



**HERITAGE CLUB**  
Steuben County Council on Aging, Inc.

# PRIME TIME NEWS

ISSUE # 2022-02 | FEBRUARY 2022



## Contact us

1905 Wohlert Street  
Angola, IN 46703

P: 260-665-8191

STAR Transportation

P: 260-665-9856  
[www.steubenco.org](http://www.steubenco.org)

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## Hours

Monday-Friday 8:00am - 4:00pm

## Our mission

The Steuben County Council on Aging's mission is to keep seniors active, involved and independent! To provide access to the entire community through Public Transportation.

I hope you are all staying plenty warm thru out these cold times. We also hope that you are all staying healthy. Remember, if ever there is a need you have, reach out to us we may have a resource and if not we will find one.





We feel so blessed to be back open to the community. As you know we take great pride in keeping the facility clean and disinfected. We have the new air purifiers in all rooms that we were able to purchases through a grant with the SCCF.

It is also important that I point out to all members that we have a new policy in place. Any person; staff, board or member that is showing any symptoms of sickness even a runny nose will be asked to leave. We hope this policy will add another level of protection to those inside the facility. So, if you are feeling ill in any way please stay home.

We desperately missed having the members here and their voices filling the hallways. We are so happy and looking forward to seeing each and every one of you soon.

*Jami Woodyard- Executive Director*

# MONTHLY CALENDAR

MON	TUES 1	WED 2	THURS 3	FRI 4
	9:30am Tai Chi 10:00am Grief Counseling 12:00pm Bid Euchre 1:00pm Cardio Drumming 1:00pm Mah-Jongg Nail Trim/Call for App	9:00am Bible Study 10:15am Exercise Class 12:30pm Canasta 1:00pm Walk Fit/Strong 	9:00am Yoga 9:00am Party Bridge 9:00am Pinochle	9:00am Shanghai Rummy 10:15am Exercise Class 12:30pm Hand & Foot 1:00pm Walk Fit/Strong
7	8	9	10	11
10:15am Exercise Class 1:00pm Walk Fit/Strong  <b>11:00am to 1:00pm—            Featured Food of the            Month: Baked Potato            Bar—Courtesy of            Lakeland Title Co.</b>	9:30am Tai Chi 12:00pm Bid Euchre 1:00pm Cardio Drumming 1:00pm Mah-Jongg	10:15am Exercise Class 11:30am Senior Advisory Mtg 12:30pm Canasta 1:00pm Walk Fit/Strong  <b>4:00pm Valentine's            Celebration Dinner/  <u>RSVP required.</u></b>	9:00am Yoga 9:00am Party Bridge 9:00am Pinochle	<b>8:30am 2nd Friday            Breakfast/Courtesy of            Northern Lakes Nursing            Home—Guest Speaker:            Heather Dornte</b> 9:00am Shanghai Rummy 10:15am Exercise Class 12:30pm Hand & Foot 1:00pm Walk Fit/Strong
14	15	16	17	18
10:15am Exercise Class 1:00pm Walk Fit/Strong  	9:30am Tai Chi 10:00am Grief Counseling 12:00pm Bid Euchre 1:00pm Cardio Drumming 1:00pm Mah-Jongg Nail Trim/Call for Appt	9:00am Bible Study 10:15am Exercise Class 10:30am Book Club 12:30pm Canasta 1:00pm Walk Fit/Strong Nail Trim/Call for Appt	9:00am Yoga 9:00am Party Bridge 9:00am Pinochle  <b>2:00pm Brokaw/Senior            Movie</b>	9:00am Shanghai Rummy 10:15am Exercise Class 12:30pm Hand & Foot 1:00pm Walk Fit/Strong
21	22	23	24	25
10:15am Exercise Class 1:00pm Walk Fit/Strong	9:30am Tai Chi 12:00pm Bid Euchre 1:00pm Cardio Drumming 1:00pm Mah-Jongg	10:15am Exercise Class 12:30pm Canasta 1:00pm Walk Fit/Strong	9:00am Yoga 9:00am Party Bridge 9:00am Pinochle	9:00am Shanghai Rummy 10:15am Exercise Class 12:30pm Hand & Foot 1:00pm Walk Fit/Strong
28	 <h1>FEBRUARY</h1>			

9:00am Pottery Class  
 10:15am Exercise Class  
 1:00pm Walk Fit/Strong

**February Food of the Month Celebration:**  
**Baked Potato Bar**

Join us February 7th  
 from 11:00AM to 1:00PM

Sponsored by:  
**Lakeland Title Company**



**Valentines Celebration Dinner**

Presented By  
 The Heritage Club  
 1905 Wohlert St Angola, IN

**Wednesday, February 9th 4-7PM**

**Tickets \$20 per Person**

Reservations call 260-665-8191

RSVP By February 4th

\* Dinner \* Drinks  
 \* Dessert \* Dancing



**Second Friday Breakfast**  
 Friday, February 11th 8:30 a.m.

Grand Dining Room

Hosted by: *Northern Lakes Nursing & Rehabilitation Center*

Guest Speaker:  
**Heather Dornte**  
 Owner, BeBalanced Yoga & Wellness Studio

RSVP Required



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NEW HAPPENINGS

Introducing Party Bridge

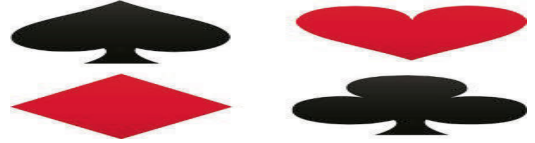


Every Thursday Morning

9:00 AM—12:00 PM

Located in the Activity Room

PINOCHLE



Thursdays/All Day (9:00am to 4:00pm) Come Play a Couple of hands—Located in the Game Room

Card Game Offered



Shanghai Rummy

Friday's from 9:00 AM—12:00 PM

Located in the Activity Room



Tai Chi

Every Tuesday at 9:30 am

— located In the Grand

Dining Room



Please welcome to the COA new yoga instructor:

**Traci Rocho**

From **Be Balanced Yoga & Wellness**

Join Traci every Thursday for yoga from 9AM to 10AM Starting January 6th 2022 in the Grand Dining room.



**GRIEF SUPPORT GROUP**

Join Jonathon Jeran, RN from Heartland Home Health and Hospice every other Tuesday in the Serenity Room. Please check Newsletter Calendar for listed dates. 10:00 AM—11:00 AM

**GRIEF IS JUST LOVE WITH NO PLACE TO GO.**



# February

Lucretia F Snyder	1-Feb	Phyllis A Yates	7-Feb	Greg L Martin	20-Feb
Laurence H Keeler	1-Feb	Elaine A Kleeman	8-Feb	Arthur P Marler	20-Feb
Amy J Opliger	1-Feb	Mary Clark	9-Feb	Lynn Wernet	22-Feb
Janice I Beck	2-Feb	Richard L Lewis	9-Feb	Judy I Zinn	22-Feb
Kay L Salzbrenner	3-Feb	Thomas R Stackhouse	11-Feb	Karyl Amstutz	22-Feb
William R Whitmer	3-Feb	Wilma J Latson	14-Feb	Susan J Stackhouse	22-Feb
Joseph L Tritch	3-Feb	Anita E Dierkes	15-Feb	James A Scheele	24-Feb
Sharon L Erwin	4-Feb	Karen S Arnold	16-Feb	Connie R Reas	25-Feb
Ellen E Nichols	4-Feb	Sue A Myers	16-Feb	Modesto Gonzales	26-Feb
Jeanette Presley	4-Feb	Susan A Bolman	16-Feb	Linda L Parks	28-Feb
Steve N Harvey	5-Feb	Leona Tilbury	17-Feb	Brian J T'Kinot	28-Feb
Judith K DeBolt	5-Feb	Deb C Brandt	17-Feb	Kent A Alwood	28-Feb
Roger J Green	6-Feb	Sharon Aldrich	19-Feb		



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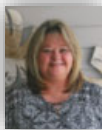
Public Transportation for the Entire Community!

To Schedule a ride call 260-665-9856. TTY: 800-743-3333  
email: star@steubenco.org www.steubenco.org

**STAR TRANSPORTATION**

**STAFF:**

TRANSPORTATION DIRECTOR:  
ONDA DALTON



TRANSPORTATION SCHEDULER:  
KELLY MCKEE



**DRIVERS:**

LARRY HOLMES	GARY CRUM
PHIL KISKADEN	RICK STANDER
ED RALSTON	KERRY BAKER
PAUL ALLISON	GLEN ROGERS



Star Transportation is hiring for part time drivers.

- Monday thru Friday Hours
- Flexible hours (we work with the hours you need/want)
  - Working with the public
  - Fun environment
- Rewarding and satisfying job
  - All Training paid for
- All ages 21+ welcome to apply

Did you know the Lions Club of Steuben County dedicated their participation in the funding of the STAR garage to the memory of a past International Lion.

**President: Wayne A. Madden**

His leadership and guidance in the acquisition of the Lions Club International Foundation grant made the garage project possible.



Transportation information for the Month of the December:

Transportation Miles Driven....7,015  
 Total Transportation Clients Served.....106  
 Total Trips Made....1,001  
 New Transportation Clients....13

**DID YOU KNOW?**

STAR Public Transportation is available to everyone in Steuben County, any age.

Ridership assistance available. Call 260-665-9856 to find out more information.

Have Medicaid/Medicare? Refer to the back of your insurance card to schedule a ride. Trips for these services are done through a third party broker.



**Pottery Painting Class**

**February 28th @ 9:00am**

**Cost: \$10 per person**

**Class includes: choice of either one cup, vase, bowl or plate. All supplies needed and an instructor**

**RSVP 260-665-8191 by Feb 21st**

**(Paints are non toxic but can stain clothing dress accordingly)**

**Instructor: Janelle owner of Relic Emporium**

**Pottery and Art Studio**



**NORTHERN LAKES**  
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**SERVICES:**

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- Speech Therapy
- Respiratory Therapy
- Memory Care
- Secure Alzheimers Unit
- 2-Tier Rehab Program
- Pain & Wound Management
- Cardiac & Stroke Recovery
- Parkinson's Therapy
- Respite Care
- Long-term Care
- Adult Day Care
- NEW Post-Discharge Home Visit
- Wellness Program (4-weeks)
- Hospice Services



**Trusted Skilled Nursing Care & Physical Therapy in Angola, IN**

We are extremely proud of our dedicated service to you for more than 18-years of trusted patient care, and our community leadership roles by NLNR staff that have enhanced the lives and well being of local seniors.

*“We look forward to serving you or your loved one.”*

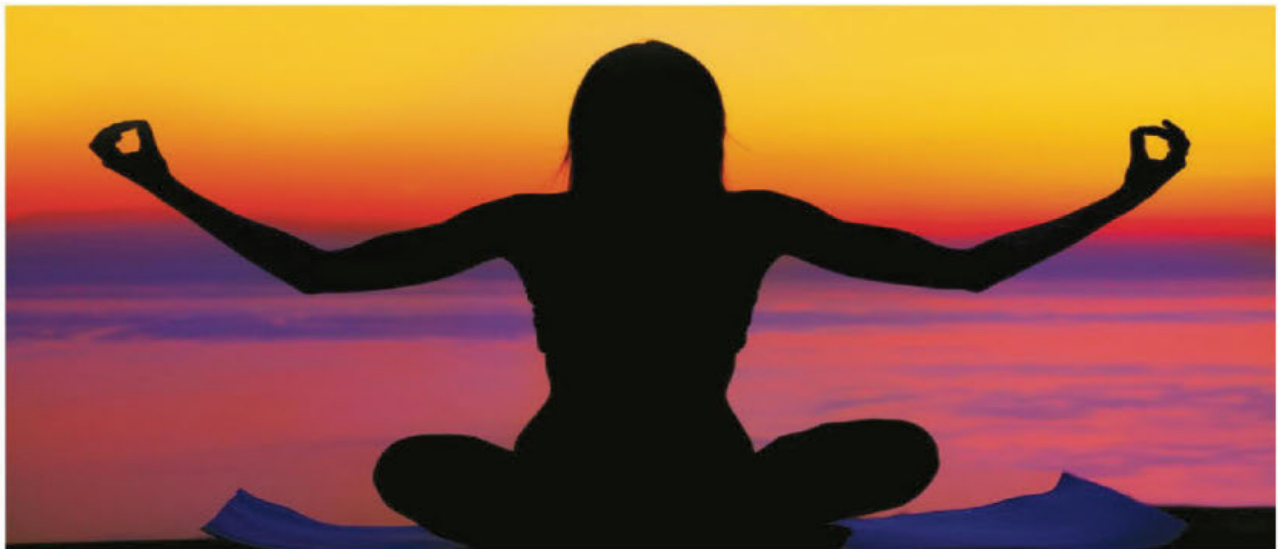




**Welcome : Traci Rocho**  
**The Heritage Club's new Yoga instructor**

My name is Traci Rocho and I've been practicing yoga, meditation and pranayama (breath work) for over 10 years and teaching for 5 years. I am a 200hr RYT (registered yoga teacher). I have accumulated over 1,000 teaching hours since becoming certified. Yoga and yoga philosophy have given light to my dream of helping to guide others towards finding health and peace within their bodies. But remember, yoga is accumulative; if you don't work it won't work!

I've been a Steuben Co. resident for over 25 years and am an Angola High School graduate. I have a wonderful 14 year old son who keeps me busy with band and 3 spoiled cats. My fiancé and I enjoy hiking local and not so local trails. I spend most of my summers on the trails, teaching yoga or at the lake. I love our lake county!! ~ Traci



# Chef Solus Valentine's Day Healthy Heart Word Search Puzzle!



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



APPLES  
FIBER  
BEANS  
HEART  
VALENTINE

LOWFAT  
EXERCISE  
VEGETABLES  
LEGUMES  
SEEDS

NUTS  
HEALTHY  
AEROBICS  
NUTRITION  
ACTIVE



## Calling all Artists

**The COA would love to put your art or crafts on display for all to see.**

**Please bring any art pieces to the Heritage club and we will hang your art and after its been displayed we will return it to you for pick up.**



# NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at [www.mycommunityonline.com](http://www.mycommunityonline.com)



## DID YOU KNOW?

### ...these fun facts about our staff:

This Month—*Karen Deller, Administrative Assistant/The Heritage Club*

- \*Where was your first Job? Burger King/Kendallville, Indiana
- \*How do you wind down after work? Relaxing in front of the fireplace
- \*What is your favorite thing to do when you're not working? Spending time in the Sun!!
- \*If all jobs had the exact same salary, which career would you want? Well, of course, the one that I have currently!!
- \*How do you describe what you do for a living to your family and friends? I tell them that I have a job where I get paid to socialize with friends!!
- \*What's a topic you wish you knew more about? Any topic is worth knowing more about.
- \*Where are you in birth order (Oldest, Middle, Youngest)? I am the youngest of seven children
- \*How many different states have you lived in? Only Indiana
- \*What kind of pet(s) do you have and how did you choose name(s)? I have a miniature poodle named Duke, he was a rescue. We got him when he was five—he came with the name.
- \*If you could choose any age to be forever, what age and why? I loved my 40's...My health was the best it has ever been and my children and I spent much quality time together!!
- \*What are 3 items you would take with you to a deserted island? My husband, my dog...and my phone
- \*What's your favorite sports team? I do not follow Sports at all!
- \*If you could only eat one meal for the rest of your life, what would it be? A toss up between Pizza or Tacos.
- \*What TV show or movie do you absolutely refuse to watch and why? Almost anything animated—just doesn't interest me.
- \*What is the furthest you've ever been from home? I have been almost everywhere in North America that you can drive to - my Father was a traveler and took us along for the ride!
- \*What characteristic do you like most about yourself? I think, for the most part, I am a pretty good judge of character.
- \*If you could live in any city, where would it be and why? Treasure Island, Florida—just because...
- \*When you were in elementary school, what did you want to be when you grew up? A Journalist

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Steuben County COA, Angola, IN

E 4C 01-1598



## **Leaf Raking and Snow Shoveling Services**

Provided by: Steuben County Corrections Dept.

If interested, see reception desk for form

**Leaf raking begins Saturday, November 6  
and Sunday, November 7th and then will be every  
other weekend.**

Must live in Steuben County



Many of our Members in the past few weeks have asked what items The Heritage Club might be in need of—below is a list of products that we use daily:

Paper Towels, Disinfectant Wipes, Napkins, Facial Tissue, Toilet Paper, Hand Soap, Styrofoam Coffee Cups, Paper Plates, Plastic Utensils, Large and Kitchen sized Trash Bags, Folgers Coffee (regular and decaf) Sugar & Creamer (containers or small individual packages), Dish Soap, Bottled Water, Snacks (i.e.; Little Debbie cakes, single serve nuts, raisins, crackers, etc.), Laundry Detergent and Softener Sheets.

**WE NEED  
YOUR HELP**

**ATTENTION**—PLEASE inform us if any of you are going to be away and have your mail service stopped or forwarded. It gets quite costly to have the newsletters returned to us...when this happens we are forced to pay a return postage fee. Thank You so much for your cooperation with this matter!!

STEUBEN COUNTY  
COUNCIL ON AGING, INC.

1905 Wohlert Street  
ANGOLA, IN 46703

RETURN SERVICE REQUESTED

**PRIME TIME NEWS**

NON-PROFIT ORG  
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ANGOLA, IN

SENIOR SPACE REGISTRATION

If you are interested in becoming a new member to our Community Center, please contact us to see how you can take advantage of our new member rate special and get signed up for online information.

2022 - Membership Rate \$20.00



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Weekdays 8:00 AM - 4:00 PM

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Transportation services are funded in part through Title IIIB of the Older Americans Act and distributed through Aging & In-Home Services of Northeast Indiana.

**CONTACT US!**

Office: 260-665-8191

Transportation: 260-665-9856

Website: [www.steubenco.org](http://www.steubenco.org)

All COA Services are provided without regard to race, age, color, religion, sex, disability, national origin or ancestry.