

# Golden Times

October 2018  
Issue X

## Madison County Senior Citizens Center



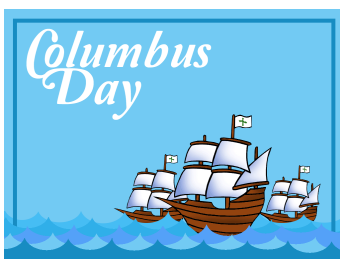
Find the



hidden inside this news-  
letter. When you find  
the pumpkin, call the  
center at 740-852-3001 by  
Friday, October 12th and  
tell us where it is located.  
If correct, your name will  
be entered into a drawing  
to win 5 free lunches.  
Last month the apple was  
found on page 8.

Congratulations to Mary  
Kay Simpson, the lucky  
winner!

The Center will be closed  
Monday, October 8th in  
observance of



### 2018 Governing Board Members

Donna Sheridan-President

Jerry Tompkins-Vice President

Shirley Witwer-Secretary

Jean King Eilene Duncan

Sharon Manion

Loretta Anthony

Steve Saltsman

hello october,  
please be good.

It is September 18<sup>th</sup> as I am writing this, it appears we are having the same weather pattern as last year and the year before that, I looked back on the last couple years and it was 85° this time of year and according to the evening weather lady and Bob Nunnally, I watch channel 4, it will be in the mid to high 80's all week.

Once again I have the sad news to share about one of our staff members. I am blessed to work with an awesome group of caring people and it is very difficult when something happens to a member of our senior center family. On September 1<sup>st</sup> Pam Chenos lost her battle with cancer. It all happened so quickly, I think we are still in shock. She was a wonderful part of our Adult Care Program, always smiling, happy and caring. I would've put her craftiness up against Martha Stewart any day, what a talent she was, Pam and Bonnie were quite the crafty team. We will miss her, please keep her family in your prayers.

We have a group getting back from out west, today. I know they had a really good time and have posted several amazing pictures on our Facebook page. If you want to join the fun, there are trips coming up and trips being planned, don't miss out. There are also several day trips coming up, we keep very active around here, lots of fun stuff. No sitting around in rocking chairs here, not our seniors, they stay very active and are enjoying life. That's why the center is here after all. This next sentence is from last years' director letter, you only get one life, well unless you are Shirley MacLaine, according to her, she's had several, but most of us only get one life and it should be one well lived, right up until you take the last breath. I would like to add one of my favorite quotes, I keep it at my desk, in my line of vision. "In the end, it's not the years in your life that count, it's the life in your years." Abraham Lincoln.

Soon our volunteer snow birds will be flying the Ohio coop, we would sure appreciate some volunteers to fill in. If you would like to volunteer, please give Janisse a call. Thank you to all the members for the laughter I hear at the center every day and thank you to everyone that helps at the center every day! God Bless.

Happy Fall!! *Misty*



Right: We had almost 100 people come in for August's Birthday Monday lunch. We had Fried Chicken, which is a favorite here. Karen Cooper played the piano for us during lunch. She always does a great job playing all our favorites.



On Monday, August 20th we had 11 tables for Euchre! We still have room for more, so come join us Mondays at 1 p.m.

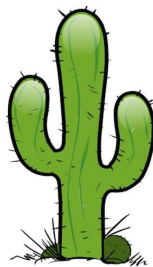
Below right: What started out with a few people going to the State Theater to see Mama Mia, grew to a group of 27 of us. It was a lot of fun!



The Canyon Lands trip was incredible! Above is the group in Las Vegas and below in Denver, Colorado at the state capitol building. Bottom pic is Dick and Jo Hout at the Grand Canyon with Bev Whitelow photo bombing! We had so much fun!



Below is the group that visited Philadelphia and Gettysburg. They also toured Amish country and the QVC studio!



## Lions Club



The London Lions Club will pay for eye exams and eye glasses for anyone who lives in Madison County and is financially not able to. If you have any old glasses, you may bring them to the Center and put them in the box provided in the lobby. For more information contact Roger Morris at 740-852-3145.



### High Euchre Score

8-20-18 Evelyn Sullivan 80

8-27-18 Bob Dunkle & Florence Gross 76

9-10-18 Dave Maharrey and Skip Fout 78

9-17-18 Tom Rutschilling 80

### High Bridge Score

8-22-18 Barbara Tope 4450

8-29-18 Barbara Tope 4420

9-5-18 Mardi Hanford 4830

9-12-18 Barbara Tope 5340

9-19-18 Doug Pyles 4480



## WEEKLY SCHEDULE

### Monday:

8:30 a.m.-Indoor Walking/Exercise Class

9:00 a.m.- Chair Volleyball

9:30 a.m. - Crocheting, Knitting & Needle Crafts

10:30 a.m. - Sitting Exercise/ Strengthening

1:00 p.m. - Euchre

### Tuesday:

9:00 a.m.- 3 p.m. Quilting Class

10 a.m.-12:00 p.m. - Bowling at Madison Lanes

1:30 p.m.- Rays of Hope for Seasons of Life Support Group

5:00 p.m. - Cards and Billiards

5:00 p.m.- Beginner Line Dancing

6:00 p.m. - Advanced Line Dancing

### Wednesday:

8:30 a.m. Indoor Walking/Exercise Class

9:00 a.m. - Chair volleyball

10:30 a.m. -Aerobics/Strengthening Class

12:05 p.m. - Bridge

1:15 p.m.- Yoga

2:00 p.m.- Diabetes and Weight Loss Support Group

### Thursday:

9:00 a.m.. - Chair volleyball

9:00 a.m.- Fun Bingo October 4th and 18th

### Friday:

8:30 a.m. Indoor Walking/Exercise Class

9:00 a.m.- Painting Class with Harry Croghan

10:00 a.m.- Chimes October 5th and 19th

1:00 p.m.- Free Movie and Popcorn at the senior center. See what is playing on page 4.

**Fitness room is open everyday Monday through Friday.**

## New Members!

Brenda Underhill

Ravonne DeBord

Jo Ann Wright

Margaret Beathard

Richard and Patricia Donovan

Cathy Lykans

Vicky Howard

Joe Fuchala

Kathy Brinkman

*Welcome*



## UPCOMING DAY TRIPS!!



**SNOOTY FOX TRIP–Friday, October 12th.** The motorcoach will leave the center at 9:00 a.m. Don't be late!

**OCTOBER MYSTERY LUNCH– Thursday, October 18th.** Trip fee to ride the van is \$5. Leaving the center at 9:00 a.m.!



**WILSON FOOTBALL FACTORY—Thursday, October 25th.** The vans will leave the center at 9:15 a.m. Our tour is at 11:45. We will have lunch afterwards at Viva Marias in Ada. No open toe shoes or sandals allowed in the factory. This is a VERY interesting tour. This factory produces all of the footballs for the NFL and a lot of the work is done by hand! Walking and standing involved.

**SENIOR FESTIVAL–Friday, October 26th.** Van fee is \$5. Admission is free. We will leave the center 9:00 a.m., travel to Hollywood Casino. Lots of vendors and entertainment! Lunch will be on your own at the casino and we will leave at 1:30 p.m.

**GAMMON HOUSE TOUR–Thursday, November 15th.** Trip fee for the van will be \$5. Learn about the historical significance of this Underground Railroad house in Springfield, Ohio. Gammon House doesn't charge admission but accepts donations. Our tour is at 1 p.m. So we will leave the center at 12:15 p.m.

**NOVEMBER MYSTERY LUNCH—Thursday, November 29th.** Trip fee for the van is \$5. We will leave the Center at 10:30 a.m.

**TUTTLE MALL SHOPPING –Tuesday, December 4th.** Trip fee for the van is \$5. We will leave the center at 9:30 a.m. and then leave the mall at 1:00 p.m. Lunch is on your own at the mall. There is a food court and other options around the mall.

**DECEMBER MYSTERY LUNCH—Thursday, December 13th.** Van fee is \$5. We will leave the center at 10:30 a.m.

**VETERAN'S MEMORIAL–Monday, December 17th.** We should know soon if there is an admission fee and if so how much. We do have 2 full vans for the first trip already. We will plan another trip after that one at some point.

**\*\*\*\*Please remember to park at the back of the parking lot when going on a day trip. This saves the closer parking spaces for those coming in for daily activities!!**

### Day Trip Payment and Cancellation Policy

When you sign up for a trip, you are expected to pay for the trip when signing up. If the purchase of tickets is involved in the cost of a trip, no refunds will be issued for the cost of the ticket purchased. If the purchase of tickets is not involved in the cost of the trip no refunds will be given if you cancel within two weeks of the trip's departure or by a deadline stated in the newsletter. If you have questions please contact Janisse at 740-852-3001.

## Delightful Dining

Don't forget to sign up for Delightful Dining so we can make accurate reservations!  
Ride the vans for \$5.00 per person while the seats last or you may drive and meet us there.

**Monday, October 1, 2018**

**The Meadows**

**4105 East National Road**

**Springfield, OH 45505**

**Vans leaving the center at 5 p.m. and arrive  
at the restaurant at 5:15 p.m.**

**Monday, November 5, 2018**

**Werner's BBQ**

**11396 Allen Road**

**Jeffersonville, OH 43128**

**Vans leaving the center at 5 p.m. and arrive  
at the restaurant at 5:15 p.m.**

## Overnight Trip Information



**Oglebay Winter Festival of Lights and Dickens Victorian Village-November 26-27, 2018.** Final payment was due by October 1st, 2018. If you are still interested, call the Center to see if there are seats still available.

**2019 Tulip Time Festival in Holland, Michigan May 7-9, 2019.** This trip is 3 days and 2 nights. It includes The Tulip Time Festival, Fiddle Fire Dinner and Show, Windmill Island, DeZwann Windmill, Parade Klompen Dancing, Arts and Crafts Fair, Quilt Show, Dazzle Dinner Show. Tour Fare includes, motorcoach transportation, 2 nights lodging, 2 breakfasts and 2 dinners, all shows and admissions, tips for driver, guides and porters, tour manager. Double \$599 pp, Single \$749 pp. A deposit of \$100 per person is due to secure your reservation with the balance due by March 1, 2019.



**Alaskan Cruise -September 9-18, 2019** Nine nights, 10 day tour & cruise. Includes a night in Seattle before the cruise and a night in Vancouver post cruise, flight from Columbus to Seattle and return from Vancouver, transfers in Seattle & Vancouver, all meals on board the Carnival Legend, cruise highlights include Tracy Arm Fjord, Skagway, Juneau, Ketchikan, choose your own excursions. **Estimated** flight, air and cruise \$2725 pp double interior, \$3425 pp double balcony, \$3625 pp single interior. If you are interested, please call the center and we can check to see if there is still room on the trip. **Final payment due by June 1, 2019.**

## Vacation Jokes....

Where do math teachers go on vacation? To Times Square!

Where do crayons go on vacation? To Color-ado!

Where do the pianists go for vacation? Florida Keys!

Where do sheep go on vacation? To the Baaaaahamas.

Where do sharks go on vacation? Finland.

Where do bees go on vacation? Stingapore!

## Board Election

**Meet the Candidates** will be held on Wednesday, November 7th at noon.

The people running for Board offices will introduce themselves and take questions.

**The Board Election** will be held on Wednesday, November 14th, 2018. In order to vote, your 2018 dues should have been paid 60 days before the election which would have been September 15th. Call the center office if you are not sure when you paid.

New board terms begin January 2019.



## FLU SHOTS

Thursday,  
October 4

11 a.m. to 1 p.m.

Madison Co. Senior Center

280 West High Street

London, Ohio

No appointment necessary

## In the Kitchen with Joanna

I thought you might enjoy a recipe that my grandmother used to make and was one of my favorites.

### Fudge Wafer Cookies

1 cup soft butter  
1 cup sugar  
1 egg  
2 squares unsweetened chocolate, melted  
1 teaspoon vanilla  
1 1/2 cups flour  
Sliced almonds

Cream butter, add sugar and egg. Blend until light and fluffy. Add chocolate, mix well. Add dry ingredients except almonds. Mix until well blended. Drop by scant teaspoon on ungreased cookie sheet. Press almond slice or sliver into the center of each cookie. Bake at 400 degrees for about 10 minutes. This will make about 7 dozen cookies.

Free Popcorn!

## Friday Cinema



October 5	Same Kind of Different as Me-2017	PG-13 Drama Greg Kinnear, Renee Zellweger
October 12	The Great Outdoors-1988	PG Comedy John Candy, Dan Aykroyd
October 19	Breathe-2017	PG-13 Real Life Drama Andrew Garfield, Claire Foy
October 26	Winchester-2018	PG-13 Thriller Helen Mirren, Jason Clarke

Movies subject to change due to availability

## 5th Annual Holiday Craft Bazaar      Free Raffle Prizes!!

Saturday, November 3rd, 2018

9:00 a.m. to 2:00 p.m.

Senior Café open offering Breakfast and Lunch items



**Vendor Information:** If you like to do knitting or crochet, quilting, crafts of any kind, etc. you may want to consider being a vendor at our Craft Bazaar. It's a great way to make a little extra money around the holidays.

Senior Center members only pay \$15 per table space. Non members pay \$20. We do have vendors signing up already, so don't miss out!

You can get more information at the Senior Center or call 740-852-3001 to have information mailed or emailed to you.

## Greetings from the Adult Day Center!

Fall has arrived! We cannot believe that October is here already. Boo! Boo! We have so many people to thank for Bingo prizes, donations of yarn and condolences.

We unfortunately lost one of our staff members and it was so sudden and sad. Our sympathy and love go out to the family and loved ones of Pamela Chenos. She will be missed but we know she is in peace with no pain. We love you Pammy!

On a better note we would like to welcome Virginia and Jean to our ADC family and volunteer Sue Henry. We feel blessed to have them join us. On Jean's first day of volunteering someone introduced her as "This is Sue, she's our new victim-I mean volunteer"! Who in the world would make that slip of the tongue! In all honesty we really welcome her and everyone!

Have a safe and bootiful October!

*Day Center Staff-Beth and Jeanna*



## Rays of Hope For Seasons of Life Support Group

**Tuesdays at 1:30 p.m. at the Senior Center**

September was the beginning of looking back at those who have gone before us. Memories are part of the journey for each person. The book used is, *Experiencing Grief*, by H. Norman Wright.

We will go through the 26 chapters in twelve weeks. Often the chapters will be two or four pages to read before you attend each week.

If you have lost a loved one years ago or lately, you are welcome to attend. The book is free.

Questions contact Donna Wharton at:

dmwharton 342@yahoo.com or 740-490-5936

# Veteran's Day Program at the Senior Center

Friday, November 9, 2018

Noon

Come out and honor our Veterans with us!



## Understanding Alzheimer's and Dementia Wednesday, October 17th at noon

The Alzheimer's Association has created an education program covering the basics of Alzheimer's and dementia to provide a general overview for people who are facing a diagnosis as well as those who wish to be informed.

This program will cover:

1. Explores the relationship between Alzheimer's disease and dementia.
2. Examines what happens in a brain affected by Alzheimer's.
3. Details the risk factors for and three general stages of the disease.
4. Identifies FDA approved treatments available to treat some symptom.
5. Looks ahead to what's on the horizon for Alzheimer's research.
6. Offers helpful Alzheimer's Association resources.

Call the Center at 740-852-3001 to sign up for this program.

## AUGUST EUCHRE TOURNAMENT WINNERS!



Wanda Fout was the winner with 75 points!

Sharon Reynolds, Skip Fout and Dave Maharrey all had 73 points, so they split the 2nd place pot.

Bob Rogers won the Split the Penalty Pot for having the most loaners. He had 5 loaners.

<b>B</b>	Judy Hastings	112	Bill Link	134	Carolyn Garver	145	Deb Weisman	74
<b>O</b>	Karen King	142	Larry Threlkeld	121	Barb Florence	93	Ann Pickens	95
<b>W</b>	Carl King	156	Paul Hackworth	149	Carol Nafzger	110		
<b>L</b>	Barb Gordin	113	Barb Cooper	84	Ray Sheridan	161		
<b>I</b>	JR Venrick	156	John Conn	145	Cecil Herman	102		
<b>N</b>	Barb Andrix	99	Gene Noble	111	Jim Harden	129		
<b>G</b>	Duane Glass	183	Linda Ridolfo	162				



## Food Drive

## October 9 through November 16

Donations of non perishable food items such as soup, dry pasta, baby food, canned fruit and vegetables are appreciated. Please make sure food items are not expired. Also tissues and toilet paper will be accepted as well. Thank you in advance for your generosity!

## October Birthdays

<u>Patron</u>	<u>Birthday</u>	<u>Patron</u>	<u>Birthday</u>	<u>Patron</u>	<u>Birthday</u>
Bevens, James	10-01	Roberts, Marie	10-11	Miller, Minerva	10-23
Long, Pat	10-01	Zimmerman, Linda	10-11	Noble, Gene	10-23
Call, Greta	10-01	Dhume, Beverly	10-12	Komives, Elaine	10-23
Bryant, Erma	10-02	Beathard, Margaret	10-12	Dwyer, Connie	10-24
Conley, Marvin	10-03	Sheridan, Ray	10-12	Butterfield, Mable	10-24
Hubbard, Beverly	10-03	Baker, Rodger	10-13	Martin, Ann	10-25
Evans, Laura	10-03	Jackson, Edwina	10-14	Bennett, Charlie	10-25
Hill, Patricia	10-03	Schafer, Robert	10-14	Daniels, Marjorie	10-26
Hammond, Mary	10-04	Downing, Marvene	10-14	Loe, Angela	10-26
Smith, Rosalie	10-04	Fisher, Melonie	10-14	Baynes, Bailey	10-26
Amling, Babs	10-04	Shoemaker, Cynthia	10-15	Marshall, Susan	10-26
Herald, Paula	10-05	Price, Ted	10-15	Gordon, Roger	10-26
Berry, Reva	10-05	Hodge, Donna	10-15	Morse, Rose	10-27
Littleton, Cathie	10-05	Robbins, Lori	10-15	Edwards, Virginia	10-27
Bires, Darla	10-06	Huff, Paul	10-17	Gregory, John	10-27
Mason, Janet	10-07	Justice, Claudia	10-18	Lang, Sandra	10-28
Richey, Virginia	10-07	Dorn, Norman	10-18	Iles, Kathy	10-28
Hubbard, Billy	10-0	Dillion, Sharon	10-18	Scott, Burt	10-28
Blair, Lois	10-07	Chenos, Pamela	10-18	Raine, Eliane	10-29
Carl, William	10-08	Chapman, Debra A.	10-19	Puckett, Helen	10-29
Maxwell, Steve	10-08	Kennedy, Mary Jo	10-20	Cooper, Karen	10-29
Walls, Larry	10-08	Gatrell, Carol	10-21	Willis, Jean	10-30
Tompkins, Charlene	10-08	Ballenger, Marilyn	10-22	Lynch, Barb	10-30
Beekman, Tim	10-08	Peters, Gary	10-22	Link, Charles W., Jr.	10-31
Nafzger, Carolyn	10-09	Brackett, Joe	10-22	Cooper, Donna	10-31
Haggit, Roy	10-10	Wheeler, Rhonda	10-22	McClaskie, Kathy	10-31
Litchfield, John	10-10	Roberts, Juanita	10-23	Dodds, J	10-31
Schunatz, Susan	10-10	Dunkle, Robert	10-23	Shilling, Darlene	10-31
Morris, Anne	10-11				

*You're  
So  
Sweet*

Thank you to those that have donated candy and money for candy for our treat basket. It is very much appreciated.

### Scramblers Answers:

- |              |           |              |           |
|--------------|-----------|--------------|-----------|
| 1. Bounce    | 2. Guide  | 1. Scorn     | 2. Revoke |
| 3. Glance    | 4. Random | 3. Glance    | 4. Single |
| Today's Word |           | Today's Word |           |
| GARBAGE      |           | DIVORCE      |           |



### You know you're from Ohio if.....

You know what a buckeye really is, and have a recipe for candy ones.

"Toward the lake" means "north" and "toward the river" means "south".

You can spell words like Cuyahoga, Olentangy, Bellefontaine, Tuscarawas, Wapakoneta and you know which letter is doubled in "Cincinnati."

You know that Serpent Mounds were not made by snakes.

You know what game they're playing when the Mud Hens take on the Clippers.

You've ever had to switch from "heat" to "A/C" in the same day.

You end your sentences with an unnecessary preposition. Example: "Where's my coat at?"

You know what pop is.

Driving is better in the winter because the potholes are filled with snow.



  
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## Madison County Senior Citizens Center

## Dated Material

P.O. Box 389  
280 West High Street  
London, OH 43140  
Phone: 740-852-3001  
Fax: 740-852-3052

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[We're on the Web!](#)

[mcsenior.org](#) or on Facebook at [Madison County Senior Citizens Center](#)

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October 2018

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**Misty Bradley, Executive Director**  
**Ramalingam Selvarajah, M.D., Medical Director**  
**Janisse Williams, Activity Coordinator/Marketing**  
**Marilyn Lowery, Front Office/ Substitute Driver**  
**Ruth Kennedy, Staff Nurse/Wellness Coordinator**  
**Beth Dillion, Daycare Aide**  
**Jeanna Bernard, Daycare Aide**  
**Bonnie Radcliff, Daycare Aide/Substitute**  
**Sandy Darlington, Daycare Aide/Substitute**  
**Jackie Cain, Homemaker**  
**Joanna Sadler, Chef**  
**Steven Wehrs, Cook**  
**Brenda Castle, Transportation Coordinator**  
**Carolyn Wilson, Driver**  
**Wayne Bricker, Substitute Driver**  
**Betty Lawrence, Substitute Driver**

The Madison County Senior Citizens Center is funded in part by Title III funds from the Older American's Act of 1965. These funds are administered by the Ohio Department of Aging and contracted to the local agencies by the Central Ohio Area Agency on Aging. Local funds are necessary to match these Federal dollars. They are made possible by Madison County Commissioners, a county wide levy, donations, contributions and fund raisers. The Center is non-discriminatory in services and employment. The building is handicapped accessible.

### **COAAA Advisory Council Meetings Open to Public**

The Central Ohio Area Agency on Aging (COAAA) Advisory Council will meet the first Thursday of each month.

Advisory Council meetings are scheduled from 10:30 a.m. to 12:00 p.m. All meetings except for December are held at the COAAA office, 3776 South High Street, Columbus, Ohio.

The council is comprised of volunteers from eight Central Ohio counties who represent the views of older adults in their specific communities and advise the Area Agency in its operations.

### **Mission Statement**

The purpose of the Madison County Senior Citizens Center is to encourage, foster, and develop opportunities for the senior citizens of Madison County through education, recreation, respite, nutrition, daycare services, and assistance in independent living.