



# 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.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                | * 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

Thor Hodges/President	(260-229-1284)	Duane Janssen/Treasurer	(727-687-7958)
Larry Barr/Vice President	(260-229-5945)	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



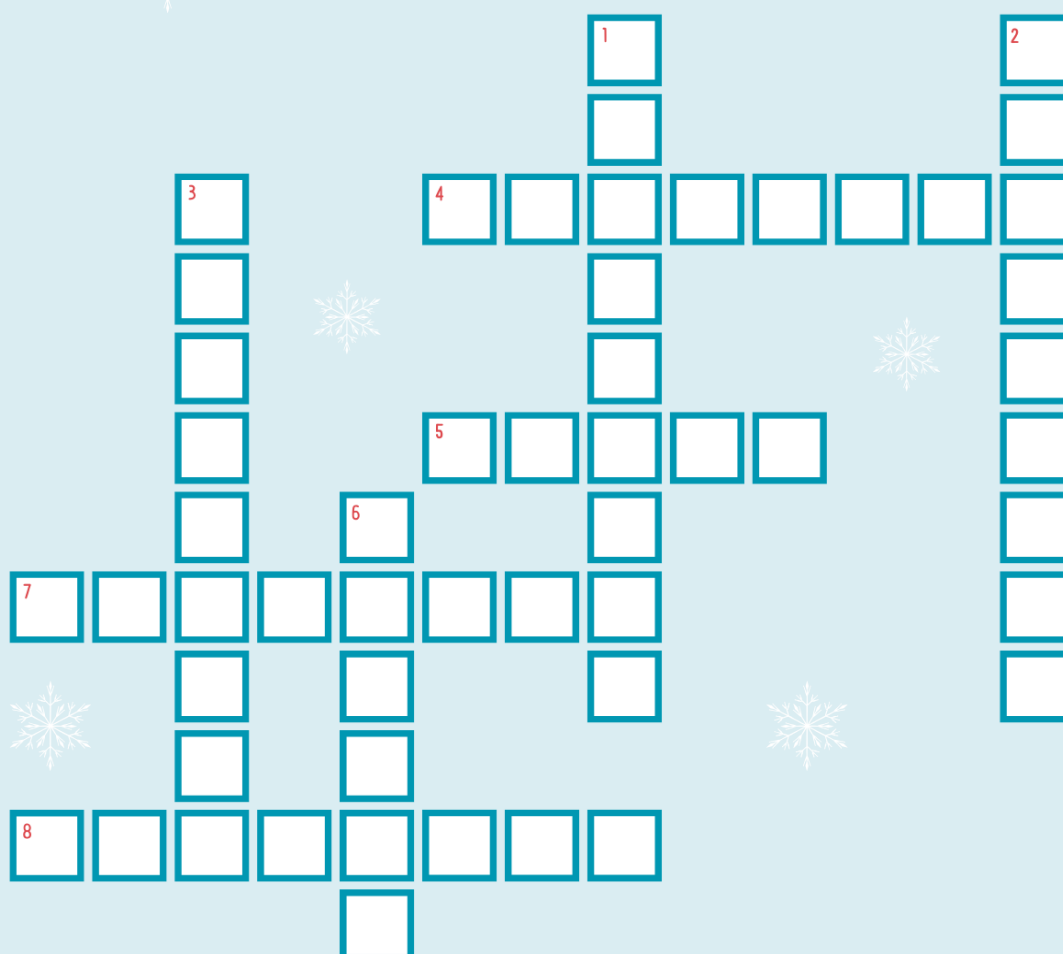
*Stated mileage are for trips made within Whitley County.*

- \* 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.

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
				
<b>5</b> 9:00 Line Dancing 10:00 Chair Exercise 11:00 Health Class with Darcy: "Great Ways to Save Money in 2026" 11:30 Mexican Baked Spaghetti 12:15 Movie	<b>6</b> 9:00 Euchre 9:00 Bible Study with Cheryl 11:30 Bourbon Meatballs 12:00 Dominoes 12:30 Bible Study w/Bob	<b>7</b> 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 Ham & Beans with Cornbread 12:00 Respite Care with Aging & In Home 12:30 Hand & Foot Game	<b>8</b> 10:00 Alzheimer's w/Todd: "10 Warning Signs of Alzheimer's Dementia" 11:30 Potato Beef Casserole 12:30 Euchre 6:30 Grieving Friends Support Group	<b>9</b> 9:00 Euchre 9:00 Line Dancing 10:00 Chair Exercise 11:30 Tenderloins 12:15 Entertainment: <i>Hand Bells</i>
<b>12</b> 9:00 Line Dancing 10:00 Chair Exercise 11:30 Creamed Chicken over Biscuit 12:15 Movie 1:00 Mahjong	<b>13</b> 9:00 Euchre 9:00 Bible Study with Cheryl 11:30 Santa Fe Enchiladas 12:00 Dominoes 12:30 Bible Study w/Bob	<b>14</b> 9:00 Line Dancing 10:00 Chair Exercise 10:45 Blood Pressure Ck 11:30 Chicken Cordon Bleu 12:00 Corporation Mtg 12:00 Respite Care with Aging & In Home 12:30 Hand & Foot Game	<b>15 BIRTHDAY WISHES</b> 11:30 Fried Fish 12:15 Entertainment: <i>Joe Justice</i> 12:30 Euchre Tourney	<b>16</b> 9:00 Euchre 9:00 Line Dancing 10:00 Chair Exercise 11:30 Souper Bowl Lunch Contest (with a Grilled Cheese Sandwich) <b>Grilled Cheese with a side of Soup for Pickup and Delivery.</b>

<b>19</b> 9:00 Board Meeting 9:00 Line Dancing 10:00 Exercise w/Brittney 11:30 Swedish Meatballs 12:15 Movie	<b>20</b> 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	<b>21</b> 9:00 Pixie Bingo: Partner <i>Oberlin Mrktg/Heidi Darley</i> <i>*Players must bring prizes!</i> 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	<b>22</b> 11:30 BBQ Pork Chop 12:30 Euchre	<b>23</b> 9:00 Euchre 9:00 Line Dancing 10:00 Chair Exercise 11:30 Lunch N Learn: by Greg & Mike from Mobility Plus.  <i>Chicken Salad Sandwich for Pickup and Delivery only.</i>
<b>26</b> 9:00 Line Dancing 10:00 Chair Exercise 11:30 Loaded Pulled Pork Baked Potato 12:15 Movie 1:00 Mahjong	<b>27</b> 9:00 Euchre 9:00 Bible Study with Cheryl 11:30 Hamburger Stroganoff 12:00 Dominoes 12:30 Bible Study w/Bob	<b>28</b> 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	<b>29</b> 11:30 Chili Dog 12:30 Euchre	<b>30</b> 9:00 Euchre 9:00 Line Dancing 10:00 Chair Exercise 11:30 Breakfast Casserole

## FEBRUARY

<b>2</b> 11:30 Grilled Cheese and Veggie Soup	<b>3</b> 11:30 Creamy Chicken Mushroom Pasta	<b>4</b> 11:30 Stuffed Cabbage Roll	<b>5</b> 11:30 Corn Dogs	<b>6</b> 11:30 French Toast Casserole
--	---	--	-----------------------------	--

\* 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, 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

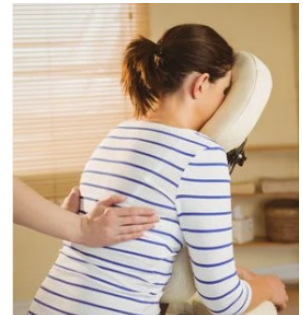
Massage by Annette Bear, LMT

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 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.



## HEALTH TIPS

## HEALTHYLIVINGTIPS

## 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](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](mailto:AOAINFO@AOA.GOV) | WEB: [WWW.AOA.GOV](http://WWW.AOA.GOV) |  
FACEBOOK: [WWW.FACEBOOK.COM/AOA.GOV](http://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.

The Woodlands  
Gift Certificate

To: \_\_\_\_\_ Amount: \_\_\_\_\_

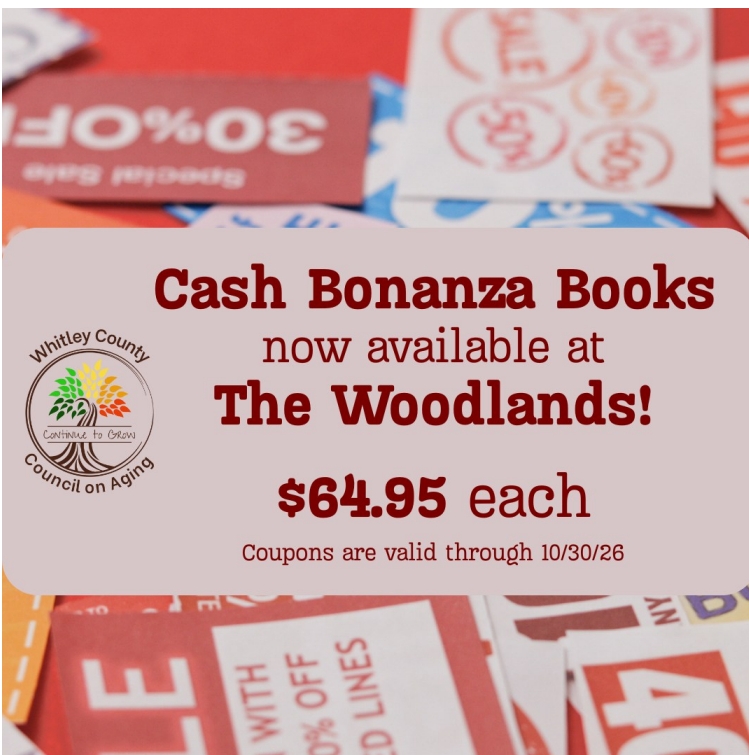
From: \_\_\_\_\_

Authorized by: \_\_\_\_\_



260-248-8944  
710 N Opportunity Dr  
Columbia City IN 46725


Not Redeemable for cash.

**CASH BONANZA FUNDRAISER**


**Cash Bonanza Books**  
now available at  
**The Woodlands!**

**\$64.95** each

Coupons are valid through 10/30/26



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



## 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!



**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](http://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) Belmont
Jan. 10th	6:00pm (Fr)	(Boys) Belmont
Jan. 10th	6:00pm (JV) 7:30pm (V)	(Boys) Belmont
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

Seasons Home Care

Stillwater Hospice

The Waters

