



the SENIOR CALLER

WOODLANDS SENIOR ACTIVITY CENTER

February
2026

VOL. 53 - ISSUE 2



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 | * 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

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

BOARD MEMBERS

Larry Barr (260-229-5945)	Sandy Kyler (260-229-1760)
Shelbi Brown (260-610-8020)	Marlin Leininger (260-466-5231)
Clay Geiger (260-609-9032)	Joan Western (260-229-9902)
Dr. Christopher Grindrod (260-481-6455)	Virginia Wright (260-609-5249)
Duane Janssen (727-687-7958)	Jane Yohe (260-248-8373)

STAFF DIRECTORY

Jim Johnson	Executive Director	ext 3
Nancy Bledsoe	Office Manager	ext 4
Sheila Troyer	Nutrition Manager	ext 2
Bernie King/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.

JUST FOR FUN

Valentine's Day



Word Search



H	U	G	F	E	B	R	U	A	R	Y	L
A	B	C	H	O	C	O	L	A	T	E	O
P	C	G	F	L	O	R	U	Y	K	X	V
R	H	D	K	M	O	S	V	Z	I	A	E
E	I	J	E	N	K	T	W	Q	S	L	B
S	H	A	P	P	I	N	E	S	S	E	C
E	Z	V	Q	T	E	H	J	I	K	T	E
N	X	Y	U	S	R	P	O	N	L	T	F
T	E	D	D	Y	B	E	A	R	M	E	G
K	I	N	D	N	E	S	S	C	A	R	D

HUG
CARD
PRESENT
FEBRUARY

LOVE
LETTER
CHOCOLATE
HAPPINESS

KISS
COOKIE
KINDNESS
TEDDY BEAR



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

VALENTINE'S DAY WORD SCRAMBLE

Unscramble the letters of each to make a Valentines word.

nkpi	___ _ <u>3</u> _
elvo	___ _ <u>9</u> _
siks	___ <u>6</u> _ _
udcpi	___ <u>4</u> _ _ _
tigfs	___ _ _ <u>11</u> _
osres	___ <u>10</u> _ _ _
nycda	___ _ _ _ <u>7</u>
rthae	___ _ <u>13</u> _ _
roarw	___ _ _ _ <u>5</u>
eaimdr	___ _ <u>12</u> _ _ _
loblano	<u>8</u> _ _ _ _ _ _
ryerbfau	___ <u>2</u> _ _ _ _ _
olceacoh	___ _ _ _ _ <u>1</u> _ _



Find each number under the letters above and write the letter in the matching space below to make a Valentine's Day phrase.

<u>5</u>	<u>6</u>	<u>1</u>	<u>1</u>	<u>7</u>	<u>10</u>	<u>4</u>	<u>8</u>	<u>2</u>	<u>12</u>	<u>7</u>
<u>9</u>	<u>13</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>11</u>	<u>6</u>	<u>3</u>	<u>2</u>	<u>?</u>	

FEBRUARY 2026

THE WOODLANDS 260-248-8944

RESERVATIONS REQUIRED 2 BUSINESS DAYS

IN ADVANCE. \$7 PER MEAL.

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 Line Dancing 10:00 Chair Exercise 11:00 Health Class with Darcy: "High Blood Pressure" 11:30 Grilled Cheese and Veggie Soup 12:15 Movie	3 9:00 Euchre 9:00 Bible Study with Cheryl 11:30 Creamy Chicken Mushroom Pasta 12:00 Dominoes 12:30 Bible Study w/Bob	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 Stuffed Cabbage Roll 12:00 Respite Care with Aging & In Home 12:30 Hand & Foot Game	5 10:00 Alzheimer's w/Todd: "Sleep & the Aging Brain" 11:30 Corn Dogs 12:00 Volunteer Center Project 12:30 Euchre	6 9:00 Euchre 9:00 Line Dancing 10:00 Chair Exercise 11:30 French Toast Casserole
9 9:00 Line Dancing 10:00 Chair Exercise 11:30 Mostaccioli 12:15 Movie 1:00 Mahjong	10 9:00 Euchre 9:00 Bible Study with Cheryl 11:30 Beef Bolognese over Pasta 12:00 Dominoes 12:30 Bible Study w/Bob	11 9:00 Line Dancing 10:15 Drumming Class 10:45 Blood Pressure Ck 11:30 Smoked Sausage, Green Beans and Potatoes 12:00 Respite Care with Aging & In Home 12:30 Hand & Foot Game	12 11:30 Turkey Tetrazzini 12:30 Euchre 6:30 Grieving Friends Support Group	13 9:00 Euchre 9:00 Line Dancing 10:00 Chair Exercise 11:30 Beef Stew



16 9:00 Board Meeting 9:00 Line Dancing 10:00 Chair Exercise 11:30 Tenderloin 12:15 Entertainment by: Joe Gottschalk 12:15 Movie	17 9:00 Euchre 9:00 Bible Study with Cheryl 11:30 BBQ Chicken 12:00 Dominoes 12:30 Bible Study w/Bob 1:30 The League	18 9:00 Line Dancing 9:00 Pixie Bingo: Partner <i>Oberlin Mrktg/Heidi Darley</i> <i>*Players must bring prizes!</i> 10:15 Drumming Class 11:30 Salmon Patty 12:00 Respite Care with Aging & In Home 12:30 Hand & Foot Game	19 11:30 Pizza Burger 12:30 Euchre Tourney	20 BIRTHDAY WISHES 9:00 Euchre 9:00 Line Dancing 10:00 Chair Exercise 11:30 Cube Steak with Gravy 12:15 Entertainment: Karaoke with Judy Ruble
23 9:00 Line Dancing 10:00 Exercise w/Brittney 11:30 Cheesy Tuna Noodles 12:15 Movie 1:00 Mahjong	24 9:00 Euchre 9:00 Bible Study with Cheryl 11:30 Swedish Meatballs 12:00 Dominoes 12:30 Bible Study w/Bob 6:00 Empower Whitley Women	25 9:00 Line Dancing 10:15 Drumming Class 11:30 Turkey Sandwich & Corn Potato Chowder 12:00 Respite Care with Aging & In Home 12:15 Miller's Games 12:30 Hand & Foot Game	26 11:30 Sloppy Joe on a Bun 12:30 Euchre	27 9:00 Euchre 9:00 Line Dancing 10:00 Chair Exercise 11:30 Lunch & Learn with Brian from Nugen Law <i>*Meal Delivery Lunches will be Goulash.</i>

MARCH

2 11:30 Sausage Gravy over Biscuit	3 11:30 Vegetable Lasagna	4 11:30 Chicken Cordon Bleu	5 11:30 Corn Dogs	6 11:30 Lunch & Learn <i>*Meal Delivery Lunches will be Chicken Salad.</i>
---	-------------------------------------	--	-----------------------------	---

* 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.

THE WOODLANDS 260-248-8944

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.***



HAIR CARE

Haircuts & Eyebrow Waxing by Lyndah

Wednesday, February 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, February 18

Call 248-8944 x5 to schedule.

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

MASSAGE

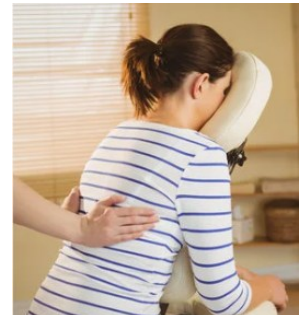
Massage by Annette Bear, LMT

Friday, February 27

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.



ARTICLE

Improvements for Independence

Modifications designed to prevent accidents

Being safe and comfortable at home is a large part of living well. Home modifications and repairs can help everyone, especially older adults and people with disabilities, prevent accidents and maintain an independent lifestyle.

Many older adults prefer to stay at home for as long as possible, but too often don't think about whether a home can adapt to their needs as they age. Making improvements before they are needed is a good way to ensure that a home is ready for aging in place. Forward-thinking improvements can also prevent falls, which often cause the need for long-term care.

Changes can be made to improve both the accessibility and adaptability of a home. Accessibility improvements involve tasks like widening doorways and lowering countertop heights for someone who uses a wheelchair. Adaptability changes, such as adding grab bars in bathrooms, are improvements made to assist persons for whom strength and balance may have become a challenge. These changes usually can be done without a major redesign or full-blown renovation.

You can get started making your home ready for long-term living by conducting a top-to-bottom assessment.

Home assessment

Before making any changes, take a look at the entire home. Keep in mind items that may be needed in the future as well as now. This checklist can help identify areas that might need improvement. Everyone has different needs, but in general, a “no” answer may be cause for action.

- Are exterior walkways and entrances well-lit?
- Is there a step-free entrance to the home?
- Are entrance doors easy to lock, unlock, open, and close?
- Does the main floor include a kitchen, bedroom, and full bathroom?
- Are doorways wide enough for someone using a wheelchair, walker, or service animal?
- Is wall-to-wall carpeting secure and in good condition (flat, not bunched up)?
- Are area rugs secured to the floor with non-slip padding?
- Are walkways free from obstructions and hazards like cords and furniture?
- Do stairways have sturdy handrails on both sides?
- Can bathroom and kitchen cabinets be easily reached?
- Is there a step-free shower entrance?
- Are grab bars available near the shower and toilet?
- Do bathtubs and showers have non-slip mats, adhesive strips, or slip-free floors?
- Will smoke detectors provide visual as well as audio alerts?
- Are telephones easily accessible on all floors?

More information about home modifications, including a detailed home assessment checklist as well as information about financial assistance, can be found at eldercare.gov.

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

ADVERTISEMENTS

 **PARKVIEW**
HOSPICE



260-373-9800



[https://www.parkview.com/
medical-services/hospice-care](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**.



Whitley County
Council on Aging

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) 7:30pm (V)	(Boys) Bishop Luers
Feb. 24th	6:00pm (JV) 7:30pm (V)	(Boys) Bishop Luers
Feb. 27th	6:00pm (Fr) 7:30pm (V)	(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 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

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!

Cedar Creek Assisted Living, Warsaw

Home Instead

Miller's - Oak Pointe

Oberlin Marketing - Heidi Darley

Seasons Home Care

Stillwater Hospice

The Waters

