



the SENIOR CALLER

WOODLANDS SENIOR ACTIVITY CENTER

MARCH 2026



VOL. 53 - 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



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 | * 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 | * Woodland Trips |
| * Food Share Programs | | |
| * Annual Senior Fair | | |

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)
Sandy Kyler	(260-229-1760)	Jane Yohe	(260-248-8373)
Marlin Leininger	(260-466-5231)		

STAFF DIRECTORY

Jim Johnson	Executive Director	ext 3
Nancy Bledsoe	Office Manager	ext 4
Sheila Troyer	Nutrition Manager	ext 2
John Jones/Manager; Kim, Sarah	Transportation	ext 1
Gabby, Rose, Sharon	Reception	ext 5
Aimee Ray	Activities Manager	ext 9

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 Winds 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.

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.

JUST FOR FUN

ST. PATRICK'S DAY

word search

n	a	v	r	d	r	s	f	g	k	p	m	j	k	d
m	e	b	p	s	r	h	f	h	p	n	b	z	s	n
f	b	v	m	s	r	a	o	s	p	i	h	k	h	a
p	w	w	m	s	q	m	i	p	v	t	s	o	i	l
o	j	c	k	u	y	r	d	n	v	c	r	o	l	e
t	h	h	l	p	f	o	y	f	b	s	o	e	v	r
o	v	k	b	o	k	c	a	z	e	o	p	k	g	i
f	r	y	c	a	v	k	w	s	u	r	w	o	o	m
g	b	s	z	i	x	e	h	i	e	l	u	c	k	y
o	n	d	s	h	r	o	r	c	c	m	t	v	g	s
l	z	e	d	n	e	t	h	s	n	i	o	c	q	m
d	z	t	e	p	z	a	a	p	i	m	k	z	s	b
d	p	e	p	b	u	s	e	p	i	p	g	a	b	c
c	r	r	v	n	i	k	m	t	t	g	j	a	z	r
g	q	z	o	z	f	q	g	j	g	s	x	q	z	c

bagpipes

green

leprechaun

rainbow

clover

horseshoe

lucky

shamrock

coins

Ireland

pot of gold

St. Patrick

HAIR CARE

Haircuts & Eyebrow Waxing by Lyndah

Wednesday, March 11

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, March 18

Call 248-8944 x5 to schedule.

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

MASSAGE

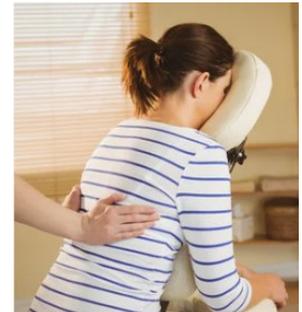
Massage by Annette Bear, LMT

Tuesday, March 31

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 Hoopingartner, 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.



MARCH 2026

THE WOODLANDS 260-248-8944

RESERVATIONS REQUIRED 2 BUSINESS DAYS
IN ADVANCE. \$7 PER MEAL.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 9:00 Line Dancing 10:00 Chair Exercise 11:00 Health Class with Darcy: "Loneliness, Depression, and the Perfect Hug" 11:30 Sausage Gravy over Biscuit 12:15 Movie</p>	<p>3 9:00 Euchre 9:00 Bible Study with Cheryl 11:30 Veggie Lasagna 12:00 Dominoes 12:30 Bible Study w/Bob</p>	<p>4 9:00 Pixie Bingo: Partner <i>The Waters</i> <i>*Players must bring prizes!</i> 9:00 Line Dancing 10:15 Drumming Class 11:30 Chicken Cordon Bleu 12:00 AIHS Respite Care 12:30 Hand & Foot Game 12:30 Painting w/Evie</p>	<p>5 10:00 Alzheimer's w/Todd: "10 Warning Signs of Alzheimer's and Dementia" 11:30 Corn Dogs 12:30 Euchre 5:30 Cash Bingo</p>	<p>6 9:00 Euchre 9:00 Line Dancing 10:00 Chair Exercise 11:30 Lunch N Learn: by Brynn from Heart to Heart Hospice. <i>Chicken Salad Sandwich for Pickup and Delivery only.</i></p>
<p>9 9:00 Line Dancing 10:00 Chair Exercise 11:30 Mostaccioli 12:15 Movie 1:00 Mahjong</p>	<p>10 9:00 Euchre 9:00 Bible Study with Cheryl 11:30 Philly Cheesesteak 12:00 Dominoes 12:30 Bible Study w/Bob</p>	<p>11 9:00 Line Dancing 10:15 Drumming Class 10:45 Blood Pressure Ck 11:30 BBQ Chicken 12:00 AIHS Respite Care 12:30 Hand & Foot Game</p>	<p>12 10:30 Barn Presentation by Clay Geiger 11:30 Pork Chop 12:30 Euchre 5:30 Cash Bingo 6:30 Grieving Friends Support Group</p>	<p>13 9:00 Euchre 9:00 Line Dancing 10:00 Chair Exercise 11:30 Tuna Noodle Casserole</p>
<p>16 9:00 Board Meeting 9:00 Line Dancing 10:00 Chair Exercise 11:30 Creamed Chicken over Biscuit 12:15 Movie</p>	<p>17 <i>St. Patrick's Day</i> 9:00 Euchre 9:00 Bible Study with Cheryl 11:30 Shepherd's Pie 12:00 Dominoes 12:30 Bible Study w/Bob 1:30 The League</p>	<p>18 9:00 Line Dancing 9:00 Pixie Bingo: Partner <i>Oberlin Mktg/Heidi Darley</i> <i>*Players must bring prizes!</i> 10:00 Exercise w/Brittney 11:30 Ham & Beans with Cornbread 12:00 AIHS Respite Care 12:30 Hand & Foot Game</p>	<p>19 11:30 Beef Liver & Onions 12:30 Euchre Tourney 5:30 Cash Bingo</p>	<p>20 <i>Birthday Wishes</i> 9:00 Euchre 9:00 Line Dancing 10:00 Chair Exercise 11:30 BBQ Ribs 12:15 Entertainment by: Scotty Rocker</p>

23 9:00 Line Dancing 10:00 Chair Exercise 11:30 Loaded Pulled Pork Baked Potato 12:15 Movie 1:00 Mahjong	24 9:00 Euchre 9:00 Bible Study with Cheryl 11:30 Meatloaf 12:00 Dominoes 12:30 Bible Study w/Bob 2:00 CoCoRaHS Presentation by Ed Scott of WC Emergency Mgmt. & Office of Homeland Security 6:00 Empower Whitley Women	25 9:00 Line Dancing 10:15 Drumming Class 11:30 Pizza 12:00 AIHS Respite Care 12:15 Miller's Games 12:30 Hand & Foot Game 1:00 Hands Foundation Presentation by Brooks Walker	26 11:30 Breakfast Casserole 12:30 Euchre 5:30 Cash Bingo	27 9:00 Euchre 9:00 Line Dancing 10:00 Chair Exercise 11:30 Baked Fish
30 9:00 Line Dancing 10:00 Chair Exercise 11:30 Tenderloin 12:15 Entertainment by: Sam Hicks 12:15 Movie	31 9:00 Euchre 9:00 Bible Study with Cheryl 11:30 Sloppy Joe on Bun 12:00 Dominoes 12:30 Bible Study w/Bob			

APRIL

	1 11:30 Beef Stew		2 11:30 Baked Ham, Au Gratin Potatoes, Green Bean Casserole, Roll	3 GOOD FRIDAY CLOSED
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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.

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 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.***



ARTICLE

Preparing an Emergency Plan for Your Unique Needs

Disasters such as hurricanes, floods, fires and other emergency situations are all too common these days. In fact, about 4 out of 5 Americans live in counties hit by weather events since 2007, according to disaster declaration data from the Federal Emergency Management Agency (FEMA). That illustrates how these events can impact nearly everyone and the importance of having a plan.

This is particularly true for older people and people with disabilities. Health issues, mobility concerns and use of assistive devices can create additional challenges during emergencies. However, there are simple steps everyone can take to prepare now for what may come later.

- **Discuss your plan.** Talk about preparedness with friends, neighbors and family members. Contact your city or county emergency management office as well as service providers, such as meals programs. Discussing the topic can help you create a support network, find local resources for preparation and identify contents for a custom emergency kit.
- **Create a contact list.** Make a list of people and places you can turn to for support in an emergency, including people you may need to help or notify of your safety. Include phone numbers, email addresses and physical addresses. Also include insurance providers, health care professionals and medical supply companies. Keep one copy on hand and put another copy in a watertight container in your emergency kit.
- **Prep for power outages.** Ask your health care providers about how to prepare for power outages, especially if you depend on medical devices that use electricity, such as oxygen, dialysis or a power wheelchair. Write down your plan, along with information about your devices, and keep a copy in your emergency kit.
- **Make a list of all medications and medical supplies.** Keep a list of your medicines, including dosages and allergies, along with other essential supplies like extra eyeglasses, hearing-aid batteries and at least a week's supply of all prescription medicines in your emergency kit.
- **Plan for transportation.** Have a plan in place in case you need to evacuate or get to health care services during an emergency. Know what equipment you need and how you will transport it. Perhaps a neighbor or family member can include you in their evacuation plans. Set this up beforehand and plan how to coordinate in the event of a disaster.
- **Plan for pets and service animals.** Include food, medications and other supplies your pets may need in your emergency kit, too.
- **Pack the essentials.** In addition to your medical information and needs, don't forget essentials such as non-perishable food, water, a weather radio, a flashlight, extra batteries, blankets, cash, extra clothing and personal hygiene items. Keep your emergency kit in a readily accessible location.

Learn more about preparedness at <https://acl.gov/EmergencyPreparedness>.

Citation: Administration for Community Living, <https://acl.gov/news-and-events/fact-sheets/publications-and-fact-sheets>

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 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!



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
or call **(800) 452-4800.**



CCHS SPORTS SCHEDULE

FEBRUARY

Date	Time	Event
Feb. 3rd	6:00pm (V) 7:30pm (V)	(Girls) IHSAA Sectional
Feb. 6th	6:00pm (V) 7:30pm (V)	(Girls) IHSAA Sectional
Feb. 7th	12:00pm (Fr)	(Boys) Norwell
Feb. 7th	12:00pm (JV) 1:30pm (V)	(Boys) Norwell
Feb. 7th	7:30pm (V)	(Girls) IHSAA Sectional
Feb. 10th	6:00pm (Fr)	(Boys) Garrett
Feb. 10th	6:00pm (JV) 7:30pm (V)	(Boys) Garrett
Feb. 13th	6:00pm (Fr)	(Boys) Leo
Feb. 13th	6:00pm (JV) 7:30pm (V)	(Boys) Leo
Feb. 14th	N/A	(Girls) IHSAA Regional
Feb. 14th	6:00pm (JV) 7:30pm (V)	(Boys) West Noble
Feb. 20th	6:15pm (JV) 7:45pm (V)	(Boys) Northridge
Feb. 21st	N/A	(Girls) IHSAA Semi State
Feb. 24th	6:00pm (Fr)	(Boys) Bishop Luers
Feb. 24th	6:00pm (JV) 7:30pm (V)	(Boys) Bishop Luers
Feb. 27th	6:00pm (Fr)	(Boys) Concordia
Feb. 27th	6:00pm (JV) 7:30pm (V)	(Boys) Concordia
Feb. 28th	N/A	(Girls) IHSAA State

BASKETBALL

Watch on Youtube @WJHS Studios

Listen for updates with 91.5FM and online

Home Away

WRESTLING

Date	Time	Event
Feb. 7th	N/A	(Boys) IHSAA Regional
Feb. 14th	N/A	(Boys) IHSAA Semi State
Feb. 20th	N/A	(Boys) IHSAA State
Feb. 21st	N/A	(Boys) IHSAA State

CCHS SPORTS SCHEDULE

MARCH

Date	Time	Event
Mar. 17th	5:30pm (V & JV)	(Boys) FT Wayne Lions
Mar. 21st	8:00am (V & JV)	(Boys) Carmel Invitation
Mar. 23rd	5:30pm (V & JV)	(Boys) Concordia
Mar. 25th	6:00pm (V & JV)	(Boys) Heritage
Mar. 30th	6:00pm (V & JV)	(Boys) Dekalb
Mar. 31st	6:00pm (V & JV)	(Boys) Norwell

VOLLEYBALL

Listen for updates with 91.5FM and online

Listen for updates with 91.5FM and online



Home

Away

BASEBALL

Date	Time	Event
Mar. 25th	5:30pm (V)	(Boys) Central Noble [scrimmage]



CCHS SHOWCASE

WCCS CREATES:

CCHS ENTREPRENEURIAL MARKET &
K-12 ART SHOWCASE



SATURDAY, MARCH 21ST

10:00 AM - 1:00 PM
CCHS Commons

 @cchsspringfling

 CCHS Spring Fling: Student Entrepreneurial Event



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

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