

Golden Times

September 2019

Issue IX

Find the



hidden inside this newsletter. When you find the baseball, call the center at 740-852-3001 by Friday, September 13th 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 iced tea was on the back page.

Congratulations to Bob Godden, the lucky winner!



CLOSING

The Center will be closed on Monday, September 2, 2019 in observance of Labor Day.

2019 Governing

Board Members

Donna Sheridan-President

Jerry Tompkins- Vice President

Shirley Witwer-Secretary

Eilene Duncan

Sharon Manion

Loretta Anthony

Steve Saltzman

Madison County Senior Citizens Center



SEPTEMBER

September is National Senior Center Month. The theme for 2019 is ~The Key to Aging Well ~ senior centers are the future of what aging can be. Innovative programs hosted at senior centers can change the perception of aging, and create important community resources for aging.

We are blessed to have such an amazing center in Madison County, this center is important for so many seniors for different reasons. It is a place to socialize, which is crucial for the mental well-being as one ages. It is so important to keep active, physically and mentally, we always say "aging isn't for sissies," people are living longer, our job is to help them stay independent and active so they can enjoy their "golden years." We offer exercise programs (yoga, walking exercise, pickle ball, aerobics, chair volleyball, exercise room, line dancing, bowling), cards (euchre, bridge, hand and foot, there is always some type of card game going on) travel opportunities, day trips, multiple day trips, something for everyone. We have a very nice billiards room. I can't forget our Café, a great meal for a great price. But most importantly for our seniors, we offer services to help them maintain their independence, transportation, adult care program, homemaking, providing educational information to help with daily living, help at home assistance, we can help with sign up for Meals on Wheels, help sign up for food boxes, (we are a location pick-up for food boxes monthly) Medicare enrollment/education assistance. There are so many important services we offer outside of the center, but we also invite you to come in and make some new friends. We have some of the best members around, just ask our members from other counties that prefer our center because our folks are so nice and welcoming and just plain fun to hang out with. I'm glad there is a special month to celebrate senior centers, but I think we need to celebrate and spread the word about how important our center and all centers are to seniors every month.

I have a couple of our annual audits coming up, one this month and one in November. All part of our requirements for our COAAA grant funding. These funds are so important for the center so we need to make sure we are doing everything required of us. The funds help us pay for the services we provide, transportation, adult day center, supportive service, it's doesn't begin to cover the expenses of the programs, but every little bit helps.

Just a little update on the side lot, we are planning to blacktop it in the next few weeks. We considered chip/seal but frankly, it isn't much cheaper than blacktop so the board decided to go with the blacktop, it will last longer with minimal maintenance. We were also concerned that some of our members may have an issue walking on the chip/seal surface, we wouldn't want anyone to fall. We are using some of our bingo funding to help pay for this project. Thank goodness we have bingo revenue saved back for these projects and recent repairs. We have so much we would like to do on the side lot, but it is going to take some time and money. Have you been shopping on **Amazon smile** to donate to the center yet? I sure have, we received our first deposit from Amazon in August, only \$18.03, but hey, we are just getting started. Remember to tell your friends and family, school shopping, holidays are coming up, yes, I said the holidays. The exact log-in information is in the newsletter. Ready, set, shop, it adds up!

We are always in need of great volunteers! Give Janisse a call if you are interested. Thank you to all the members for the laughter I hear every day and thank you to everyone that helps at the center every day.

Misty

Paintings by Harry Croghan



A few of the couples that made Tecumseh a Date Night!

Ray Sheridan and Barb Florence

Donna and Michael Toy



The July Mystery lunch was at an Amish home. The food was soooo good!!



Mystery Lunch

Minerva Miller and Barb Andrix pretending to be pirates at Joes' Crab Shack. Also Charlene Tompkins and a bucket of crab legs! We had a great time!



Left to right: Deb and Steve Maxwell and Karen and Wayne Roberts.



We had a beautiful evening for our trip to see the play, Tecumseh. After riding the back roads to Chillicothe, we arrived and had a back stage tour. We then had a great buffet dinner at the theater. Afterward we had time to relax and do some looking around in the gift shop.

The show was amazing! The actors do such a good job. They don't even have to use microphones because the acoustics are so good in the theater. The horses are well trained and know all their cues.

After the show we arrived back at the Center shortly before midnight. A late night but a lot of fun with our good friends.

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

7-22-19 Evelyn Sullivan 65

7-29-19 Skip Fout 74

8-5-19 Helen Stevens 70

8-12-19 Roy Haggitt 73

8-19-19 Skip Fout 77

High Bridge Score

7-24-19 Kay Majka 3250

7-31-19 Bob Majka 3100

8-7-19 Evelyn Sullivan 4390

8-14-19 Jerry Cummins 3610



Rays of Hope For Seasons of Life Support Group

Tuesdays at 1:30 p.m.

At the Madison County Senior Center

This is for all ages and concerns we are trying to understand. In August we started dealing with grief/mourning, asking the question: Am I handling my life well or what can I do to make this time of transition better? Often we ask the question, "if only I had" or "I failed my loved one and will I get over this feeling of letting the loved one down"?

Questions, call:

Donna Wharton Care Counseling
cell -740-490-5936

E-mail—dmwharton342@yahoo.com

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

5:30 p.m.- 7:00 p.m. Line Dancing

Wednesday:

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

9:00 a.m. - Chair volleyball

10:00 a.m.—Pickleball at London Community Center

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 September 5th and 19th

1:00 p.m.—Pickleball at London Community Center

Friday:

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

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

10:00 a.m.- Chimes September 6th and 20th

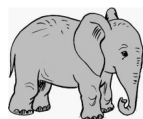
1:00 p.m.- Free Movie and Popcorn at the senior center. See what is playing on page 4.

UPCOMING DAY TRIPS!!



CINCINNATI REDS VS PHILADELPHIA PHILLIES—Thursday, September 5, 2019. We will leave the Senior Center at 10:15 a.m.. The game begins at 12:35 p.m. We will be stopping after the game at Aglamesis Brother's Ice Cream and Candy which has been in business since 1908.

SEPTEMBER MYSTERY LUNCH—Wednesday, September 25th. We will leave the Center at **9:30 A.M.** Fee for this trip is \$5. Lunch is on your own at this restaurant that had its start in 1907.



COLUMBUS ZOO—Tuesday, October 1st. We will leave the Center at 9:00 a.m. Trip fee is \$5. You will pay your zoo admission when we get there. On Tuesdays Seniors get in for half price, so your admission should be \$8.50. Lunch is on your own at the zoo. You can pack a lunch if you want but you will need to carry it with you. We will leave the zoo at 2:00 p.m.



SNOOTY FOX UPSCALE THRIFT SHOPPING!- Friday, October 11th. Fee for this trip is \$25 which is for your motor coach transportation. Lunch and driver tip not included. The bus will leave the Center at 9:00 a.m. Lunch is on your own at 1 of our stops.



PUMPKIN SHOW—Wednesday, October 16th. Trip fee will be \$5. Lunch is on your own at Pumpkin Show. We will leave the Senior Center at 9:00 a.m. and leave the Pumpkin Show at 1:00 p.m.

OCTOBER MYSTERY LUNCH—Monday, October 21st. We will leave the Center at 9:00 a.m. Fee for this trip is \$5. Lunch is on your own at this restaurant with a great view. Ice cream stop on our way home!

Call the Center at 740-852-3001 for more information or to sign up!

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.

*****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!!**

Delightful Dining

Sign up early! Sometimes late reservations cannot be accommodated at the restaurants.

Ride the vans for \$5.00 per person while the seats last or you may drive and meet us there.

Tuesday, September 3, 2019—Loretta's, 12 East Pike Street, Christiansburg, OH 45389

Vans will leave the center at 4:00 p.m. and arrive at the restaurant at 5:00 p.m.

Monday, October 7, 2019—Fazoli's, 1520 Hilliard Rome Road, Hilliard, OH 43026

Vans will leave the center at 4:30 p.m. and arrive at the restaurant at 5:15 p.m.

Multi Day Trip meetings

Friday, September 27th Chris Mays from Destination Tours will be here at 10:00 a.m. to tell us all about the Canada and New England Cruise for September 16-26, 2020.

Friday, October 25th Josh Wendt of Wendt Tours will be here at 10:00 a.m. with information about the Mackinac Island trip for June 22-25, 2020 and the Mid-Atlantic Rail Adventure and Washington D.C. Tour.

Please come check out all these trips have to offer. All of them should be a lot of fun! If you can't make it to the meetings and have questions, just call the Center at 740-852-3001.

2019 Multi Day Trip Information

Alaska Cruise September 9-18, 2019 We will leave the Senior Center Monday, September 9th at 4:15 a.m. Please be at the Center no later than 4:00 a.m.

Christmas at the Biltmore—December 4-7, 2019 **Still room on this trip!** Four days, 3 nights. Includes motorcoach transportation, 3 nights lodging, 3 breakfasts, 3 dinners, all shows and admissions, baggage handling, tips for driver, guides and porters, professional tour manager, travel insurance. Double \$899 per person, Triple \$884 per person, Single \$1,099 per person. **Deposit of \$150 per person will secure your reservation, with the balance due by September 15, 2019.**

2020 Trips

Mackinac Island and the Marvels of Michigan—June 22-25, 2020. \$959 per person, double, \$1,199.00 per person, single. Includes motorcoach transportation, 3 nights lodging, 3 breakfasts, 1 lunch and 2 dinners, all sightseeing & admissions, baggage handling tips for local guides and porters, tour manager, travel insurance. Visit Frankenmuth, Mackinac Island, the Grand Hotel and more! Deposit of \$100 per person secures your reservation, balance due by April 3, 2020.

Canada & New England Cruise—September 16-26, 2020. \$1281 pp Interior, \$1541 pp Ocean view. \$250 pp non refundable deposit holds your reservation on the cruise starting in Baltimore, MD, Boston, MA, Portland, ME, Bar Harbor, ME, St. John, New Brunswick and Halifax, Nova Scotia. We depart from Fellowship Baptist Church in Columbus and travel by motorcoach to Baltimore, MD. Price does not include travel insurance, shipboard gratuities, excursions, specialty onboard dining, casino play, specialty drink packages, or other onboard activities that carry a surcharge.

Mid-Atlantic Rail Adventure and Washington D.C. Tour—October 20-23, 2020. \$999 per person, double, \$1,279 per person, single. Includes motorcoach transportation 3 nights lodging, 3 breakfasts and 2 dinners, all sightseeing & admissions, baggage handling, gratuities for city guides & porters, tour manager, travel insurance. Tour to Pittsburgh, the nation's largest port, Station Square, river cruise on the Gateway Clipper. Travel by train to Washington, DC. through the Allegheny Mountains into the Potomac Valley. Tour DC that afternoon and the next day seeing Capitol Hill, White House, The Mall, Washington Monument. Stops made at Lincoln Memorial, Roosevelt Memorial, Korean & Vietnam War Memorial, World War II Memorial, Arlington Cemetery, the National Shrine and more. Deposit of \$100 per person secures your reservation with the balance due by July 15, 2020.



Free Friday Cinema at 1 p.m.

Free Popcorn!

September 6 Poms Diane Keaton, Jackie Weaver PG 13, 2019 comedy
 September 13 The Old Man & the Gun Robert Redford, Casey Affleck PG 13, 2018 crime thriller
 September 20 Beautifully Broken Eric Roberts, Michael Smith PG 13, 2018 drama faith
 September 27 Invincible Mark Wahlberg, Greg Kinnear PG 2006 drama biography

Movie Quotes—Guess the movie they are from. Answers on the puzzle page

1. Here's looking at you kid.
2. All right, Mr. DeMille, I'm ready for my close up.
3. You talking to me?
4. After all, tomorrow is another day!
5. I'll have what she's having.
6. There's no crying in baseball!

Flu shots

Thursday, October 3rd

10:30 a.m.—12:30 p.m.

Madison County Senior Center

280 West High Street

London Ohio

No appointment necessary



Painting Demonstrations

by Harry Croghan

Fridays from 9 a.m. to 11 a.m.

- Free demonstrations for painters and any others who would like to see colorful scenes come alive on canvas. Harry will show how to define and paint backgrounds then foregrounds with very simple composition techniques.
- There will be a new painting every Friday morning.
- Come and watch the creative mood of this class demonstration. Harry has been painting for almost 70 years!
- See page 2 for examples of some of Harry's artwork.



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Andrix, Barb	89	Florence, Barb	93	Harden, Jim	126	Noble, Gene	115
Cameron, Brenda	120	Florence, Phil	120	Hastings, Judy	119	Pickens, Ann	107
Cameron, Carol	141	Fuchala, Joe	120	Herman, Cecil	102	Ridolfo, Linda	156
Cameron, Richard	120	Garver, Carolyn	128	Johnson, Charlie	144	Sheridan, Ray	181
Conn, John	141	Glass, Duane	192	King, Carl	169	Threlkeld, Larry	125
Cooper, Barb	98	Gordin, Barb	117	King, Karen	137	Venrick, JR	153
Cwiekalo, Bert	137	Hackworth, Jane	120	Link, Bill	141	Weisman, Deb	84
		Hackworth, Paul	160	McDonley, Dolly	89	Wilson, Susan	120

6th Annual Holiday Craft Bazaar

Saturday, November 2, 2019 9 a.m.—2 p.m.

Mark your calendars for this fun event at the Senior Center! So far we have vendors with quilts, candles, glass block items, jewelry, baked goods, bibs, butterflies, Christmas items, romantic mystery books (the author will be here), musical CDs, embroidered items, sports memorabilia, crocheted items, hand sewn items, hand painted items, Color Street Nail products, Avon and more to come!



All of our table spaces have been rented. If you want to participate, call the Center to be on the Wait List.

Our Café will be open with delicious breakfast and lunch goodies.

Also we will once again have our FREE raffle drawings throughout the day! You do not have to be present to win. Last year we had 250 people in attendance, so come early for best selection!

Welcome New Members

Jill Boggs	Sandra Allen	Carol Ross	Karlene Hurley	Ray and Patsy Chamberlain
Cheryl Homeier	Roseanna Pearson	Mary Hartman	Sandra Jennings	
Maya Borukhovsky	Emogene Brockman	Colleen Fuchala	Carl Penwell	

Friendly Caller Program

We are looking for senior citizens that could like to call other seniors just as a check in. How often you call would be up to the senior you are calling. We also are taking names of those that would like to be called. Call the Center at 740-852-3001 if you are interested in this program.

Adult Day Center

Where does the time go and why so quickly?!?

Welcome to our newest member Jane Lighty to our ADC family. Jane does like to sing and likes to have fun! As we do a lot and laugh!

We are hoping to have some more new members here shortly.

Have a safe and happy Labor Day!

From Beth, Jeanna and all of our wonderful volunteers!



Don't forget.....

OSHIIP will be here
Monday, September 23rd
at 9 a.m. to help with
your Medicare questions.



HEALTHY U CLASSES

Living with Chronic Illness

Madison County Senior Center

THURSDAYS October 3-November 7th

1:00 p.m. to 3:30 p.m.

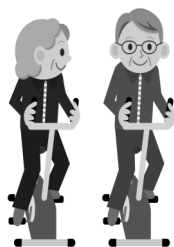
Do you have a chronic health condition that affects your everyday life? Then **Healthy U** is for YOU!

Healthy U is a free, six-session self-management workshop that has been proven to help people manage their symptoms better every day. If you have a condition such as diabetes, arthritis, asthma, heart disease, chronic pain, or other chronic conditions, you know the challenges.

During the series of six 2.5-hour sessions, participants learn to:

- Communicate with your doctor and family members about your condition
- Be more physically active
- Eat better
- Deal with negative emotions
- Set achievable goals

Attendance is required at all six sessions. Registration for Healthy U workshops is required. Call the Center at 740-852-3001 to sign up by September 23rd. Space is limited.



Our fitness room is open Monday through Friday whenever the center is open.

If you need any help with the machines, just ask at the front office.

3 Easy ways to support the Center!

amazonsmile

If you shop on **Amazon**, the Center can benefit.

All you have to do is go to the following address: **https://**

smile.amazon.com/ch/31-1195151.

Use your usual Amazon login and it will automatically send 0.5% of your purchases to the Center.

Planned Giving—What is it about?

It means you are planning to give a gift later. It is a plan that you put in your will, an item that is worked out with your family and attorney. From time to time, the Senior Center receives such gifts. Whether these amounts are small or large, they are extremely important.

If you would like more information, please contact Misty Bradley, Executive Director, at 740-852-3001.

Your call or meeting is strictly confidential. This is one of the easiest ways to leave a legacy to the Senior Center.

Required Minimum Distribution from your IRA—If you are 70 1/2 or older and have an IRA, you know that each year you must take your Required Minimum Distribution (RMD). But did you know that you can make a transfer directly from your IRA to a charity of your choice and the contribution is not taxed? You can give up to \$100,000 from your IRA to a charity and it will be counted towards your RMD but isn't included in your adjusted gross income. If you want further information on how you can make a gift to the Senior Center from your IRA, please contact your financial advisor.

You can give up to \$100,000 from your IRA to a charity and it will be counted towards your RMD but isn't included in your adjusted gross income. If you want further information on how you can make a gift to the Senior Center from your IRA, please contact your financial advisor.



WEDNESDAY NIGHT BINGO IS BACK!

WEDNESDAY, SEPTEMBER 4th AT 7:00 PM

ORIGINAL FORMAT

\$15 PER PERSON/9 PACK - 2 GAMES A SHEET

SPLIT THE POT

EXTRA COVERALL

HOG WILD PROGRESSIVE GAME

****No one under 18 allowed in the Bingo Hall**

DOORS OPEN AT 6:00 PM

SENIOR CAFÉ WILL BE OPEN



MADISON COUNTY SENIOR CENTER

280 WEST HIGH STREET • LONDON

740-852-3001 • mcsenior.org

Hobo Dinner Foil Packets

Here is something fun for the summer months.
This can be done on a grill or in the oven.

- 1 lb. lean ground beef
- 1 pkg. onion soup mix
- 4 small potatoes, peeled and sliced
- 2 cups chopped carrots
- 1 large thinly sliced onion
- 2 tbsp. Olive oil
- 1 tsp. garlic powder
- Salt and pepper to taste
- 1 can condensed mushroom soup

In the Kitchen with Joanna

Preheat oven to 375 degrees. Combine ground beef and soup mix in a bowl. Form into 4 patties and set aside. In a large bowl combine the remaining ingredients except the mushroom soup. Toss until well mixed.

Spray 4 sheets of 12 x 18 foil with pan spray. Place $\frac{1}{4}$ of the vegetable mixture onto the center of the foil sheets. Top with one of the beef patties. Put 2 tablespoons of mushroom soup on top of each patty. Seal foil packet wells. Place beef side up on a large baking sheet and bake 35-45 minutes or until potato and carrots are tender. Note: these foil packets can also be grilled at medium heat for 45 minutes or until the potatoes are tender and beef reaches 160 degrees.

Inspiration from Maya Angelou

Try to be a rainbow in someone's cloud.

We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty.

If you are always trying to be normal, you will never know how amazing you can be.

I've learned that you can tell a lot about a person by the way they handle these three things: a rainy day, lost luggage, and tangled Christmas tree lights.

No matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow.

Hate, it has caused a lot of problems in this world, but has not solved one yet.

The most called upon prerequisite of a friend is an accessible ear.

I believe every person is born with talent.

I've learned that making a "living" is not the same thing as making a "life".

Determine to live life with flair and laughter.

We may encounter many defeats but we must not be defeated.

My wish for you is that you continue. Continue to be who and how you are, to astonish a mean world with your acts of kindness. Continue to allow humor to lighten the burden of your tender heart.




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 E-mail FMCPT@columbus.rr.com

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County
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Timothy R. Stonecipher, Attorney 740-837-4967

Madison County Senior Citizens Center

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

We're on the Web!

mcsenior.org or on Facebook at Madison County
Senior Citizens Center



September 2019

Dated Material

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

Don Hawkins, Substitute Driver

Luther Dolby, Maintenance

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.