

Golden Times

March 2019

Issue III

Madison County Senior Citizens Center



Find the



hidden inside this newsletter. When you find the sun call the center at 740-852-3001 by Friday, March 15th 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 cherries were found on page 5.

Congratulations to Joann Hedges, the lucky winner!



March. Time marches on, marches, sorry...I have enjoyed the snow this year, I hope for a little more before winter ends, not the ice mind you, but some pretty snow and then bring on a beautiful spring. I've ordered some new flowers for the season, so I am ready to get started on the 2019 gardening season. I guess El nino will be around for summer and according to the weather people, the Ohio valley is going to be very dry this year, although we are setting records for rain to start this year. Oh well, we'll just have to deal with whatever comes. *"A great, great deal has been said about the weather, but very little has been done."* ~ *"Climate is what we expect, weather is what we get."* Mark Twain.

Our first Wednesday night bingo for the year was a huge success, 94 players. Our next bingo evening is Wednesday, March 6th. The hog wild jackpot is worth \$700, a progressive game we play. I hope the attendance becomes a trend that continues, please plan to join us and bring a couple friends, first Wednesday of each month, café opens at 6:00, bingo at 7:00.

It is audit time, the main audit for the center. I am preparing for it right now, getting all of the paperwork together (you know it is still February) we're ready, the auditors are usually here about a week and then it is over until the next year. Just part of the process to keep us on track and eligible for our grant funding. It is also time to start the countdown for the levy renewal this year, it's never too early to start spreading the good word about our amazing center.

Well you all know this is one of my favorite holidays coming up, St. Patrick's Day, time to watch The Quiet Man, have a couple pints of Guinness, although who needs a holiday for that and a time to celebrate my Irish heritage. So I will leave you with a couple Irish Blessings & some Irish words of wisdom.

May you always be blessed
with walls for the wind
a roof for the rain
and drinks beside the fire
laughter to cheer you
those you love near you
and all that your heart
may desire.

May your days be many
and your troubles be few
May all God's blessing
descend upon you.
May peace be within you
may your heart be strong.
May you find what you're
wherever you roam.

Who gossips with you ~ Will gossip of you.

Thank you for the laughter I hear every day and thank you to everyone that volunteers at the center every day.

Sláinte - Misty

Save the Date!

Volunteer

Appreciation

Dinner

Friday, April 12

5:00 p.m.

**If you have
volunteered at the
Center in the last
year, watch the mail
for your invitation.**

2019 Governing

Board Members

Donna Sheridan-President

Jerry Tompkins- Vice President

Shirley Witwer-Secretary

Elene Duncan

Sharon Manion

Loretta Anthony

Steve Saltsman



Above: February Delightful Dining was at Eat Greek in West Jefferson. The food was wonderful! Some people hadn't been there before and loved it. Some tried new foods such as hummus and lamb which were both amazing!

Right: A semi tried to turn around in front of our small building and got stuck in the grass. It turned into a really bad day for the driver.



Happy St. Patrick's Day



Above: Kitchen volunteer Karen Horne sets the tables for the Thursday Rotary Lunch. Karen loves to have fun.

Right: Marvin Conley and another one of his beautiful quilts. He is also a Bingo volunteer.

Right: Jean King volunteers taking lunch money. On Valentine's Day we handed out roses to the ladies, just like Herb Markley used to do every year.



Right: Nothing like a couple hours of chair volleyball to warm you up on a cold winter day. We can always use more players, come join us!



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

1-28-19 Ruth Sowers 79

2-4-19 Roy Haggitt 73

2-11-19 Ruth Sowers 83

High Bridge Score

1-23-19 Mary Andrix 5580

2-6-19 Mary Locke 5510

2-13-19 Pat Baynes 4360

2-20-19 Barbara Tope 3620



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.- 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 March 7th and 21st

Friday:

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

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

10:00 a.m.- Chimes March 1st and 15th

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

Fitness room is open Monday through Friday whenever the center is open.



Rays of Hope For Seasons of Life Support Group

The support group will start something different this month. We will be reading "Lord I Just Want to be Happy". Often we feel our life is not what we want but have no idea how to change. With candor, Leslie Vernick reveals that readers don't need new circumstances but a new perspective to discover true happiness. For more information contact Donna Wharton.

Donna Wharton Care Counseling

cell -740-490-5936

E-mail—dmwharton342@yahoo.com



UPCOMING DAY TRIPS!!



MARCH MYSTERY LUNCH—Thursday, March 14th. Fee for this trip is \$5 and we will leave the center at 10:30 a.m. We will be stopping at one of our favorite stores after we eat so bring some spending money if you want.

JOSEPH & THE AMAZING TECHNICOLOR DREAMCOAT—Friday, March 22nd. Please be at the Center by 9:15 a.m. Your \$65 fee includes motor coach transportation, show ticket and a great buffet lunch at the theater. Server and bus driver tips are not included. We should arrive back in London around 4:45 p.m.

APRIL MYSTERY LUNCH—Thursday, April 18th. Fee for this trip is \$5. We will leave the Center at 10:15 a.m.

SNOOTY FOX UPSCALE THRIFT STORES—NOTE NEW DATE!! Friday, April 26th. This trip is full. **Please be at the Center by 8:30 a.m. as we are leaving at 8:45 a.m. As usual, lunch will be on your own at one of our stops. Please remember we will be on a schedule, so you will need to be sure to be back on the bus on time at each stop. Don't forget your bus driver tip.**

SHOPPING AT JEFFERSONVILLE OUTLET MALL—Thursday, May 2nd. Trip fee is \$5. We will leave the Center at 9:00 a.m.. We will meet up at 11:30 and go for lunch. Choose from McDonald's, Wendy's or Chipotle. The Center van will pick you up around 12:15 and head back to the Center.

******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!!**

Christmas in July Trip July 15, 2019

A trip we are looking at taking this summer is called Christmas in July. We will travel to the Cleveland area. Our first stop will be in Cleveland's Tremont neighborhood to tour Ralphie Parker's house as featured in scenes of the 1983 film, A Christmas Story.

Afterward we travel to Castle Noel which is America's largest, year round, indoor, Christmas entertainment attraction. See New York City animated Christmas windows, Hollywood Christmas movie props and collectible toys. We will enjoy an old-fashioned Christmas dinner with turkey and all the trimmings. Your meal is included in the price of the trip.

This trip does require moderate amounts of walking. There will be time to rest on the motorcoach and between attractions. Your fee of \$108.00 includes transportation, all admissions, lunch, snack on motor coach, and driver tip. We would leave the Center at 7:15 a.m. and return at approximately 6:45 p.m.

Please call the Center and let us know if you interested in this trip by March 15th. Right now we are just seeing how many would want to go.



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, March 4, 2019

Los Mariachis

289 Lafayette Street

London, OH 43140

No vans for this trip.

We will meet at the restaurant at 5 p.m.

Monday, April 1, 2019

Asian Grill

122 East Columbus Road (Rt. 42)

South Charleston, OH 45360

Vans leave the center at 5 p.m.

We will arrive at the restaurant at 5:15 p.m.

2019 Overnight Trip Information



Alaska Cruise September 9-18, 2019— Check out and join our Facebook page for this trip-Carnival Legend Alaska September 10, 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. **Trip final payment due by June 1, 2019.**

PRE TRIP MEETING! - 2019 Tulip Time Festival in Holland, Michigan May 7-9, 2019. We will be having a pre trip meeting on Tuesday, April 16th at 1:30 p.m. here at the Senior Center. If you cannot attend, please let us know by calling the Center at 740-852-3001.

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.

PICKLE BALL!

London Community Center 60 S. Walnut Street

Want to try a new sport? London Parks and Recreation has started Pickle Ball Open Gym! Both men and women **age 40 and over** are welcome and the cost is FREE!

Pickle Ball is a paddle sport that combines elements of badminton, tennis, and table tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a Wiffle Ball, over a net.

Wednesdays 10 a.m. to 12 p.m. and Thursdays 1 p.m. to 3 p.m.

Friday Cinema

1 p.m.



Free Popcorn!

March 1	Mr. Church	Eddie Murphy, Britt Robinson	2016 PG-13	Real Live Drama
March 8	Life of the Party	Melissa McCarthy, Maya Randolph	2018 PG-13	Comedy
March 15	The Quiet Man	John Wayne, Maureen O'Hara	1952	By Request
March 22	The Theory of Everything	Eddie Redmayne, Felicity Jones	2014 PG-13	Drama
March 29	As Good As It Gets	Jack Nicholson, Helen Hunt	1997 PG-13	Romantic Comedy

Movies subject to change due to availability



Lunch With A Cop

Monday, March 11 at Noon

Madison County Public Health Department is presenting this program on Driving Safely. We will have London City Police, Ohio State Highway Patrol and the Madison County Sheriff.

There will be a free raffle for those at the presentation! You must be present to win.



Fore!!!

Do you like to golf? We are trying to see who would be interested in forming a golf team. Anyone of any experience or ability welcome.

Come to the Center on Monday, March 11th at 10:00 a.m. and we will have discussion on how often, where, etc. If you can't make the meeting call and let us know you are interested. 740-852-3001.



Frank Crabtree

Debra Yost

Maurice and Carmelita Williams

Michael and Margaret Bellows

Teresa Patterson

Charles and Beth Fordyce

Charlene Saul

Terry and Sheryl Dyer

Barbara Sellars

Nancy and Frank Powell

Linda Newman

Kerry Lansing



Adult Day Center

February was an interesting month.

We celebrated Diana's 71st birthday on February 20th.

Michael Gray joined our ADC and we would like to welcome him. Happy birthdays were sent to Joanna Sadler and Ruth Kennedy, our cook and our nurse here at the Center.

Thank you to Family Dollar for their generous Valentine day goodies they donated to our ADC.

They were much appreciated.

We are still accepting donations for our bingo.

Spring is almost here!

Have a happy St. Patrick's Day to everyone!

Beth, Jeanna and all of our wonderful ADC volunteers



GETTING TO KNOW YOU FEATURING *JUANITA COULSON*

The person who influenced Juanita the most was her mother, Ruth Margaret Wellons.

The happiest moments of her life were meeting her husband, publishing books and amateur magazine, performing on the Belle of Louisville steamboat.

Her earliest memories were at 2 years old, being 'baby sat', sitting on cold linoleum, watching the glow behind glass of pot bellied stove, copper tea kettle clock on wall, sunlight from window to my right shining on the clock.

Juanita's favorite things to do are singing, listening to music and performing music.

She was an Art major, English and a Journalism student at Ball State.

The world events that had the most impact on her were the news reel of Marian Anderson singing at the Lincoln Memorial, the curse of McCarthyism and World War II.

She is most proud of being active in the Civil Rights Movement.

Her favorite thing about our Senior Center is lunch, trips and transportation service.

Juanita would like to be remembered for some of her songs and books that she wrote. Two of her books are Dark Priestess and The Secret of Seven Oaks. (You can look her up on Amazon.)

Please fill out the Getting To Know You insert in the newsletter and turn it in to the Center office. We would love to get to know more about our seniors!



B	Judy Hastings	116	Bill Link	149	Carolyn Garver	138	Deb Weisman	78
O	Karen King	139	Larry Threlkeld	122	Barb Florence	94	Jane Hackworth	74
W	Carl King	162	Paul Hackworth	149	Ann Pickens	99		
L	Barb Gordin	119	Barb Cooper	90	Ray Sheridan	162		
I	JR Venrick	159	John Conn	146	Cecil Herman	97		
N	Barb Andrix	96	Gene Noble	112	Jim Harden	127		
G	Duane Glass	181	Linda Ridolfo	162	Joe Fuchala	113		





WEDNESDAY NIGHT BINGO IS BACK!

1ST WEDNESDAY OF EACH MONTH

WEDNESDAY, MARCH 6th 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 • mcse senior.org

In the Kitchen with Joanna

Since Saint Patrick's Day is in March, I thought you might like a delicious scone recipe.

Cranberry Scones

- 2 Cups of all purpose flour
- 3 Tablespoons sugar
- ½ Teaspoon salt
- 1 Tablespoon baking powder
- ¼ Cup of butter (real butter is best), cubed
- ½ Cup of dried cranberries
- ¼ Cup of chopped pecans
- 2 Eggs
- 1/3 Cup of buttermilk
- 1/2 Teaspoon vanilla

Combine dry ingredients in a bowl. Cut in butter with pastry blender or by hand until the consistency of small peas (or coarse sand). Add cranberries and nuts. In a separate bowl, beat eggs with buttermilk and vanilla. Reserve 1 tablespoon of egg mixture. Add the remaining egg mixture to the dry ingredients until the dough sticks together. Place on a floured board and knead 3 or 4 times. Form into a 1 inch thick pie shape and cut into 6 to 8 equal pie wedges. Brush the reserved egg mixture on top and sprinkle with sugar. Separate and place on a cookie sheet and bake for 25 minutes at 375 degrees.

Jokes and Quotes

Smartest Man

A lawyer, a doctor, a little boy and a priest were all out on a small plane for an afternoon flight when the plane developed engine trouble. In spite of the pilot's best efforts, the plane started to go down. Finally, the pilot yelled out to his passengers that they'd better jump, grabbed a parachute and bailed out.

Unfortunately, that left only three remaining parachutes. Grabbing one, the doctor said, "I am a doctor and I save lives, so I must live," and he jumped.

The lawyer then grabbed a parachute and said, "I am the smartest man in the world. I definitely deserve to live." Then he jumped.

Looking at the young boy, the priest said, "Son, I have been fortunate to have lived a long and full life. You are young and have your whole life ahead of you. Take the last parachute and live in peace."

Handing the parachute back to the priest, the little boy said, "Don't worry, Father. The smartest man in the world just jumped out with my backpack!"



It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade. ~Charles Dickens, *Great Expectations*

Spring is beautiful, and smells sweet. Spring is when you shake the curtains, and pound on the rugs, and take off your long underwear, and wash in all the corners. ~Virginia Cary Hudson, "Spring," *O Ye Jigs & Juleps!*, 1962

The family. We were a strange little band of characters trudging through life sharing diseases and toothpaste, coveting one another's desserts, hiding shampoo, borrowing money, locking each other out of our rooms, inflicting pain and kissing to heal it in the same instant, loving, laughing, defending, and trying to figure out the common thread that bound us all together. ~Erma Bombeck

To us, family means putting your arms around each other and being there. ~Barbara Bush



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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



March 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.