



WHITE COUNTY

COUNCIL ON AGING

White County Public Transit

MAY 2025

116 E. MARION ST., MONTICELLO, IN 47960

574-583-9119



Inner Light

Anxiety and Depression support group

Who: Anyone 55+ that is struggling with Anxiety and/or Depression

When: The Fourth Tuesday each month at 11am

Where: White County Council on Aging

The first group is May 27 at 11am



CAREGIVER SUPPORT GROUP

Alzheimer's/Dementia Caregiver Support Group

When: Wednesday, May 21st 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
and Thursdays at 1:00pm.
Come and join us!

WCCOA 3rd Annual

Golf Outing Fundraiser-Pine View Golf Course

Please join us for a great cause and fun day on the course! All funds support our Public Transit Program and Senior Center programming. We still have room for teams. If you'd like to be a sponsor please contact Teresa Puterbaugh at 574-583-9119 or email teresa.wccoa@gmail.com

Show your support by:

Platinum Sponsorship:

\$1,000 (2 teams, hole sign, sponsor logo on banner)

Gold Sponsorship:

\$500 (1 team, hole sign, sponsor logo on banner)

Silver Sponsorship:

\$275 (1 team and hole sign)

Foursome: \$200 (1 team)

Hole Sponsorship: \$100 (hole sign)



FUNDRAISER ©LPI

Saturday, June

28th, 2023

Registration

7:30 a.m.

Shotgun start

8:30 a.m.

MAY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			01 9-Euchre 10:00-Rummikub 12-1 Blood Pressure 1-BINGO	02 12:30 Pay me w/ Candy (bring 1 bag of candy)
05 9-Euchre 10:30 Purdue Extension-Nutrition Class 1 1:00 BINGO	06 9-Euchre 10:00-Farkle 1-BINGO-Comfort Keepers	07 9-Euchre 9:30-Hand & Foot Cards	08 9-Euchre 10:00-Rummikub 12-1 Blood Pressure 1-BINGO	09 12:00 *Cookout 1:00 Singing w/ Stephanie Johns *sign up by 4/30
12 9-Euchre 10:00-Yahtzee 1-BINGO	13 9-Euchre 10:00-Farkle 1-BINGO	14 9-Euchre 9:30-Hand & Foot Cards	15 9-Euchre 10:30-Tree Presentation by Parks Dept. 12-1 Blood Pressure 1-BINGO	16 *10 Breakfast at Harvest Time Sign up by 5/15 12:30 Bunco w/ Friends
19 9-Euchre 10:30 Enhanced Fitness 1:00 BINGO	20 9-Euchre 10:00-Farkle 1-BINGO	21 9-Euchre 9:30-Hand & Foot Cards 1:30 Caregiver Support Grp. (back room)	22 9-Euchre 10:30-Purdue Ext. Nutrition Class 2 12-1 Blood Pressure 1-BINGO	23 12:30 *Art w/ Teresa 12:30 Racko and Skipbo
26 Closed Happy Memorial Day!	27 9-Euchre 10:30 Purdue Extension-Activity Across the Life Span 11am Depression Support Group (Back room) 1:00 BINGO	28 9-Euchre 9:30-Hand & Foot Cards 3-Bereavement/Grief Support Group (back room)	29 9-Euchre 10:00-Rummikub 12-1 Blood Pressure 1-BINGO	30 *10:00 Columbia Park Zoo Trip Sign up by 5/23

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

MAY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>Lunch is served at Noon!</p>			<p>01</p> <p>Hot Dog Cauliflower Country Blend Sherbet Milk</p>	<p>02</p> <p>Johnny Marzetti Glazed Carrots Berry Pear Crisp Milk</p>	
	<p>05</p> <p>Hamburger Tater Tots Pickled Beets Pineapple Milk</p>	<p>06</p> <p>Chicken & Gravy Corn Broccoli Bread/Margarine Mixed Fruit Milk</p>	<p>07</p> <p>BBQ Pork Potato Soup California Blend Pears Milk</p>	<p>08</p> <p>Pork Manhattan Gravy Mashed Potatoes Cherry Crisp Bread Milk</p>	<p>09</p> <p>Sloppy Joe Potato Skin Mixed Veggies Hot Fruit Salad Bread/margarine Milk</p>
	<p>12</p> <p>Chili Baby Bakers Peach Crisp Crackers Milk</p>	<p>13</p> <p>Country Fried Steak Yams Country Blend Bread/Margarine Tropical Fruit Milk</p>	<p>14</p> <p>Meatballs w/Gravy Over noodles Green Beans Corn Strawberry cup Milk</p>	<p>15</p> <p>Scrambled Eggs Bacon Tater Tots Apple Slices Donut Hole Milk</p>	<p>16</p> <p>Chicken Fajita Peppers & Onions Broccoli Black Beans Tortilla Mixed Fruit Milk</p>
	<p>19</p> <p>Fish Square Sand. Baked Beans Brussel Sprouts Applesauce Milk</p>	<p>20</p> <p>Chicken & Dumplins Mashed Potatoes Green Beans Mixed Fruit Milk</p>	<p>21</p> <p>Chopped Steak Onion Gravy Cheesy Potatoes Stewed Tomatoes Bread/Margarine Milk</p>	<p>22</p> <p>Smoked Sausage Peppers & Onions Sweet Pot. Country Blend HD Bun Pears Milk</p>	<p>23</p> <p>Spaghetti w/ Meatsauce Italian Veggies Hot Spiced Peaches Milk</p>
	<p>26</p> <p>Pork Roast Gravy Potatoes & Carrots Cauliflower Peach Cobbler Milk</p>	<p>27</p> <p>Salisbury Steak Mashed Potatoes Country Blend Juice Moon Pie Milk</p>	<p>28</p> <p>Loaded Tots Peas & Carrots Blueberry Pear Crisp Milk</p>	<p>29</p> <p>Meatloaf Baby Bakers Green Beans Bread/Margarine Mandarin Oranges Milk</p>	<p>30</p> <p>Macaroni & Cheese Ham Broccoli Glazed Carrots Pineapple Milk</p>



Teresa Puterbaugh 5/1

Jeff Minier 5/1

Linda Hiner 5/4

Ron Swain 5/21

Benny Johnson 5/27

Take Care of Yourself

Providing care for an elderly person can be a rewarding experience, but caregivers also are subject to stress and frustration. A few simple steps can help prevent exhaustion and other issues that make a caregiver's job more difficult:

- Plan ahead to be sure you have the supplies and resources you need.
- Learn about available resources that can lend support.
- Take one day at a time.
- Develop contingency plans for emergencies and obstacles.
- Accept help – don't take on more than you can handle.
- Make YOUR health a priority.
- Get enough rest and eat properly.
- Make time for leisure.
- Be good to yourself!
- Share your feelings with others – it's okay to be tired and frustrated.

Play Pickleball!

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

Word List:

ACE	APPROACHSHOT	BACKCOURT	BACKSWING
BASELINE	BOUNCEIT	CARRY	CHAMPIONSHOT
CHOP	CLOSEDFACE	DEADBALL	DILLBALL
DINK	DRIVE	DROPSPIN	FALAFEL
FAULT	FLABJACK	GROUNDSTROKE	HALFVOLLEY
KITCHEN	LOB	NET	NONVOLLEYZONE
OPA	PADDLE	PICKLE	POACH
PUNCH	RALLY	RECEIVER	SERVE
SHADOWING	SIDELINE	SIDEOUT	SLICE
SMASH	TOPSPIN	VOLLEY	VOLLEYLLAMA