



the SENIOR CALLER

WOODLANDS SENIOR ACTIVITY CENTER

January

VOL. 53 - ISSUE 1

2026

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.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
- * Home Delivered Meals
- * Social Gatherings & Programs
- * Non-Perishable Food Pantry &
- * Lending Library
- * Entertainment
- * Bread Pantry
- * Information & Referral
- * Medical Equipment Loan
- * Pet Food Pantry
- * Food Share Programs
- * Program
- * Woodland Trips
- * Annual Senior Fair
- * Incontinence Items

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)
 Shelbi Brown/Secretary (260-610-8020)

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

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

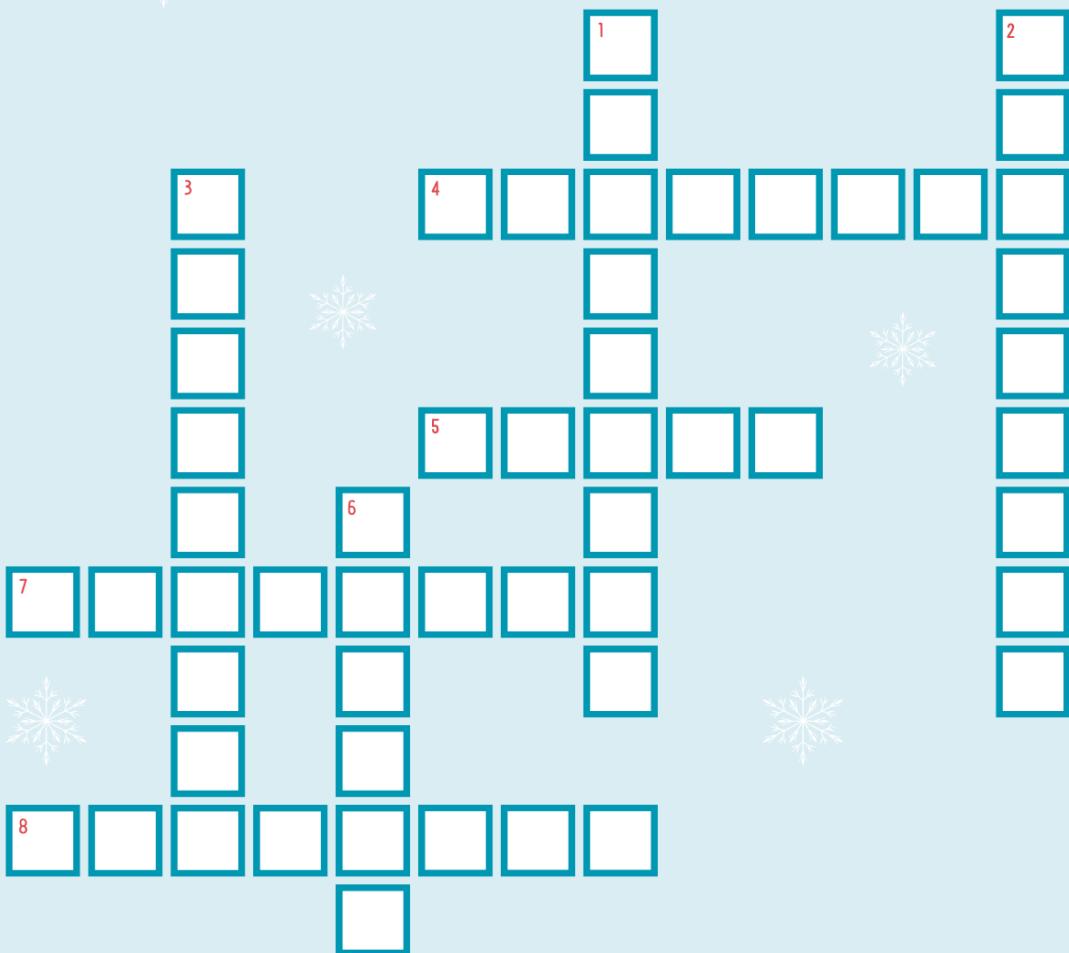
CLIENTS MUST BE READY 15 MINUTES PRIOR TO SCHEDULED PICK-UP TIME

All vans are sanitized throughout the day for your safety.

JUST FOR FUN

NEW YEAR'S EVE

CROSSWORD PUZZLE



ACROSS

4. A chart that shows the days, weeks, and months.
5. A fun event where people come together to enjoy.
7. The time when one day ends, a new day starts.
8. Small pieces of paper or shiny material thrown.

DOWN

1. To do something fun for a special day.
2. Bright lights and colors in the sky.
3. Counting numbers backward.
6. Things you hope for or want to happen.



JUST FOR FUN

HAPPY NEW YEAR

WORD SEARCH



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

Firework

Midnight

Tradition

Memories

Party

Family

Friends

January

New Year

Celebrate

Resolution

Countdown

JANUARY 2026

**THE WOODLANDS 260-248-8944
RESERVATIONS REQUIRED 2 BUSINESS DAYS
IN ADVANCE. \$7 PER MEAL.**

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IN ADVANCE. \$7 PER MEAL.**



19	9:00 Board Meeting 9:00 Line Dancing 10:00 Exercise w/Brittney 11:30 Swedish Meatballs 12:15 Movie	20	9:00 Euchre 9:00 Bible Study with Cheryl 11:30 Vegetable Lasagna 12:00 Dominoes 12:30 Bible Study w/Bob 1:30 The League	21	9:00 Pixie Bingo: Partner Oberlin Mktg/Heidi Darley *Players must bring prizes! 9:00 Line Dancing 10:15 Drumming Class 11:30 Swiss Steak 12:00 Respite Care with Aging & In Home 12:30 Hand & Foot Game	22	11:30 BBQ Pork Chop 12:30 Euchre	23	9:00 Euchre 9:00 Line Dancing 10:00 Chair Exercise 11:30 Lunch N Learn: by Greg & Mike from Mobility Plus. Chicken Salad Sandwich for Pickup and Delivery only.
26	9:00 Line Dancing 10:00 Chair Exercise 11:30 Loaded Pulled Pork Baked Potato 12:15 Movie 1:00 Mahjong	27	9:00 Euchre 9:00 Bible Study with Cheryl 11:30 Hamburger Stroganoff 12:00 Dominoes 12:30 Bible Study w/Bob	28	9:00 Line Dancing 10:15 Drumming Class 11:30 Breaded Chicken Parmesan 12:00 Respite Care with Aging & In Home 12:15 Miller's Crafts / Games 12:30 Hand & Foot Game	29	11:30 Chili Dog 12:30 Euchre	30	9:00 Euchre 9:00 Line Dancing 10:00 Chair Exercise 11:30 Breakfast Casserole

FEBRUARY

2	11:30 Grilled Cheese and Veggie Soup	3	11:30 Creamy Chicken Mushroom Pasta	4	11:30 Stuffed Cabbage Roll	5	11:30 Corn Dogs	6	11:30 French Toast Casserole
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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.***



HAIR CARE

Haircuts & Eyebrow Waxing by Lyndah

Wednesday, January 14

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, January 21

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, January 29

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.



HEALTH TIPS

HEALTHY LIVING TIPS

Staying Healthy During the Winter



As we age our body's ability to maintain a constant temperature is diminished, and certain diseases and conditions may make controlling the body's temperature even more difficult.

As you spend time enjoying winter activities such as skating, skiing and building snowmen with your grandchildren, stay on the lookout for signs of hypothermia. These signs include:

- Shivering
- Loss of motor control
- Cold skin
- Discoloration of ears, fingers, nose or toes
- Drowsiness
- Confusion
- Speech difficulties

Although winter can be dangerous, it's important to remain active. Take steps now to prepare for the winter months and enjoy them safely. There are many ways to be safe this winter:

- Avoid going out during storms or when the temperature is very low.
- Keep your home warm, even when you are out. Coming home to a warm home is an easy way to prevent frostbite and hypothermia.
- If you think you or a loved one is suffering from hypothermia, call 911 immediately.

Useful Resources

Administration on Aging Health Related Resources
http://www.aoa.gov/AoARoot/Preparedness/Resources_Individuals/Health_Resources.aspx

National Institute on Aging: Stay safe in cold weather!
<http://www.nia.nih.gov/HealthInformation/Publications/staysafe/>



FOR MORE INFORMATION ABOUT AOA U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES,
ADMINISTRATION ON AGING, WASHINGTON, D.C. 20201

PHONE: (202) 619-0724 | FAX: (202) 357-3555 | EMAIL: AOAINFO@AOA.GOV | WEB: WWW.AOA.GOV
FACEBOOK: WWW.FACEBOOK.COM/AOA.GOV

VALENTINE FUNDRAISER

Woodlands Valentine Sweet Treat Boxes!!

Each beautifully wrapped box is \$13 and will contain four desserts: Turtle Brownie, Chocolate Ganache, Cheesecake w/Raspberry Sauce, and Lemon Coconut Bar.

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

Thursday, February 12 from 1 pm - 4 pm
Friday, February 13 from 10 am - 1 pm

Delivery is available only on Thursday, February 12 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 2. All orders must be prepaid. Quantities are limited! For additional information, please call the Woodlands at 260-248-8944.

Purchaser Name: _____ **Phone:** _____

Number of Boxes: _____ **Pick Up Date:** **February 12** **February 13**

Delivery Information:

Recipient Name: _____ **Phone:** _____

Recipient Address: _____

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

Delivery Date: February 12 Please use reverse side for additional deliveries.

Number of boxes: _____ **x \$13 =** _____ **Cash** **Check**

VALENTINE FUNDRAISER**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:

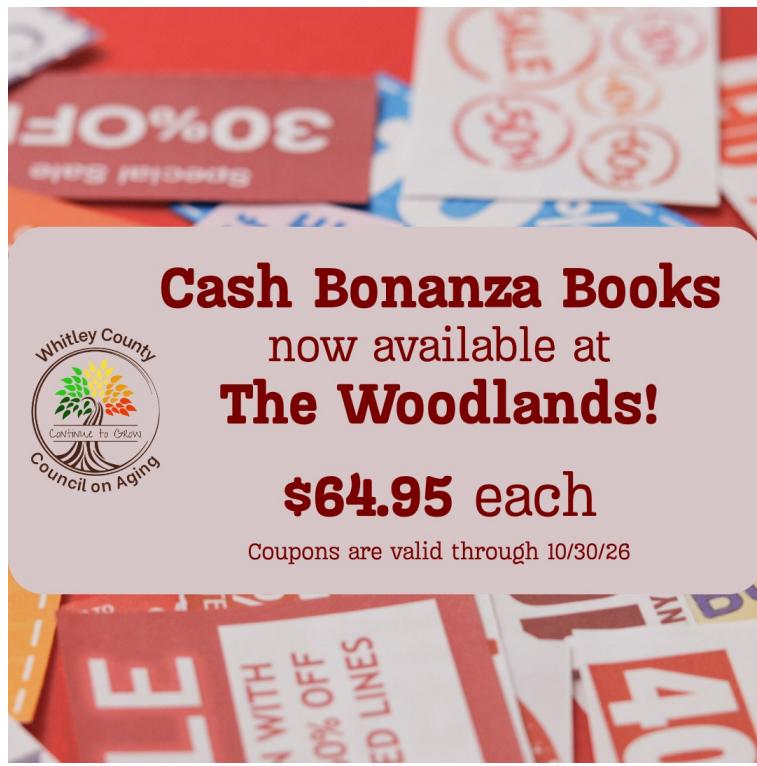
Recipient Name: _____ Phone: _____

Recipient Address: _____

Tag Names To: _____ From: _____

GIFT CERTIFICATE

Woodlands Gift Certificates make great gifts!
Available at the Front Desk.

**CASH BONANZA FUNDRAISER**

Help support
the Woodlands;
buy your book
before they're
sold out!

ADVERTISEMENTS

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!

**SHIP**

State Health Insurance Assistance Program

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
or call (800) 452-4800.

Whitley County
Council on Aging

CCHS SPORTS SCHEDULE**JANUARY**

Date	Time	Event
Jan. 2nd	8:00am (V)	(Girls) Holiday Tournament
Jan. 2nd	9:00am (JV)	(Boys) JV Holiday Tournament
Jan. 3rd	N/A	(Girls) Warsaw Holiday Tournament
Jan. 3rd	9:00am (JV)	(Boys) JV Holiday Tournament
Jan. 6th	6:00pm (Fr)	(Boys) North Wood
Jan. 6th	6:00pm (JV) 7:30pm (V)	(Boys) North Wood
Jan. 9th	6:00pm (JV) 7:30pm (V)	(Girls) Bellmont
Jan. 10th	6:00pm (Fr)	(Boys) Bellmont
Jan. 10th	6:00pm (JV) 7:30pm (V)	(Boys) Bellmont
Jan. 13th	6:00pm (JV) 7:30pm (V)	(Girls) Wawasee
Jan. 16th	6:00pm (JV) 7:30pm (V)	(Boys) Huntington
Jan. 17th	6:00pm (Fr)	(Boys) Warsaw
Jan. 17th	6:00pm (JV) 7:30pm (V)	(Boys) Warsaw
Jan. 17th	6:00pm (JV) 7:30pm (V)	(Girls) Huntington
Jan. 19th	6:00pm (Fr)	(Girls) Bishop Dwenger
Jan. 19th	6:00pm (JV) 7:30pm (V)	(Girls) Bishop Dwenger
Jan. 20th	6:00pm (Fr)	(Boys) Homestead
Jan. 20th	6:00pm (JV) 7:30pm (V)	(Boys) Homestead
Jan. 23rd	6:00pm (JV) 7:30pm (V)	(Girls) Dekalb
Jan. 24th	6:00pm (Fr)	(Boys) Dekalb
Jan. 24th	6:00pm (JV) 7:30pm (V)	(Boys) Dekalb
Jan. 27th	6:00pm (JV) 7:30pm (V)	(Girls) Northrop
Jan. 30th	6:00pm (JV) 7:30pm (V)	(Girls) New Haven
Jan. 31st	6:00pm (Fr)	(Boys) New Haven
Jan. 31st	6:00pm (JV) 7:30pm (V)	(Boys) New Haven

BASKETBALL

Watch on Youtube
@WJHS Studios

Listen for updates
with 91.5FM and
online



Home

Away

WRESTLING

Date	Time	Event
Jan. 2nd	9:00am (V & JV)	(Girls) IHSAA Sectionals
Jan. 7th	6:00pm (V & JV)	(Boys) Carroll
Jan. 9th	9:00am (V & JV)	(Girls) IHSAA Regional
Jan. 10th	9:00am (V & JV)	(Boys) Dechant Goshen Invitational
Jan. 10th	10:00am (V & JV)	(Boys) Wildcat JV Invitational
Jan. 13th	6:30pm (V & JV)	(Boys) Whitko Jr/Sr High School
Jan. 14th	6:30pm (V & JV)	(Boys) Bishop Dwenger
Jan. 16th	10:00am (V & JV)	(Girls) IHSAA State Finals
Jan. 21st	6:30pm (V & JV)	(Boys) Garret
Jan. 23rd	5:00pm (V & JV)	(Boys) NE8 JV Tournament
Jan. 24th	9:00am (V & JV)	(Boys) NE8
Jan. 24th	9:00am (V & JV)	(Boys) Plymouth JV Invitational
Jan. 31st	8:00am (V & JV)	(Boys) IHSAA Sectionals



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

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Stillwater Hospice

The Waters

