



WHITE COUNTY

COUNCIL ON AGING

White County Public Transit

MARCH 2026 **116 E. MARION ST., MONTICELLO, IN 47960** **574-583-9119**



White County Public Transit

***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!

Monday-Friday
8am-4pm
574-583-9119

Dementia Caregiver Support Group

Where: WCCOA Building
116 E. Marion St., Monticello
This group will meet the 3rd Wednesday of each month at 1:30pm.
Please call 574-583-9119 with any questions.



About the Council

The Council on Aging was organized in 1974 under the Title III of the Older Americans Act. It was designated as a “Focal Point” in providing services to the county’s elderly and disadvantaged persons. We operate with Federal, State and Local funds. We are a non-profit agency and rely heavily on donations. Over the years of service provided to the county, we have become a vital link that is often needed in order to meet specific needs of the elderly. Our primary concern is the client. If someone you know needs our services, please call 574-583-9119. Our office is open Monday-Friday 8a.m.—4p.m.

OUR MISSION

The mission of White County Council on Aging is to help provide a later life of dignity and independence through education, nutrition and socialization.

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White County Council on Aging

Maturing with YOU...

Phone: 574-583-9119

Email: teresa.wccoag@gmail.com

Website: whitecountyseniorservices-publictransit

Seasonal Splendor

3 Stunning Indoor Plants for Spring

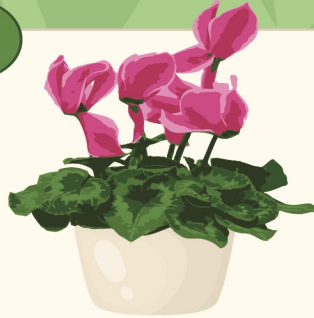
1



Ziva Paperwhites

Quick growing and very fragrant.

2



Cyclamen

Long lasting flowers with lots of color options.

3



African Violets

Can bloom all year to bring a spring vibe to your home.

American Irish Stew

Yield: 6 servings

1 tablespoon extra-virgin olive oil

1-1/4 pounds beef, top round, cut into 3/4-inch pieces

3 cloves garlic, minced

Salt, to taste

Pepper, to taste

1 medium onion, coarsely chopped

3 medium carrots, peeled and cut into 3/4-inch pieces

2 medium parsnips, cut into large chunks (optional)

3 cups low-fat, reduced-sodium beef broth

4 medium russet potatoes, peeled and cut into large chunks

1 tablespoon chopped fresh rosemary

1 leek, coarsely chopped

2 tablespoons chopped fresh parsley

See Page 7 for instructions



March 2026

<p>2</p> <p>9-Euchre 10-Racko 1-BINGO</p>	<p>3</p> <p>9-Euchre 10-Farkle 1-BINGO</p>	<p>4</p> <p>9-Euchre 9:30 Hand & Foot</p>	<p>5</p> <p>9-Euchre 10-Rummikub 12-1 Blood Pressure 1-BINGO</p>	<p>6</p> <p>12:30 Pay me w/ Candy</p>
<p>9</p> <p>9-Euchre 10-Bunco 1-BINGO</p>	<p>10</p> <p>9-Euchre 10:30 Back Yard Bird Nesting w/ Nikki 1:00-Bingo</p>	<p>11</p> <p>9-Euchre 9:30 Hand & Foot</p>	<p>12</p> <p>9-Euchre 10-Rummikub 12-1 Blood Pressure 1-BINGO</p>	<p>13</p> <p>*12:30 Craft w/ Select Therapy</p>
<p>16</p> <p>9-Euchre 10-Racko 1-BINGO</p>	<p>17</p> <p>9-Euchre 10-Farkle 12-Lunch and Learn w/ Purdue - Diabetes 1:00 Bingo</p>	<p>18</p> <p>9-Euchre 9:30 Hand & Foot</p>	<p>19</p> <p>9-Euchre 10-Rummikub 12-1 Blood Pressure 1-BINGO-MHC Mallory</p>	<p>20</p> <p>12:30 Movie at the Center</p>
<p>23</p> <p>9-Euchre 10-Bunco 1-BINGO</p>	<p>24</p> <p>9-Euchre 10-Farkle 1-BINGO</p>	<p>25</p> <p>9-Euchre 9:30 Hand & Foot</p>	<p>26</p> <p>9-Euchre 10-Rummikub 12-1 Blood Pressure 1-BINGO</p>	<p>27</p> <p>12:30 Pay me w/ Candy</p>
<p>30</p> <p>9-Euchre 10-Racko 1-BINGO</p>	<p>31</p> <p>9-Euchre 10-Farkle 1-BINGO</p>	<p>*- denotes sign-up in advance is required.</p>		<p>AARP Tax Preparation Wednesday and Fridays by appt. only Call 574-583-9119</p>

LUNCH MENU

WHITE COUNTY COUNCIL ON AGING

5

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

March 2026

2 Maple Glazed Pork Macaroni & Cheese Green Beans Fruit Salad Milk	3 Chicken Patty Sweet Potatoes Fruit Crisp HB Bun Milk	4 BBQ Meatballs Rice Pilaf Vegetable Blend Pineapple Milk	5 Swiss Mushroom Burger Tater Tots Corn Pears Milk	6 Country Fried Steak Garlic Mashed pot. California Blend Bread/Margarine Pudding Milk
9 Polish Sausage Mashed Potatoes Sauerkraut Bread/Margarine Applesauce Milk	10 Meatloaf Baby Bakers Green Beans Peaches HB Bun Milk	11 Turkey Sausage Egg Hash browns Spiced Apples English Muffin Yogurt Milk	12 BBQ Chicken Baked Beans Chuckwagon Corn Bread/ Margarine Pudding Milk	13 Potato Crusted Fish Warm German Potato Salad Brussel Sprouts Bread/ Margarine Mandarin Oranges
16 Smoked Pork Cheesy Potatoes Spiced Peaches Milk	17 Lasagna Roll-Up Green Beans Warm Spiced Apples Bread/ Margarine Milk	18 Beef Stew Biscuit Cauliflower Hot Fruit Salad Milk	19 Salisbury Steak Mashed Potatoes Broccoli & Cauliflower Milk	20 Broccoli Cheddar Chicken Rice Pilaf Carrots Tropical Fruit Cup Milk
23 Ham Scalloped Potatoes Brussel Sprouts Bread/Margarine Pudding Cup Milk	24 Chicken w/ Creamy Garlic Sauce Baby Bakers Asparagus Fruit Cup Milk	25 Hamburger Baked Beans Summer Squash Applesauce Milk	26 Braised Chicken Breast Garlic Mashed Pot. Beets Brownie Milk	27 Sausage Gravy & Biscuit Diced Potatoes Apple Slices Milk
30 French Onion Chicken Baby Bakers Carrots Bread/ Margarine Cookie Milk	31 Hot Dog Potatoes Creamed Corn Pineapple Milk			



Join us for a fun Craft on
Friday, March 13th at 12:30
Hosted by: Select Therapy
Please call 574-583-9119
To sign up!



Pam Munsterman 3/6
Ron Stouder 3/6
Jeanne Coonse 3/7
Stephanie Hopkins 3/10
Jim Scalise 3/10
Bev Ware 3/15
Gail Kleyla 3/27

(continued from page 3)

In large pot over medium-high heat, heat oil. Add beef and garlic. Cook, gently stirring until meat is evenly browned. Season with salt and pepper. Add onion, carrots and parsnips. Cook 3-4 minutes. Stir in broth and bring to a boil. Reduce heat to low and simmer about 75 minutes, or until meat is tender.

Stir in potatoes and simmer another 30 minutes. Add rosemary and leeks. Continue to simmer, uncovered, until potatoes are tender. To avoid potatoes falling apart, do not overcook. Serve hot and garnish with parsley, if desired.

(Courtesy of Family Features. Reprinted with permission from the American Institute for Cancer Research)

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Name: _____ Date: _____

Music Genres

G M E T A L P C O E L
 C A R E P O I O S T U
 L P O H P I H U O I O
 A E O R R P O N G E S
 S R A C U H I T R O P
 S E E N S O G R U K N
 I E K G N I O Y N L N
 C O A H G K D O G O P
 A E C A N A L A E F S
 L E A U R I E N K T S
 T E F L E P S O G S K

Word List:

REGGAE

HIPHOP

COUNTRY

POP

METAL

FUNK

DISCO

GOSPEL

TECHNO

CLASSICAL

PUNK

SKA

FOLK

OPERA

SOUL

HOUSE

GRUNGE