



# WHITE COUNTY COUNCIL ON AGING

## White County Public Transit

**MAY 2024**

**116 E. MARION ST., MONTICELLO, IN 47960**

**574-583-9119**



### **Purdue Extension-**

### **Health and Wellness Class**

#### **Sleep On It-Why Sleep Matters:**

This program covers the benefits of sleep, risks of poor sleep, stages of sleep, when to contact a healthcare provider, barriers to quality sleep and ways to improve sleep quality.

Please join us!

**Monday, May 20th at 10:30am**

**At the Council on Aging Building!**



### **CAREGIVER SUPPORT GROUP**

### **Alzheimer's/Dementia Caregiver Support Group**

**When:** Wednesday, May 15th at 1:30

**Where:** WCCOA Building, 116 E. Marion St., Monticello  
This group meets the 3rd Wednesday of each month at 1:30pm.

#### **What to expect:**

- What is dementia?
- Different kinds of dementia
- Stages of Alzheimer
- What is ahead for the family/affected person/caregiver?
- Do's and Don'ts in caring for your loved one
- Homecare and memory units
- Hospice care
- When do you need help?
- How to find and pay for help?

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*Do you need a ride?*

*\*\*Public Transit is available*

*to ANYONE of ANY AGE*

**Call us for details on how we can help you get where you need to go! 574-583-9119**

**Monday-Friday**

**8am-4pm**



Senior Center Bingo  
Monday, Tuesday  
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**WHITE COUNTY ECONOMIC DEVELOPMENT**

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## Mother's Day Trivia Quiz

**1. Which president established mother's day?**

A. William H. Taft B. Woodrow Wilson C. Thomas Jefferson

**2. Which flower is traditionally given the most at Mother's Day?**

A. Carnation B. Roses C. Anthurium

**3. What is the most popular gift purchased for Mother's Day?**

A. Flowers B. Cards C. Clothes

**4. Who is actress Kate Hudson's famous mother?**

A. Goldie Hawn B. Pattie Smith C. Joni Mitchell

**5. Mother's Day always falls on the**

A. Third Sunday of May B. Second Sunday of May

C. Second Sunday of June **Answers on page 6**



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**\* Denotes  
Pre-registration  
is Required**

# MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>01</b> 9-Euchre 10-Hand & Foot Cards	<b>02</b> 9-Euchre 10:30-Chinese Checkers 12-1 Blood Pressure 1-BINGO	<b>03</b> *10am Breakfast at Harvest Time 12:30 Bunco w/ Friends
<b>06</b> 9-Euchre *10:30 Purdue Extension-Nutrition Class I 1:00 BINGO	<b>07</b> 9-Euchre 10:30-Farkle 1-BINGO	<b>08</b> 9-Euchre 10-Hand & Foot Cards	<b>09</b> 9-Euchre 12-1 Blood Pressure *12- Cookout *sign up by May 2 1-BINGO	<b>10</b> * 10:30 Planting Flowers *sign-up by May 2
<b>13</b> *Nails by Kaylee 9-Euchre 1-BINGO	<b>14</b> 9-Euchre 10:30-Farkle 12-Music w/ Adam 1-BINGO by MHC	<b>15</b> 9-Euchre 10-Hand & Foot Cards 12:30 Bunco w/ Friends	<b>16</b> 9-Euchre 10:30 Farkle 12-1 Blood Pressure 1-BINGO- Glasswater Creek	<b>17</b> *11 am Nature Center Wildflowers & Craft Sack Lunch Sign up by May 10
<b>20</b> 9-Euchre *10:30 Purdue Extension-Sleep on it/ Why Sleep Matters 1:00 BINGO	<b>21</b> 9-Euchre 10:30-Farkle 1-BINGO	<b>22</b> 9-Euchre 10-Hand & Foot Cards	<b>23</b> 9-Euchre *10:30 Purdue Extension-Nutrition Class 2 12-1 Blood Pressure 1:00 BINGO	<b>24</b> 12:30 Art w/ Teresa 12:30 Skip-Bo
<b>27</b> Center Closed Memorial Day	<b>28</b> 9-Euchre 10:30-Farkle 1-BINGO-MHC	<b>29</b> 9-Euchre 10-Hand & Foot Cards 12:30 Skip Bo	<b>30</b> 9-Euchre 10:30-Aggravation 12-1 Blood Pressure 1-BINGO BUY	<b>31</b> *10:15 P.J Gilsinger Family Museum Lunch @ *sign-up by May 24

# LUNCH MENU

WHITE COUNTY COUNCIL ON AGING

5

*\*Please call by 9:30am the day  
you plan to come for lunch!*



# MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p><b>Lunch is served at Noon!</b></p>		<p><b>01</b> Meatballs w/Gravy Over noodles Green Beans Corn Strawberry cup Milk</p>	<p><b>02</b> Scrambled Eggs Bacon (1 strip) Tater Tots Apple slices Donut hole Milk</p>	<p><b>03</b> Chicken Fajita Peppers &amp; Onions Broccoli Black Beans Tortilla Mixed Fruit Milk</p>	
	<p><b>06</b> Fish Square Sand. Baked Beans Brussel Sprouts Applesauce Milk</p>	<p><b>07</b> Chicken &amp; Dumplins Mashed Potatoes Green Beans Mixed Fruit Milk</p>	<p><b>08</b> Chopped Steak Onion Gravy Cheesy Potatoes Stewed Tomatoes Bread/Margarine Milk</p>	<p><b>09</b> Smoked Sausage Peppers &amp; Onions Sweet Pot. Country Blend HD Bun Pears Milk</p>	<p><b>10</b> Spaghetti w/ Meatsauce Italian Veggies Hot Spiced Peaches Milk</p>
	<p><b>13</b> Pork Roast Gravy Potatoes &amp; Carrots Cauliflower Peach Cobbler Milk</p>	<p><b>14</b> Salisbury Steak Mashed Potatoes Country Blend Juice Moon Pie Milk</p>	<p><b>15</b> Loaded Tots Peas &amp; Carrots Blueberry Pear Crisp Milk</p>	<p><b>16</b> Meatloaf Baby Bakers Green Beans Bread/Margarine Mandarin Oranges Milk</p>	<p><b>17</b> Macaroni &amp; Cheese Ham Broccoli Glazed Carrots Pineapple Milk</p>
	<p><b>20</b> Pizza Corn Cherry Crisp Milk</p>	<p><b>21</b> Chicken Patty Scalloped Potatoes Green Beans Peaches Cupcake Milk</p>	<p><b>22</b> Ham &amp; Beans Spinach Apple cobbler Corn Muffin Milk</p>	<p><b>23</b> Smoky Links Potato Pancakes Country Blend Hot Applesauce Donut Hole Milk</p>	<p><b>24</b> Beef Stew Biscuit Cauliflower Hot Fruit Salad Milk</p>
	<p><b>27</b> Ribbette w/BBQ Sauce Mac &amp; Cheese Brussel Sprouts Applesauce Milk</p>	<p><b>28</b> Beef &amp; Noodles Mashed Potatoes Green beans Peaches Cupcake Milk</p>	<p><b>29</b> Chicken Fried Chicken Mashed Sweet Pot. Beets Bread/Margarine Milk</p>	<p><b>30</b> Hot Dog Cauliflower Country Blend Sherbet Milk</p>	<p><b>31</b> Johnny Marzetti Glazed Carrots Berry Pear Crisp Milk</p>

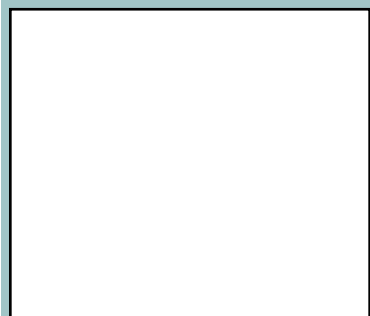
**Mother's Day Trivia Quiz: ANSWERS**

- 1. B - Woodrow Wilson**
- 2. A - Carnation**
- 3. A - Flowers**
- 4. A - Goldie Hawn**
- 5. B- Second Sunday in May**




*Birthdays* ©LPI

Teresa Puterbaugh 5/1  
Linda Hiner 5/4  
Leonard Jerva 5/5  
Natalie Pettit 5/8  
Ron Swain 5/21  
Benny Johnson 5/27

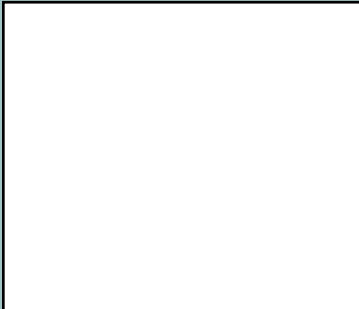



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**THIS DAY IN HISTORY**

May 1, 1941: Directed and starring Orson Welles, “Citizen Kane” premiered in New York.

May 2, 1885: The magazine “Good Housekeeping” was first published.

May 3, 1937: Margaret Mitchell won a Pulitzer Prize for “Gone with the Wind.”

May 4, 1970: The Ohio National Guardsmen opened fire on students during an anti-Vietnam war protest at Kent State University, where four students were killed.

May 5, 1865: The Thirteenth Amendment was ratified, abolishing slavery in the U.S.

May 6, 1941: Bob Hope gave his first USO show at California’s March Field.

May 8, 1958: U.S. President Eisenhower ordered the National Guard out of Little Rock as Ernest Green became the first black to graduate from an Arkansas public school.



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Our 50th Anniversary Golden Gala was a great evening of celebration! Former Director, Gale Spry, shared about her time as the Director. We enjoyed a delicious meal together and were able to reminisce about the past and talk about what is to come. Thank you to all that attended, sponsored and volunteered to help make the evening a success. Thank you to our staff and

board members for the work they do in delivering our mission every-day.

