You might even consider a portable defibrillator. They are not cheap – as much as \$500 or more – but they can prove to be life-saving if needed until an ambulance arrives.

## **ARTICLE**

Then there are the new, miracle weight-loss drugs known as GLP-1s that have helped many obese people shed unhealthy pounds.

### **How to Live to 100**

But spending money on the latest device or medication isn't the only way to improve longevity. Daily habits can also make a big difference.

Physical therapy and exercise routines increasingly are focused on an aging population. Learning proper balance is critical for avoiding falls, whether through simple heel and toe exercises or practicing rising from a chair to a standing position.

Proper nutrition is largely in our own hands, as is making social connections and staying in touch with friends and family. Those have been shown to make people feel better in retirement and keep them healthy.

### **Expectations About Money May Need to Change**

So much of retirement planning involves saving money. But as people reach retirement, the conversation moves toward spending down savings and generating a consistent source of income.

"Up until now, much of our focus has been on the accumulation phase, but it's crucial to recognize that the descent down the mountain – the distribution phase – can be far more challenging and unpredictable," says Myles McHale, founder and principal at Wealthcare Advisors in Bonita Springs, Florida.

"This period often comes with a host of unexpected taxes and fees, making it essential for both clients and advisers to adopt operational strategies that manage the drawdown of funds wisely and in a tax-efficient manner."

McHale stresses that the time to do this planning is before you retire, when the inevitable decline in cognition sets in.

Like most things in life, a little preparation goes a long way – whatever age you hope to live to.

Citation:

Smart, Tim. "We're Living Longer. We Need More Than Just Money to Retire." *U.S. News*, edited by Devon Haynie and Morgan E. Felchner, U.S. News, 4 May 2026, [money.usnews.com/money/retirement/articles/a-retirement-plan-for-the-longevity-age](https://money.usnews.com/money/retirement/articles/a-retirement-plan-for-the-longevity-age). Accessed 12 May 2026.

## WOODLANDS CODE OF CONDUCT



Whitley County  
Council on Aging

# Code of Conduct

Whitley County Council on Aging, Inc. is a community-based organization dedicated to improving the lives of the 50+ population in our region. Our conduct policy is designed to allow all Woodlands Senior Activity Center participants to feel at ease, to create an enjoyable atmosphere for all, and to protect the facility that we all enjoy using.

Participation in the organization's programs is subject to the observance of the Woodlands Senior Center rules and procedures. Any participant or staff member who violates this Code is subject to removal from the program or activity and could be banned from the Center. This code of conduct applies to all Whitley County Council on Aging, Inc. sponsored events.

Simply stated, it is our policy that all members, participants and staff will treat others respectfully and courteously. Please treat others in the same manner that you would like to be treated.

The activities outlined below are strictly prohibited:

- Abusive, obscene, threatening, harassing, insulting, offensive or suggestive language
- Entering the Center and/or attending a program while intoxicated
- Bringing dangerous or unauthorized materials such as explosives, firearms, weapons, or other similar items into the Woodlands Senior Center
- Discourtesy or rudeness toward other participants and staff
- Actual or threatened violence toward any individual or group, or conduct that could potentially endanger the life, safety, health, or well-being of others
- Lack of personal cleanliness and proper hygiene
- Harassment of participants or staff, based on Federal, State, and local civil or human rights statutes
- Ostracizing or taking unfair advantage of any participant
- Abuse of the Woodlands or its contents, including misuse, **theft**, or abuse of the building, furnishings, equipment or supplies, and/or abuse or theft of another person's property

Enforcement of these policies is at the discretion of the Executive Director, who may make limited exceptions on a case-by-case basis.

*Please Note: We want everyone to have a safe and comfortable visit! To ensure guest safety and protect our equipment, please refrain from adjusting any devices located on the premises, including electronics, thermostats and televisions. Thank you!*

**ADVERTISEMENTS**

**PARKVIEW  
HOSPICE**



260-373-9800



<https://www.parkview.com/medical-services/hospice-care>



1900 Carew Street, 46805



*Advertise with us! Please call the Woodlands for more information, 260-248-8944.*

**Volunteer with SHIP and help others with THEIR Medicare questions!**



Navigating Medicare

**We need YOU to help your neighbors in Whitley County!**

SHIP is driven by highly trained, certified volunteers who are committed to helping people with Medicare determine the best health insurance choices for their individual situations and to understand their Medicare benefits and options: Medicare Advantage, Medicare Supplement Plans, Part D drug coverage, long term care options, and financial assistance programs.

**Learn more at**  
[www.in.gov/ship/become-a-ship-volunteer](http://www.in.gov/ship/become-a-ship-volunteer)  
or call **(800) 452-4800.**



Whitley County Council on Aging



**WHITLEY COUNTY COUNCIL ON AGING INC.**  
710 N Opportunity Drive  
Columbia City, IN 46725

NON-PROFIT ORGANIZATION  
U.S. POSTAGE PAID  
COLUMBIA CITY, IN 46725  
(PERMIT NO. 263)



***“YOUR BEST LOCAL RESOURCE FOR SENIOR SERVICES”***

**Thank you WCCOA Sponsors!**

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*The Waters*

