

THE SILVER UPDATE

A Publication
for Active
Senior
Citizens.
Volume 2025•
Issue 1



Huntington County Council on Aging/Senior Center

An affiliated Agency of United Way of Huntington County & partially funded by Aging and In-Home Services of Northeast Indiana, Inc.

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Mission Statement: Huntington County Council on Aging mission is to help older and disabled residents of Huntington County to facilitate a lifestyle of dignity and independence

Visit Our Website: www.huntingtoncountycoa.org

A thought to take into the New Year:

Years ago, anthropologist Margaret Mead was asked by a student what she considered to be the first sign of civilization in a culture. The student expected Mead to talk about fishhooks or clay pots or grinding stones.

But no. Mead said that the first sign of civilization in an ancient culture was a femur (thighbone) that had been broken and then healed. Mead explained that in the animal kingdom, if you break your leg, you die. You cannot run from danger, get to the river for a drink or hunt for food. You are meat for prowling beasts. No animal survives a broken leg long enough for the bone to heal.

A broken femur that has healed is evidence that someone has taken time to stay with the one who fell, has bound up the wound, has carried the person to safety and has tended the person through recovery.

“Helping someone else through difficulty is where civilization starts.” Mead said. “We are at our best, when we serve others. Be civilized.”

Please Note:

Day trip Policy

Payment is required when booking.

The minimum number needed for the outing is calculated to cover our costs.

Therefore we have had to implement a

“No refund policy” should you decide later not to attend.

You may find someone to take your spot and pay you back.

Please notify us before the trip and give us the person’s details.



New Year's Eve Traditions around the world

In **Spain**, it is customary to eat 12 grapes – one at each stroke of the clock at midnight on New Year's Eve. Each grape represents good luck for one month of the coming year. In bigger cities like Madrid and Barcelona, people gather in main squares to eat their grapes together and pass around bottles of cava.

In hopes of a travel-filled new year, residents of **Colombia** carry empty suitcases around the block. (I like this one!)

Residents of **Denmark** greet the New Year by throwing old plates and glasses against the doors of family and friends to banish bad spirits. They also stand on chairs and jump off of them together at midnight to “leap” into January in hopes of good luck.

In **Finland**, people predict the coming year by casting molten tin into a container of water, then interpreting the shape the metal takes after hardening. A heart or ring means a wedding, while a ship predicts travel and a pig declares there will be plenty of food.

During **Scotland's** New Year's Eve celebration of Hogmanay, “first-footing” is practiced across the country. The first person who crosses a threshold of a home in the New Year should carry a gift for luck. Scots also hold bonfire ceremonies where people parade while swinging giant fireballs on poles, supposedly symbols of the sun, to purify the coming year.

You'll find round shapes all over the **Philippines** on New Year's Eve as representatives of coins to symbolize prosperity in the coming year. Many families display piles of fruit on their dining tables and some eat exactly 12 round fruits (grapes being the most common) at midnight. Many also wear polka dots for luck.

In **Greece**, an onion is traditionally hung on the front door of homes on New Year's as a symbol of rebirth in the New Year. On New Year's Day, parents wake their children by tapping them on the head with the onion.

Here in the **USA**, Millions of Americans gather around their television sets (or on the streets of Times Square, despite freezing temps) to watch the ball drop at the stroke of midnight each year. Kicking off in 1907 to ring in January 1908, New York Times owner Adolph Ochs created the event to draw attention to the Times's new headquarters, and it's been an annual spectacle and one of the most popular New Year's Eve celebrations.

In **Brazil**, people usually go to the beach since it's the summer there. immediately after midnight, you're supposed to jump seven waves while making seven wishes.

Back in Bombay **India**, they make an effigy of an 'old man' that symbolizes the old year and it's burn at midnight. The burning symbolizes the passing of grievances from the old year and makes space for a new year to be born. “Everyone gathers around singing ‘Auld Lang Syne’ and then it turns into a little party. Bombay is very cosmopolitan and is home to people of various faiths; therefore, there are a ton of different festivals, but this was one that united across ages and faiths.

People in **Japan** kick off the New Year by eating a warm bowl of soba noodles. The tradition dates back to the Kamakura period and is tied to a Buddhist temple giving out the noodles to the poor. Because the long thin noodles are firm yet easy to bite, it is believed eating them symbolizes a literal break away from the old year.



January 1 is actually **Haitian** Independence Day, and because of that, there's an important New Year's traditional meal associated with the holiday. They eat pumpkin soup, soup joumou, because it was a delicacy that enslaved Black people were not allowed to have.

Canadians start the new year with a winter favorite sport—ice fishing. According to Global News, families will rent heated huts and cooking equipment so that they can enjoy their feast with loved ones on the spot.

On New Year's Eve, families in the **Philippines** make sure to serve 12 round fruits, like apples, grapes, and plums, which are believed to represent prosperity due to their shape, which mirrors coins. As for the lucky number, each fruit represents one month out of the year.

In **Mexico** families gather to make New Year's Eve food—specifically tamales, which are corn dough stuffed with meat, cheese, and veggies all wrapped in husks—and then hand them out to loved ones on New Year's Eve. On New Year's Day, the warm pockets are often served with menudo, a traditional Mexican soup made from cow's stomach.

Not only are onions a kitchen staple, they can also bring you good luck for the year ahead. In **Greece** it's tradition to hang an onion outside your door. Believed to symbolize fertility and growth (thanks to its ability to sprout on its own), the onion is hung on the door after church service on New Year's Day.

On New Year's Eve, **Colombian** households have a tradition, called agüero, of placing three potatoes under each family member's bed—one peeled, one not, and the last one only partially. At midnight each person grabs for one with eyes closed and depending on the potato they select, can either expect a year of good fortune, financial struggle, or a mix of both.

To ward off evil spirits, families in **Ireland** make way for a healthy and prosperous New Year by banging loaves of Christmas bread against the walls and doors throughout the home.

In **Norway** and **Denmark**: Kransekake, a traditional ringed cake often made with at least 18 layers, is eaten on New Year's Eve. The sugary layers, which look like cookies, are held together with a tasty royal icing

In many countries, **Puerto Rico** included, it's customary to start the year by cleaning everything—and we mean everything. The idea behind it is simple: out with the old, in with the new. In short, if you start the year fresh, it will continue that way.

On New Year's Eve, it's traditional for **British** households to gather waiting for the bells of Big Ben, the clocktower at the Houses of Parliament, to ring in the New Year as midnight strikes,” says Glamour executive editor Natasha Pearlman. “As the bells toll, don't be surprised if a huge circle forms, people link hands, and start singing a traditional song called ‘Auld Lang Syne.

In some European countries, including **Austria** and **Germany**, watching this black-and-white British comedy sketch, recorded in 1962, has become traditional viewing on New Year's Eve. Some die-hards even make the four-course dinner featured in the 18-minute sketch

“New year, new chapter, new verse or just the same old story? Ultimately, we write it. The choice is ours.” – Alex Morritt

Inclement Weather

When schools are cancelled due to inclement weather, the Senior Center will also be closed for general activities. If a special dinner or event has been scheduled, it may be rescheduled. For questions call us at 359 4410.

ChALLENGE

A New Year,
A New Chapter

**Support
Your Senior Center**

Try a new activity.

Invite a friend or
neighbor.

Volunteer

Help us grow our

We all get the exact
same 365 days.
The only difference is
what we do with them.



1 Sue Pinkerton
1 Mary Ann Eller
4 Joyce Smealer-Sills
5 Ted Goodrich
5 Jeannine Goings
9 Vera William
9 Stephanie Smith
9 Mary Kersey
9 Amelia Winebrenner
13 Louise Moore
15 Linda Gasaway
15 Mary Bair
19 Sandy Allen
21 Virginia Salge
28 Sue Maynard

Lunch & Learn January 8th

Mark Tipmongkol is a Financial Advisor with
First Command Financial Services.

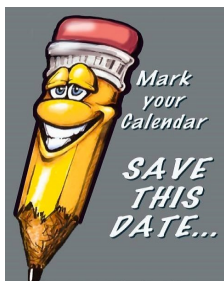
He will be presenting the Five Timeless Investments Principle. and discuss that investing can be complicated – but doesn't have to be. Though success is never guaranteed, it is often the natural consequence of consistently applying proven fundamentals.

He will share investment principles that are both proven and easy to apply. How to invest for long term goals, putting time on your side, dealing with the up and down market, and how to manage risk.

Lunch will be served at 11:30 followed by the Presentation. Limited to 40 people.

Please call 260-359-4410 to reserve your spot.

Cost to attend lunch & learn is \$3 per person



Lunch n Learn February 5th

Lunch will be served at 11:30 followed by the presentation

Jan Williams will be sharing data on the prevalence of suicide with the state and locally. She will provide information on the warning signs and risk factors that can contribute to suicidal thoughts. She will provide information on how to ask a person if they are having suicidal thoughts and give a list of local resources.

\$3 per person Limited to 40 people.

Please call 260-359-4410 to reserve your spot.

HCCOA Board Meeting will be held **Tuesday 28th January** at 5pm in the Library at the Central Christian Church.
500 MacGahan St.

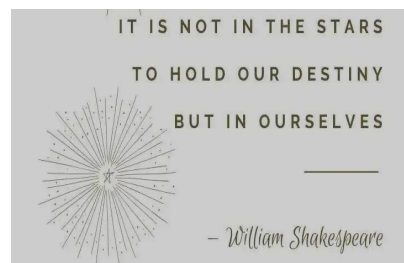
**February 14th
Fund Raiser for
Huntington Co. Council On Aging.
Open to All.
Spaghetti Dinner show
with
Judy Ruble
Silent Auction**

**Time: 5:30. Dinner served at 6pm
Price: Couples \$40 Single \$25
Address: Entrance #4
Huntington Senior Center
500 McGahan St**

**Tickets available at the Senior Center
Please RSVP by February 7th
Call: 260-359-4410**

Christmas Lunch

Thank you
Waters of Huntington



Join us for a Morning at
the Movies for folk
50 years and Older

Huntington7 Theater.
350 Hauenstein Road

MOVIE PARTNERS

Waters of Huntington
Markle Health & Rehab
Huntington Senior
Center

MOVIE CO-SPONSORS

Heritage Pointe
Communities
Schroeders Automotive
Source One Insurance

DOOR PRIZE SPONSOR

TBA

DOUGHNUT SPONSOR

TBA

COFFEE SPONSOR

The Trading Post



January 15



Doors open at 8:30
Movie starts At 9:30

Free donuts,
Juice/Coffee.
Door Prizes
Discounted
Rates on Popcorn
and Soda.



Need a ride to the movies?
Call HAT 260-356-3006
Rides must be scheduled by
noon the day before pickup



Take My Hand is a romantic drama
about a woman who leaves her
hometown in Australia to pursue a
life in London, and then returns more
than two decades later.

At the peak of her career, the mother
of three is diagnosed with Multiple
Sclerosis. Following the sudden
death of her husband and the loss of
her job, she moves back home to Australia, where a chance encounter
with her high school sweetheart gives her renewed hope in love as she
battles the disease. A beautiful, heartfelt, true story worth seeing!
A movie about unconditional love that is also raising awareness for MS.
Filmed in the beautiful Northern Rivers New South Wales in Australia



at the Senior center 500 McGahan St

Walk in the gym
every morning
from
8 am to 9am
Everyone is
welcome.



TUESDAY
Indoor
Walking Class
9-10am.

Join this group of walkers for a
fun, interactive walking class.

Line Dancing &

Chair Aerobics

Every Monday,
Wednesday,
& Friday

Line dancing:

10 to 10:30 am



Dyna Band Exercise in
chairs:

10:30 to 11:00 am

This is a low impact
exercise that helps keep
you active and healthy.

Jeanne Lewis RN Will be at the Huntington
Senior Center. 500 MacGahan St. for **foot care**

Monday January 27th

By Appointment only. **COST \$35**
Call 260-359-410 to schedule.



ALZHEIMER'S ASSOCIATION Of Greater Indiana,
Huntington support Group for caregivers of patients with all
kinds of dementia meets the first **THURSDAY** of every
month from **5-6pm** at Christ The King Episcopal Church.
1224 N Jefferson St. Huntington
Call Nancy 260-450-7077 for more information

DOMINOES

Thursday
Mornings
10am



BINGO
THURSDAYS
at 1:30
(\$3.00)

BINGO SPONSORS

2nd Markle Health & Rehab
9th TBA
16th TBA
23rd TBA
30th TBA

Euchre

Fridays at 1pm
(\$1.00)



**We're sorry but at present we cannot take
any more book or puzzle
donations.**

**Didn't realize we had books and
puzzles to loan?**

**Please stop by and see if
anything takes your fancy and
you are welcome to take it
home and enjoy.**



KROGER COMMUNITY REWARDS PROGRAM

**If you have a Kroger Plus Card, please sign up for the
community rewards program! IT COSTS YOU NOTHING
& doesn't affect your benefits.**

Huntington County Council on Aging number is 20669.
Proceeds go to our Building Fund.

JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 HAT & The Senior Center CLOSED 	2 Walking Group 8:00—9:00 am Dominoes 10:00am Bingo 1:30 Sponsored by Markle Health & Rehab	3 Walking Group 8:00—9:00 am Line Dancing 10:00-10:30 am Chair Aerobics 10:30—11:00 am Euchre 1:00 pm
6 Walking Group 8:00—9:00 am Line Dancing 10:00-10:30 am & Chair Aerobics 10:30—11:00 am	7 Walking Group 8:00—9:00 am Walk-A-Mile in 15 minutes 10:00 am	8 Walking Group 8:00—9:00 am Line Dancing 10:00-10:30 am & Chair Aerobics 10:30—11:00 am LUNCH & LEARN 11:30	9 Walking Group 8:00—9:00 am Dominoes 10:00am Bingo 1:30	10 Walking Group 8:00—9:00 am Line Dancing 10:00-10:30 am Chair Aerobics 10:30—11:00 am Euchre 1:00 pm
13 Walking Group 8:00—9:00 am Line Dancing 10:00-10:30 am & Chair Aerobics 10:30—11:00 am	14 Walking Group 8:00—9:00 am Walk-A-Mile in 15 minutes 10:00 am	15 Walking Group 8:00—9:00 am  Starts 9:30 Line Dancing 10:00-10:30 am & Chair Aerobics 10:30—11:00 am	16 Walking Group 8:00—9:00 am Dominoes 10:00am Bingo 1:30	17 Walking Group 8:00—9:00 am Line Dancing 10:00-10:30 am Chair Aerobics 10:30—11:00 am Euchre 1:00 pm
20 Walking Group 8:00—9:00 am Line Dancing 10:00-10:30 am & Chair Aerobics 10:30—11:00 am	21 Walking Group 8:00—9:00 am Walk-A-Mile in 15 minutes 10:00 am	22 Walking Group 8:00—9:00 am Line Dancing 10:00-10:30 am & Chair Aerobics 10:30—11:00 am	23 Walking Group 8:00—9:00 am Dominoes 10:00am Bingo 1:30	24 Walking Group 8:00—9:00 am Line Dancing 10:00-10:30 m & Chair Aerobics 10:30—11:00 am Euchre 1:00 pm
27 Walking Group 8:00—9:00 am Line Dancing 10:00-10:30 am & Chair Aerobics 10:30—11:00 am FOOT CARE	28 Walking Group 8:00—9:00 am Walk-A-Mile in 15 minutes 10:00 am	29 Walking Group 8:00—9:00am Line Dancing 10:00—10:30 & Chair Aerobics 10:30-11:00am	30 Walking Group 8:00—9:00 am Dominoes 10:00am Bingo 1:30	31 Walking Group 8:00—9:00 am Line Dancing 10:00-10:30 am & Chair Aerobics 10:30—11:00 am Euchre 1:00 pm

HUNTINGTON COUNTY COUNCIL ON AGING, INC



Jessica Huscher
Executive Director
500 MacGahan Street
PO Box 5204
Huntington, IN 46750
260-359-4410, 1-800-491-3006

PRSTD STD
U.S. POSTAGE PAID
PERMIT NO. 828
HUNTINGTON, IN. 46750

ADDRESS SERVICE REQUESTED

**"YOUR BEST LOCAL
RESOURCE FOR
SENIOR SERVICES IN
HUNTINGTON
COUNTY"**



**Huntington County
Council on Aging**



Cut out this coupon, complete the information and mail
with donation to:

**Huntington County Council On Aging
PO Box 5204
Huntington IN 46750**

☐

I would like to support the various programs
offered by Huntington County Council on Aging

Please use my donation to support
_____ Senior Center _____ Building Fund _____ HAT

or

This donation was made in memory of

Please send acknowledgement to:

Name: _____

Address: _____

City: _____ State: _____ Zip: _____



Huntington County Council on Aging is a not-for-profit agency, receiving funds from the Older Americans Act, provided through Aging and In-Home Services of Northeast Indiana, Huntington County, United Way of Huntington County, Indiana Department of Transportation, fund-raising events, program donations, private donations and your generous contributions.

Your continued support allows this agency to serve the elderly and disabled citizens of Huntington County

