


Golden Times

July 2019

Issue VII

Find the 

hidden inside this newsletter. When you find the hotdog, call the center at 740-852-3001 by Friday, July 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 bike was on the page 2.

Congratulations to Shirley Witwer, the lucky winner!

The Center will be closed on Thursday, July 4th for Independence Day.



2019 Governing

Board Members

Donna Sheridan-President

Jerry Tompkins- Vice President

Shirley Witwer-Secretary

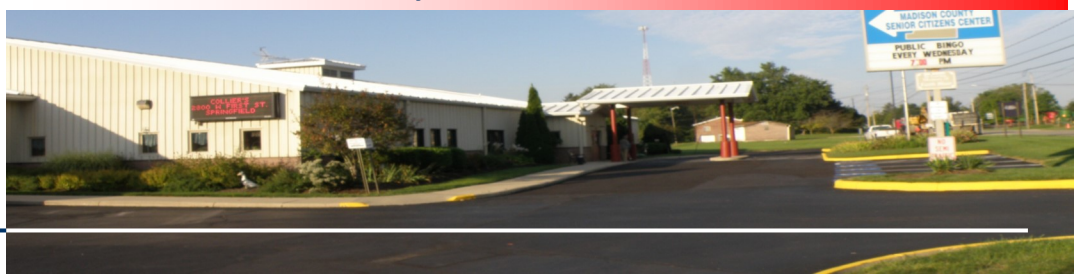
Eilene Duncan

Sharon Manion

Loretta Anthony

Steve Saltsman

Madison County Senior Citizens Center



If you are a regular visitor to the center you've probably noticed the work going on with the side lot. A year after we purchased the lot we are working on adding some additional parking spots, it is still blocked off because we have a final stage to complete, so bear with us. We have some other ideas we are working on, as always I will keep you posted. We hope new activity additions will encourage more folks to come out and enjoy the center, sorry not a swimming pool, but other outside activities. All of these things require money, we are utilizing bingo funds and funds the center has set aside for these projects, but if you would like to contribute to make your center an even better place, please feel free to do so. Remember if you don't want anyone to know, I am a great secret keeper.

Speaking of donating, we have come up with another way you, your friends and family can make a donation to the center by doing something you do all the time, shopping. We have a donation account set up through [Amazon Smile](#), any time you shop with Amazon, if you log on through our specific [Amazon Smile](#) log-in you will automatically be donating money to the center. I am a regular contributor, perhaps too regular, but I like knowing anytime I spend money with Amazon the center gets a little money too. We have the log-in details on page 10.

Well, we won't be doing our levy renewal this year. Unless we are asking for more money, which we aren't, we can't do our renewal until next year. It is important for us to keep spreading the word about our center even when it isn't levy renewal time. I wish every senior in Madison County was a member. we have a nice membership number, but it would be great to have more. What would be even better, if we had more of our members coming into the center for daily activities and lunch?

I also wanted to take a moment to let you know we have some openings in our Adult Care Program, we recently lost a couple of our long term members and would love to fill those spots. If you know someone who could benefit from our program please let them know and have them call me for details. It is an amazing program and we would like to help more families with some caregiver respite services.

Thank you for the laughter I hear every day and to everyone that helps at the center every day. Have a Safe 4th of July! God Bless our Country.

Misty

Ohio Caverns and Lunch at Uncle Beth's



Left to right: Michael Toy, Jim & Dorothy Rolfes, Jerry Tompkins, Barb Andrix, Bailey Baynes, John Gregory, Dolly McDonley, Sandy Thornber, Barb Gordin, Janisse Williams and Janet Hysell.



Chowing down on Ribs and BBQ at Uncle Beth's! So good!!



Barb Andrix and Barb Gordin in the outhouse behind Maries's candy.



It was beautiful inside the cavern. We had a really good guide. The history of how it was discovered and the work that was done to make it accessible is very interesting.



Left: Stop in sometime and see the beautiful Café sign that was created for us by artist, Alice Kennedy.

She did a wonderful job! The details of the Courthouse and the barn and fields representing Madison County are amazing.

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

5-20-19 Helen Stevens 89

6-3-19 Skip Fout 78

6-10-19 Florence Gross 70

6-17-19 Karen Shaw 78

High Bridge Score

5-22-19 Doug Pyles 4530

5-29-19 Kate Sparks 4320

6-5-19 Doug Pyles 4720

6-12-19 Betty Cummins 4220



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 cancelled for June and July

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

Thursday:

9:00 a.m.. - Chair volleyball

9:00 a.m.- Fun Bingo July 18th only

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 July 5th and 19th

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

Rays of Hope For Seasons of Life Support Group

July will find the support group meeting in the air conditioned Senior Center every Tuesday at 1:30 p.m. We are working through the emotions we experience at any age, started with anger, grief or all stages of life. Are you scared of the future? Loss seems to be around every corner and sometimes we need help accepting not just the loss of loved ones but loss of our freedom to do what was normal, and know it is difficult. We all deal with our emotions, come learn and share.

Donna Wharton Care Counseling
cell -740-490-5936

E-mail—dmwharton342@yahoo.com



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



UPCOMING DAY TRIPS!!



JULY 1ST-Call and get on the Snooty Fox list for October starting at 8 a.m.!!!

OHIO STATE FAIR—Tuesday, July 30th. Fee for this trip will be \$10 which includes van transportation and admission to the fair. Lunch is on your own. Deadline to sign up and pay is June 19th. We will leave the Center at 9:00 a.m. and leave the fair at 2:30 p.m.

JULY MYSTERY LUNCH—Wednesday, July 31st. Fee for this trip will be \$20 which includes your lunch and van transportation. We will leave the Center at 10:45. This was our first Mystery Lunch we took and was a favorite. **You must pay for this trip by July 15th.** No refunds after that date. Sign up soon!

CIRCLEVILLE QUILT SHOW—Thursday, August 1st. Fee for this trip is \$5. We will leave the Center at 8:30 a.m. and leave the quilt show at 11:30 a.m. Ice cream stop on the way home in Mt. Sterling.

AUGUST MYSTERY LUNCH—Wednesday, August 7th. Fee for this trip is \$5. We will leave the Center at 10:30 a.m.

ON GOLDEN POND AT LACOMEDIA—Friday, August 23rd. See the details on page 6. You don't want to miss this one! **Deadline to sign up and pay is July 16th.**

SEPTEMBER MYSTERY LUNCH—Thursday, September 5th. We will leave the Center at 10:30 A.M. Fee for this trip is \$5.

SNOOTY FOX UPSCALE THRIFT SHOPPING!— Friday, October 11th. On **Monday, July 1st** starting at 8 a.m. you may call the Center at 740-852-3001 to get on the list for this trip! Fee for this trip is \$25 which is for your motor coach transportation. Lunch and driver tip not included.

Cincinnati Reds vs Philadelphia Phillies Thursday, September 5, 2019



\$99 per person due by July 15th



We will leave the Senior Center at 10:15 a.m.. The game begins at 12:35 p.m. We will be seated in the lower level infield box seats. Lunch will be on your own at the game.

The Reds are celebrating the 150th anniversary of the baseball's first professional team!

Christmas in July July 15, 2019



We will be leaving the Senior Center at 7:15 a.m. so please plan to arrive no later than 7:00 a.m. We will return to the Center approximately 6:45 p.m.

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.

Monday, July 1, 2019

Streetside 62

2007 Columbus Avenue

Washington C.H., OH 43160

Vans will leave the center at 4:30 p.m. and arrive at the restaurant at 5:00 p.m.

Monday, August 5, 2019

City BBQ

2261 Stringtown Road

Grove City, OH 43123

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

TRIP SURVEY

Please call the Center at 740-852-3001 if you would be interested in going on any of the following overnight and/or day trips. Train trip to Washington D.C., Mackinac Island, Autumn cruise up the East Coast, Nashville at Christmas, Rock and Roll Hall of Fame, Indiana Amish Country, Armstrong Air and Space Museum. No obligation if you call in, just trying to see what you may be interested in.

2019 Overnight Trip Information

Final Meeting for Alaska is July 9th at 9:00 a.m.

Alaska Cruise September 9-18, 2019. If you are signed up and have questions or need help with booking excursions or paying for prepaid items on the cruise, call Janisse at the Center, 740-852-3001.

Still room on this trip!



Christmas at the Biltmore—December 4-7, 2019 Four days, 3 nights. Includes Biltmore House and Gardens, Biltmore Estate Winery, Blue Ridge Parkway, Candlelight Christmas Evening, Folk Art Center, Grove Arcade, National Gingerbread House Display, Biltmore Village, Asheville City Tour. Also 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.**

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



Tecumseh!

Thursday, August 15, 2019

\$97 per person

Travel with the Madison County Senior Center to Chillicothe, Ohio to the Sugarloaf Mountain Amphitheater to witness the epic life story of the legendary Shawnee leader as he struggles to defend his sacred homelands in the Ohio country during the late 1700's.

We will have a backstage tour by cast members and learn about the drama's historical setting, weaponry, and production techniques.

A Frontier Dinner Buffet is included featuring a wide selection of wholesome American foods. You won't walk away hungry! Explore the grounds after dinner and visit the prehistoric Indian mini-museum. Browse for souvenirs at the Tecumseh Trading Co. Gift Shop. Then sit beneath the stars and experience Tecumseh! Sheer spectacle will surround you with a herd of galloping horses, live military cannons in action and the most dazzling battle sequences.

Save your seat on the motorcoach with \$50 down. Balance is due by Monday, July 8th.

We will leave the Center that day at 2 p.m. and return approximately at midnight. Expect small amounts of walking with time to rest on the coach and between attractions.

Last Call!!!!

Please sign up and pay by July 16th.

On Golden Pond at LaComedia \$65 Friday, August 23, 2019

This classic American comedy/drama is every bit as touching, warm and witty today as when it debuted on Broadway in 1979.

Ethel and Norman are retired and spend every summer at their home on Golden Pond. Their adult daughter visits, along with her fiancé's teenage son. The turbulent relationship between father and daughter, the generation gap between young and old and the difficulties facing a couple in the twilight years of a long marriage make for a moving play.

Your \$65 fee includes motor coach transportation, buffet lunch with dessert and drink, and the play. Server and driver tips not included. **The motor coach will leave that morning at 9:30 a.m.**

Free Friday Cinema at 1 p.m.



Free Popcorn!

July 5	In Her Shoes	Cameron Diaz, Toni Collett	2005	PG-13	Comedy
July 12	The Vanishing	Gerard Butler, Peter Mullan	2019	R	Thriller
	Based on historical events				
July 19	Fighting with my Family	Florence Pugh, Nick Frost, Dwayne Johnson	2019	PG-13	Comedy
	Based on true events				
July 26	On the Basis of Sex	Felicity Jones, Armie Hammer	2018	PG-13	Drama

Movies subject to change due to availability

Holiday Bazaar

Saturday, November 2, 2019

If you are interested in being a vendor at the Bazaar, please call the Center or stop in and sign up. Senior Center members pay \$15 per table space and non members pay \$20 per table space. We have sold half of our table spaces already!



Welcome New Members

Don Hemmelgarn and Gayle Heitkamp
Diane and Francis Furbee
Charles and Melinda Stevens
Alexander and Roberta Cwiekalo, Jr.
Bob and Harriet Dana
Kathy Lecocq
Ramona Blue
Carol Cameron
Jean Davis



Adult Day Center

July already? There does the time go?!

June was an unfortunate time for us. Two of our ADC family members have moved to other places and we were also saddened by the passing of Rheta Holly. Linda, Dottie and Rheta we sure do miss you!

Thank you to all that donate to us for Bingo prizes and "Goodies" that you provide to us. We would also like to welcome Shannon Hix and Diane Tuite. They are our newest victims-oops, we mean volunteers.

Marilyn Henry and Charlie, the therapy dog, have retired from visiting and we will miss them very much.

We had a picnic as a special treat-thanks to Sandy Darlington for preparing a taco salad and a cheese ball for the occasion. It sure was good!

We celebrated John Buekers 91st birthday in June. Happy birthday John!

Have a safe July and be happy!

From Beth, Jeanna and all of our wonderful volunteers!





WEDNESDAY NIGHT BINGO IS BACK!

NO JULY BINGO!

WEDNESDAY, August 7th 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

Ranch Wraps

In the Kitchen with Joanna

Since July is usually a very hot month, I thought I would give you a recipe for Ranch Wraps.

- 1 cup Ranch Dressing (flavor of your choice)
- 8 oz. Softened Cream Cheese
- 4 large Flour Burrito Tortillas, you could also use spinach or tomato tortillas or flatbread
- 10 oz. deli sliced turkey, ham or roast beef
- 10 oz. Colby-Jack cheese, shredded
- 1 large tomato, diced small
- 1 pkg. baby spinach, thoroughly washed and well drained

Blend cream cheese and ranch dressing together until smooth. Spread mixture evenly on all the tortillas.

Layer meat, cheese, tomatoes and spinach leaves, leaving about a one inch border around the edge of the tortilla.

Fold the bottom edge in towards the center, then roll away from you until the filling is completely wrapped (similar to rolling an eggroll). Place seam side down and cut in half diagonally.

Riddles and Jokes!

Why were the first Americans like ants?

They lived in colonies.

What did one flag say to the other flag?

Nothing, it just waved.

A battery and a firework were arrested. They charged one, and let the other one off.

What's the difference between a duck and George Washington? One has a bill on his face and the other has his face on a bill?



Senior Citizens Serenity Prayer

God, grant me the serenity to forget the people I never liked anyway,
The good fortune to run into the ones that I do,
And the eyesight to tell the difference!



If you shop at Amazon, the Senior 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.



If you have any questions call the Center and thanks in advance for your contributions!


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Madison County Senior Citizens Center

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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



July 2019

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

Don Hawkins, 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.