

Golden Times

May 2023
Issue V

Madison County Senior Citizens Center



Happy May All! April was a busy month for me, we completed our annual financial audit, we had a clean audit. I completed our Alzheimer's grant application for our new four year contract, I will have a couple more to complete this year...

So, this month I will be able to join the MCSCC, yep, I will be 55 this month, I'm sure that made my Mom feel old 😊 sorry Mom. It is such a blessing to get older, I am always thankful for another year. If I could just find that magic mirror that Snow White had, you know the one that says you're the fairest of them all, and possibly hides all of the aging imperfections, it seems every morning there is some new surprise. **"Do not regret growing older, it's a privilege denied to many."**

We have several great trips coming up, our first Snooty Fox trip for the year is in a couple weeks. Just a reminder, because I heard this yesterday from several members who missed out on an upcoming trip, if you see a trip in the newsletter and think you may want to go, sign up quickly, we have waiting lists on a couple of our big trips coming up. The vans and buses fill up quickly, we don't want you to miss out on the fun. I know Janisse is always busy looking for new places to go, if you have any suggestions let us know.

I hope you plan to join us for our senior week, May 8–12, we have a lot of fun things planned, look inside for all the details. I know for a fact that the spring chickens have been practicing, the staff hasn't, good chance this won't be the year the staff finally wins. Euchre players, Wednesday is your day, mark your calendar, we would love to see a full room. I would like to thank Merchants Nat'l Bank for sponsoring our ice cream social again this year, ice cream always a big hit, and the café will also be open on that Friday for lunch.

We still need a PT person for our Adult Care Program. The person for this job must be patient and kind with our ADC members, and our center members. If you are interested or know someone, please send them our way.

Thank you for the laughter I hear every day and to everyone that helps at the center every day!

Misty

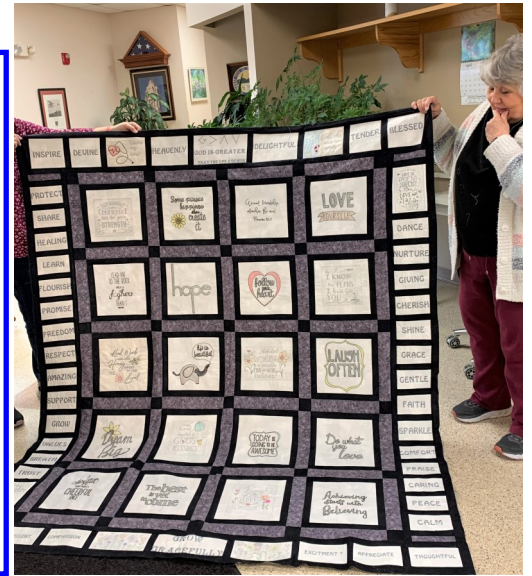


Find the dandelion hidden in this newsletter. When you find it call the center at 740-852-3001 by Friday, May 19th and tell us where it is located. If correct, your name will be entered into a drawing to win 5 free lunches. Remember it may not be on a color page. Last month the Easter egg was on the insert. Congratulations to Bailey Baynes, the lucky winner!



Left: Marvin Conley brought in a quilt he finished. There are over 400 “bricks” on this king size quilt.

Right: Pat Kinman made a quilt for her granddaughter for a graduation gift. Her granddaughter requested that it have inspirational sayings on it. What a treasure!



April's Paint and Vino class. Everyone did a great job!



Phil Henry and the amazing flags he made for us.



Adult Day Center folks and some Easter bunny crafts they made.



High Euchre Score

3-27-23 Deb Vecchiarelli 75

4-3-23 Jane Finchum 64

4-10-23 Cheryl Holland 83

4-17-23 Skip Fout 66

High Bridge Score

3-29-23 Marylou Murphy 4710

4-12-23 Betty Cummings 3960

4-19-23 Barb Tope 3280

New Members!**Misty and Marlin Bradley****Janet Brown****Shirley Gordon****LaDonna Reeder****Linda Stier****Patricia Braskett****Paul and Janet Turner****Robert Conrad****Colleen Holloway****James Vest and Pat Watts****Robert and Pamela Lapointe****Fred and Pam Bluhm***Welcome***2022 Governing Board Members**

Donna Sheridan-President

Jerry Tompkins- Vice President

Loretta Anthony—Secretary

Sharon Manion

Steve Saltsman

Tom Lawrence

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

Wednesday:

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

9:00 a.m.—Chair Volleyball

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

12:00 p.m.—Bridge

1:00 p.m.— Yoga Stretch

2:00 p.m.—Diabetes & Weight Loss Support Group

Thursday:

9:00 a.m.—Chair volleyball

2:00 p.m.—Grief Support Group, 3rd Thursdays

Friday:

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

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

10:00 a.m.—Chimes, first and third Fridays

1:00 p.m.—Free Movie and Popcorn at the senior center.

The Center's Fitness Room is open Monday through Friday, 8:00 a.m. to 4:00 p.m.

We have 3 treadmills and 3 exercise bikes.

Please wipe down the machines you use when you are finished. Thank you!



UPCOMING DAY TRIPS!!

Snooty Fox shopping trip!! - Friday, May 5th. We will leave the Center promptly at 8:45 a.m. and return around 6 p.m. Lunch will be on your own at our Hyde Park stop.

Blooms & Butterflies at Franklin Park Conservatory—Tuesday, May 16th. This trip will leave at 9:00 a.m. Trip fee is \$20 which includes admission and van fare. Lunch will be on your own at the Garden Café in the Conservatory.

May Mystery Lunch—Thursday, May 18th. We will leave the Center at 10:30 a.m. Trip fee is \$5.

Kingwood Gardens and Ohio Reformatory Tour—Thursday, June 15th. Trip fee is \$96. which includes entry fees, motor coach and lunch. Driver tip not included. Deadline to pay is May 12th. No refunds after this date.

We will leave the Center at 8:45 a.m. Our first stop will be at the Kingwood Gardens for a self guided tour of the beautiful flower gardens and the mansion. Lunch will be in the Gateway Café and will include pulled pork, bbq pulled chicken, macaroni & cheese, beans, cole slaw, and frosted brownies. We will leave Kingwood no later than 12:15 p.m.

Our next stop will be at the Ohio State Reformatory also known as the Mansfield Reformatory, is a historic prison located in Mansfield, Ohio in the United States. It was built between 1886 and 1910 and remained in operation until 1990. This is where much of the movie Shawshank Redemption was filmed.

We will be doing a self guided tour with a listening device for each person. Newly installed elevators will make our visit much more enjoyable. It takes 1 1/2 to 2 hours to do the self guided tour. We plan to leave the Reformatory about 2:45 p.m. As we leave Mansfield we will be making a stop at Whit's Frozen Custard for ice cream or a snack (on your own).

June Mystery Lunch and short tour—Thursday, June 22nd. This trip will leave the Center at 9:30 a.m. Trip fee is \$10 which is your van fee and tour fee.

Rock and Roll Hall of Fame—Wednesday, September 20th. Trip fee is \$70 due by August 1st. No refunds after this date. Your fee includes motor coach transportation and your admission. *Driver tip not included.* This trip will leave the Center at 7:30 a.m. We will be making a quick stop on the way at a McDonald's or similar for a rest break and you can purchase food if you are hungry. We plan to make it to the Hall of Fame by 10:30 depending on traffic, etc. Lunch will be on your own at the All Access Café in the Rock and Roll Hall of Fame. You should have about 3 to 3 1/2 hours for lunch and to tour the museum. We plan to leave at 2:00 p.m. A rest stop will also be made on the way back to London.

Miracle On 34th Street at LaComedia—Wednesday, November 8th. The story of the real Santa Claus, Miracle on 34th Street is one of the most beloved holiday films of all time. The \$80 fee includes motorcoach transportation, buffet lunch and the show. Driver and server tip not included.

Delightful Dining

Don't forget to call the Center and let us know if you plan to come, so we can give the restaurant an accurate count. Sign up early! Sometimes late reservations cannot be accommodated at the restaurants.

Monday, May 1st—Ding Ho, 120 Phillipi Road, Columbus. Van fee is \$5. The van will leave the Center at 4:00 p.m. and meet those driving to the restaurant around 4:45 p.m.

Monday, June 5th—Eat Greek, 275 East Main Street, West Jefferson. Van fee is \$5. The van will leave the Center at 4:00 p.m. and meet those driving to the restaurant around 4:15 p.m.

When you sign up for a day 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 we are taking a motorcoach, the cost of the coach is not refundable within 30 days of the trip. 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!!**

OVERNIGHT TRIPS!!

Remember...you don't have to be a member of the Center to go on overnight trips. Tell your friends!

Price drop on Wine Down trip!!

"Wine Down" in Ohio Wine Country— August 23-25, 2023. "Wine" your way to Northeastern Ohio, home to award winning wineries and shops. Visit wineries, sample wines and enjoy breathtaking views of Lake Erie with a relaxing two night stay at The 4-Star Lodge at Geneva-on-the-Lake. This tour includes Gervasi and Raven's Glen Wineries as well as shopping in Canal Fulton and Roscoe Village. **Per person price Double—\$720 or Single—\$998. A \$200 deposit per person will hold your reservation with your final payment due by June 1, 2023.**

New Trip!

*****There are only a few seats left. If you are thinking of going make sure you get your deposit in.**

America's National Parks-September 6-13, 2023. Includes Glacier National Park, Yellowstone, Montana's Big Sky Country, Old Faithful, Snake River Float Trip, Jackson Hole, Great Salt Lake, Silver Mine Tour Grand Tetons National Park, Mammoth Hot Springs and more.

Tour includes: Round trip air transportation, motor coach transportation, 7 nights lodging, 10 meals (6 breakfasts and 4 dinners), all sightseeing and entrance fees, tips for local guides and porters, professional tour manager

Tour Fares: \$3,799 per person double, \$3,729 per person triple, \$4,999 per person single. A \$350 per person deposit will hold your reservation with the balance due by June 1, 2023. Travel insurance is available.

!!!A note about the Blue Christmas trip. If you are at all interested, please get your deposit in as soon as possible. There are 2 dinners that we will be attending and seating is limited.

Blue Christmas—Elvis, Graceland, Memphis and Nashville! December 3-7, 2023. Double—\$1,778, Triple/Quad—\$1,713 and Single \$2,217. Tour includes, motor coach transportation, 4 nights lodging, Graceland Private VIP Evening Tour, 4 breakfasts, 2 dinners, tour of Ryman Theater, Nashville's Broadway Street, Merry, Merry MoJo Tour, Elvis Blue Christmas Holiday Concert, Sights and Soul of the Memphis City Tour, The Stax Museum. A deposit of \$300 holds your reservation.



Final payment due October 1st, 2023.

Not Included—Meals not specified in the itinerary, travel insurance, and extra tips for guides and drivers.

Travel insurance is highly recommended. Visit www.GoPrimeTours.com or email info@goprimetours.com for more information on travel insurance.



"Your boss said a few mechanics called off sick, so he wants to know if you could fly back to work on a few trucks. If you do, he'll buy you lunch"

The Senior Fair is Back!

Tuesday, May 9th

9:00 a.m. to 1:00 p.m.

Vendors, Raffle Prizes, Free Lunch

Attending Agencies and Vendors List

Aetna	Good Shepherd Village	Mid-Ohio Food Collective
Alzheimer's Association	Lifecare Alliance	Ohio's Hospice Loving Care
Anthem Blue Cross/Blue Shield	Lifeline of Ohio	Ohio Consumers Council
Arbors West	Lions Club	OSHIIP
Bluebird Retirement	London Public Library	Pure Health at Home
Clear Caption	London Rehab	Smooth Transitions
Central Ohio Area Agency on Aging	Madison Co. Public Health	Vitas Healthcare
London City Fire Department	Madison Health	Wooded Glen
Columbus VA	Madison Senior Living	
Dermatologists of Central States	Med Mutual	

Free Friday Movies at 1:00 p.m.

Members Only

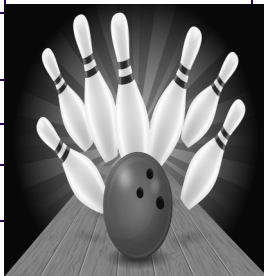
May 5 – 12 Mighty Orphans – Luke Wilson – Vinessa Shaw – 2021 – Drama Real Life – PG-13 □□□□

May 12 – Mrs. Harris Goes to Paris – Lesley Manville – Isabelle Huppert – 2022 – Drama PG □□□/

May 19 – Jerry & Marge Go Large – Bryan Cranston – Annette Bening – 2022 – Comedy - PG-13 □□□/

May 26 – Faith Under Fire – Kevin Sorbo – Dean Cain – 2020 – Faith Spirituality - NR □□□



B O W L I N G	Andrix, Barb	98	Goff, Terry	169	Stout, David	152	
	Burdett, Diane	134	Hatfield, June	108	Thornber, Sandy	102	
	Cooper, Barb	86	Noble, Gene	119	Weisman, Debbie	94	
	Ellars, Greg	139	Omen, Deb	74	Tuesday from 10 to 12		
	Ernst, Terry	108	Phinney, Hope	77	at Madison Lanes		
	Florence, Barb	90	Pickens, Ann	114	In London.		
	Glass, Denise	103	Ridolfo, Linda	170	Your \$10 fee includes		
	Glass, Duane	191	Sheridan, Ray	169	3 games & shoes		

Senior Week Activities**Week of May 8th, 2023****Monday**—Chair Volleyball at noon. Staff vs Seniors!**Tuesday**—Senior Fair and free lunch for seniors**Wednesday**—Euchre Tournament starting at 1:00 p.m.**Thursday**—Raffle Day! Everyone that comes in for lunch is entered into a drawing for a chance at a \$50 Wal-Mart or \$50 Kroger gift card.**Friday**—Lunch and free Ice Cream Social starting at noon.
**Grief Support Group at the
Madison County
Senior Center**
**Third Thursday of each
month at 2:00 p.m.**

**Easy ways to support 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.

Adult Day Center

We all hope everyone had a wonderful Easter. Thank yous to Betty Mastin and Linda Cossin for the thoughtful gestures of providing our members "Easter Treats."

Spring has arrived, however Mother Nature seems to be confused. Snow in April? Oh well! We did get the opportunity to enjoy some patio time this month and looking forward to some more. It is hard to believe we are so close to Memorial Day.

We also celebrated birthdays for Dorothy on the 20th and Roger on the 31st.

We are still looking for that special person to join our ADC team as a part time aide.

Happy Spring!

Beth and Patsy

Senior Farmers' Market Nutrition Program


Applications are available at the Senior Center for coupons for the Farmer's Market. You must be at least 60 years of age and meet income requirements.

Household Income of:

1— \$0—\$26,973 2—\$0—\$36,482 3—\$0—\$45,991

4—\$0—\$55,500 5—\$0—\$65,009 6—\$0—\$74,518

Call the Center at 740-852-3001 with questions.

May Birthdays!

Patron	Birthday	Patron	Birthday
Florea, Garry	05-01	Tope, Barbara	05-18
Reynolds, Elaine	05-01	Gilkey, Jim	05-18
Kinman, Patricia	05-01	Jerman, Mary Anna	05-20
Chatfield, Bonnie	05-02	Thum, Cathy	05-20
Dillion, James	05-02	Johnson, Connie	05-20
Daniels, Ron	05-03	Conrad, Ruby	05-21
Oyer, Nell	05-04	Koesters, Jane	05-21
Evans, Patricia	05-04	Craig, Sandy	05-21
McDonley, Dolly	05-06	Williamson, Julie	05-21
Powell, Frank	05-07	Edwards, Ann	05-22
Seaman, Paul	05-07	Rings, Alvin	05-22
Justice, Bill	05-08	Mason, Michael	05-22
Woods, Doris	05-08	Baker, Christine	05-22
Atalla, Ellen	05-09	Kennedy, Daisy	05-23
Barnhart, Les	05-09	Rice, Anthony	05-23
Cover, Marjorie	05-10	Norman, Diana	05-23
Smith, Cyndi	05-10	Hall, William	05-24
Woods, Margaret	05-11	Penix, Nancy	05-25
Bower, Joyce	05-11	Eldridge, Robert	05-26
Skinner, Sherry	05-11	Pass, Jeanette	05-27
Dodds, Lisa	05-11	Kavy, Stanley	05-27
Hart, Paul	05-12	Fladt, Carl	05-27
Perry, Sharon	05-12	Brennan, Michael	05-27
Kinman, Arnie	05-12	Burkhart, Gary	05-28
Calomeni, Phyllis	05-12	Fout, Edward	05-28
Noble, Cheryl	05-12	Robinson, Vickie	05-28
Green, Virgil	05-14	Watson, Valerie	05-28
Powell, Nancy	05-14	Saul, Charlene	05-29
Yates, Jim Jr.	05-14	Cunningham, Joyce	05-29
Branson, Elizabeth	05-15	Romer, Janice	05-30
Fordyce, Charles	05-16	Fischer, Sondra	05-30
Maharrey, Linda	05-17	Wilson, Linda	05-30



Easy Banana Pancakes for Two

1/2 c. flour

1 1/2 tsp. sugar

1 tsp. baking powder

1/8 tsp. salt

1 medium to large very ripe banana

1 large egg

2-3 tbsp. milk

1 tbsp. vegetable oil or melted butter

1/2 tsp. vanilla



In a small bowl, whisk together flour, sugar, baking powder, and salt.

In a medium bowl, use a fork or potato masher to mash peeled banana very well. Add egg, 2 tbsp. milk, oil, and vanilla, and mix until well combined.

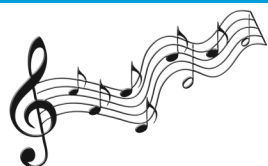
Add flour mixture and use a spoon to stir until just combined. If batter seems too thick, add up to 1 tbsp. more milk.

Heat a griddle to 350 degrees or a skillet over medium heat (no higher). Once cooking surface is hot, lightly grease with butter or cooking spray and add pancake batter using a 1/3 cup. Cook first side until the tops of the pancakes begin to bubble. Flip and cook until cooked through.

Happy Mother's Day!

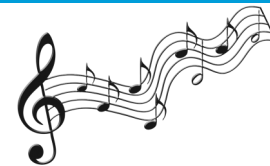
- "A mother is your first friend, your best friend, your forever friend." —Unknown
- "When you are looking at your mother, you are looking at the purest love you will ever know." —Charley Benetto
- "Mother is the heartbeat in the home; and without her, there seems to be no heartthrob." —Leroy Brownlow
- "Mothers are like glue. Even when you can't see them, they're still holding the family together." —Susan Gale
- "My Mother: She is beautiful, softened at the edges and tempered with a spine of steel. I want to grow old and be like her." —Jodi Picoult
- "Mother is the name for God in the lips and hearts of little children." —William Makepeace Thackeray
- "The influence of a mother in the lives of her children is beyond calculation." —James E. Faust





Save The Date!

Friday, June 16, 2023



Free lunch at starts at 11, followed by musician Matt Rees starting at noon. To be held in our shelter house, weather permitting.

Nurse Delivered Foot Care at the Senior Center by Restorative Foot and Nail Care

Services include:

Routine maintenance and advanced foot & nail care

Personalized assessment of your feet and nail needs

Toenail trimming and filing

Reduction of corns and calluses

Referrals to appropriate resources

Fee—\$35

To schedule an appointment call 937-499-4043.



Medicare Questions?

OSHIIP representative, Andrew Haggard, will be here once a month at the Center to answer your Medicare questions. Call the Center at 740-852-3001 to schedule an appointment. There will be a maximum of 4 half hour appointments each time he comes.

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 Gary Likens, 505-934-9700.

Friends of Madison County Parks & Trails

Supporting our community & the
Madison County Park District
since 1999

fmcpt.com
info@fmcpt.com



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Just when it thought

life was ending,

the caterpillar

became a butterfly.



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MEMBER
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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



May 2023

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, Adult Day Center Coordinator
Patsy Bricker, Adult Day Center Aide
Bonnie Radcliff, Adult Day Center Aide/Substitute
Sandy Darlington, Adult Day Center Aide/Substitute
Brenda Lewis, Cook
Norma Hawkins, Cook
Brenda Castle, Transportation Coordinator
Wayne Bricker, Driver
Don Hawkins, Substitute Driver
Martha Parsons, Substitute Driver
Mark Bires, Substitute Driver
Stephen McClaskie, Substitute Driver
Mike Koesters, Substitute Driver
Luther Dolby, Maintenance

Dated Material

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.