Golden Times

August 2022 Issue VIII

Madison County Senior Citizens Center





Well, here we are just rolling along, summer is going by very quickly, as does life it seems. Enjoy each day you're blessed with.

Remember, we don't stop playing because we grow old, we

Remember, we don't stop playing because we grow old, we grow old because we stop playing.

We have lots going on the last half of 2022, a couple new events we are trying. I'm hopeful they will be very successful so we can add more activities like them going into 2023. A little bit of music, a little bit of art, well I will let you read the details inside the newsletter.

The café did very well for the month of July, so far, I don't know if it was because we added some personal member recipes to the play list, but a couple were big hits. The Li'L Cheddar Meatloaf, and Chicken & Mushroom Casserole, although we did mess that one up

a bit, you are supposed to use golden mushroom soup, so noted and will be corrected the next time it is on the menu; sorry Linda G. (It was still very good ⓐ) Once again, if you have a favorite recipe you would like to share, please bring it in or email it to us. Also, not just entrées, calling on all of you dessert makers, please share some of your favorites, we have dessert on the menu every day. If you contribute a recipe and would like to volunteer in the kitchen on the day we prepare your recipe, you know to make sure it is made correctly, that would be awesome.

We are still looking for a part-time person for the café and a part-time aide for the adult care program. If you are interested or know someone, please send them our way. This is a great place, and a very nice place to work.

It appears the serious heat is going to be here for a while longer, just a reminder, if you need a fan to help you get through the heat, we have some available. If you or a senior neighbor are in need of a fan, please give us a call or stop in.

The Madison County Arts Council did a pretty amazing version of Mamma Mia! a couple of our members that attended the show mentioned they wouldn't mind seeing the movies again here at the center, so we are going to do a double feature at the end of the month.

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

Misty

Find the pencil hidden in this newsletter. When you find it call the center at 740-852-3001 by Friday, August 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 firecracker was on page 2. Congratulations to Cindy Shoemaker, the lucky winner!

Page 2 August 2022





Volunteer, Bonnie Radcliff, assisted the Adult Day Center clients in making the above Fourth of July flower arrangements. The ADC loves to celebrate birthdays and in June they celebrated John's 94th! Happy birthday John!



Above starting left: Linda Zimmerman, Bonnie Radcliff, Sandy Bird, Joyce McCafferty, Jean King, Mable Butterfield and Mary Kay Simpson playing the card game, Hand and Foot. There are several others that play as well. A good time is had by all!



Karen Streit, (left), displays a Harley Davidson t-shirt quilt she has been working on. A great way to use up all those shirts! And Geraldine Mancini shares the stained glass window quilt she has made. Just beautiful!



Above: June's Mystery Lunch was at Nick's in Xenia. We were seated out on their shaded patio, the weather was perfect. They had a pretty waterfall off the deck with lots of gorgeous flowers out there too. The ice cream stop was just down the street at The Dairy Station. Great hand dipped ice cream!

Above from left: Barb Florence, Ray Sheridan, Dick Hout, Jo Hout, Mary Binns and Sandy Thornber.



August 2022 Page 3

Autumn Harvest Gathering Saturday, October 1st 12:00 p.m.

Starting at Noon a light lunch will be served and will be followed by delightful music by the band, Second Story Acoustic.

Afterward, enjoy delicious apple pie and pumpkin bars with cider.

Don't forget to get your raffle ticket when you arrive. We plan to have this out in our shelter house, weather permitting. If not, we will move it inside.

Also, don't worry! We checked and the OSU game doesn't start until 3:30 p.m. and Notre Dame is having a bye week.

Mark your calendar! (members only)

2022 Governing Board Members

Donna Sheridan-President

Jerry Tompkins- Vice President

Loretta Anthony—Secretary

Sharon Manion Steve Saltsman

Tom Lawrence Richard Hout

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.

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

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, 4 exercise bikes and an elliptical.

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





August 2022 Page 4

UPCOMING DAY TRIPS!!



Ohio State Fair Senior Day—Tuesday, August 2nd. Van fee is \$5. Admission is free. We will leave the Center at 9:15 a.m. Tour the fair on your own until we meet to leave at 2:15 p.m. Enjoy a free concert by State Fair The Drifters which begins at 1:00 p.m.

August Mystery Lunch—Thursday, August 18th. Van fee is \$5. We will leave the Center at 9:45 a.m. and since it is summer time we will stop for ice cream!

Snooty Fox Stores Shopping Trip—Friday, September 9th. Sold Out! We will visit 5 of their stores. The motorcoach will leave the Senior Center promptly at 8:45 a.m. and return around 6:00 p.m. This is a very fun trip! Lunch will be on your own at 1 of our stops. There are snacks and drinks at each shop for you. We will pass an envelope on the bus for your driver tips.

September Mystery Lunch—Thursday, September 15th. We will leave the Center at 10:30 a.m. Van fee is \$5.

Central Ohio Military Museum—Thursday, October 6th. We will leave the Center at 9:00 a.m. and travel to Harrisburg, Ohio. Van fee is \$5 and admission to the museum is \$2, veterans are free. Lunch will be at Planks on Broadway.

October Mystery Lunch—Thursday, October 20th. We will leave the Center at 9:00 a.m. Van fee is \$5.

2022 LaComedia Trips!

Tickets for the show, lunch and motorcoach transportation are \$80 per person. Driver & Server tips not included.

Do Black Patent Leather Shoes Really Reflect Up? - Thursday, October 13th. There are 10 seats available. Payment due by September 9th. Featuring a vast array of catchy songs, this musical comedy is about the coming of age of eight Catholic school children in the 1960s. Starting from the second grade throughout his high school years, we follow Eddie and his friends through the ups and down of being in a private Catholic school.

White Christmas—Thursday, December 15th. Payment due by November 11th. We have 7 seats left for this show!

Delightful Dining—Van Fee is \$5

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, August 1st—Peppercorn's Diner, 1010 Scioto Street, Urbana, OH 43078. We will leave the Senior Center at 4:00 p.m. and meet at the diner at 4:30 p.m. Marilyn and Janisse met the new owners recently. This was previously the Rock n Robin Diner. It sounds like they have some great meals. Most everything homemade there.

Monday, September 12th—Beer Barrel Pizza and Grill, 7482 St. Rt. 161, Plain City, OH 43064. We will leave the Senior Center at 4:00 p.m. and meet at the restaurant around 4:30—4:45 p.m.

Monday, October 3rd—Hofbrauhaus, 800 Goodale Avenue, Columbus 43212. We will leave the Senior Center at 4:00 p.m. and meet at the restaurant around 4:45 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!!

Amish Country Trip!

Wednesday, August 31st, 2022

Our motor coach will leave the Senior Center at 7:00 a.m. so please try to be there by 6:45 a.m. We will make 1 rest stop on the way there. Trip fee will include-Hershberger's Farm & Bakery, Coblentz Chocolates, Hillcrest Orchard and Lehman's Hardware. **Driver tip is not included.** We will pass an envelope on the way home for your tip. You may want to bring a cooler with ice for your food purchases. We will put them under the coach.



Lunch will be on your own at Berlin Farmstead Restaurant. We would like everyone to either get the buffet for \$16.49 or the soup and salad bar for \$11.79 so that we can get in and out of the restaurant in a timely manner.

Trip is set to return around 6 p.m.

OVERNIGHT TRIPS!!

2023 Trip Preview and Pre Departure Meeting for Ireland Trip

Thursday, September 1st starting at 1:30 p.m. David Wendt of Wendt Touring will be here with information about our overnight trips for next year.

America's National Parks-Includes Glacier National Park, Yellowstone, Montana's Big Sky Country, Old Faithful, Snake River Float Trip, Jackson Hole, Great Salt Lake, Silver Mine Tour.

Lancaster County and Historic Gettysburg—Includes Sight and Sound Millennium Theater where you will experience a magnificent live production of the life of Moses, Amish Community, Gettysburg Battlefield Tour, and Historic Lititz, Pennsylvania.

At 2:30 p.m. we will have our Pre Departure Meeting for our September Ireland Trip. Those signed up for this trip will receive information about the trip itinerary, flight details, and other helpful information to help this trip run smoothly. If you have any questions, be sure and bring them with you. If you are not able to attend this meeting please let us know and we will get your packet for you.



Ohio State at Maryland and Washington D.C. November 17-20, 2022 Final payment is due August 8, 2022. After August 8, 2022 the tour is non-refundable

See the major sites of our nation's capital, experience a B1G 10 Buckeye football road game, and let our charter bus do the driving, all in one great trip! Not a football fan, you will get a discount of approximately \$60. Spend the day on your own in D.C. instead of the game.

Tour includes: 3 nights at Embassy Suites in Chevy Chase, Maryland. Breakfasts at the hotel. Game ticket for the OSU at Maryland game, lower bowl based on availability. Udvar-Hazy Air and Space Museum, panoramic tour of D.C. including White House photo op and nighttime monument tour, free time at the Smithsonian Museums and U.S. Holocaust Memorial & Museum. All touring including any admissions. Does not include travel insurance, tips for guides and motor coach drivers, hotel staff and meal not listed on the itinerary.

Double/1 bed \$925 Double/2 beds \$964 Single/1 bed \$1,138 Triple/Quad/2 beds \$874

Activity Level 4 of 5 (1 easy and 5 hard): This tour includes moderate physical activity. The itinerary blends some longer days with shorter days and more leisure time. Walking tours, as well as walking slightly longer distances, up stairs or on uneven walking surfaces should be expected.

Reserve your seat with \$100 refundable deposit (except \$50 registration fee) payable to Madison County Senior Center.

Page 6 August 2022

Adult Day Center

Happy August to all. Thank you Dottie McCann for your thoughtful and generous donation to our Bingo prizes. We do appreciate you and everyone that help us in any way at all.

It is with heavy hearts that we have learned of the passing of some ADC family members, Betty Crosbie, Lucille Harris and Delores Lambert. You all will be greatly missed and we loved you all.

We are still seeking a part time aide for ADC. We do have fun and there is a lot of laughing involved! It is a great place to work and nice people. Please see our front office for an application.

Happy "early" birthday to our friend and volunteer, Sandy Darlington on August 17th.

Here's to wishing everyone a very happy, healthy and safe August!

Beth and Patsy

High Euchre Score

6-27-22 Evelyn Sullivan 827-11-22 Kent Stryker 677-18-22 Skip Fout 79

High Bridge Score

6-29-22 Evelyn Sullivan 37007-13-22 Betty Cummins 39207-20-22 Barbara Tope 3760



Free Friday Movie; at 1:00 p.m.



Members Only

August 5 - Marry Me - Jennifer Lopez - Owen Wilson - Romantic Comedy - 2022 - PG-13***

August 12 - Burden - Garrett Hedlund, Forest Whitaker - Real Life Drama - 2020 - R ***

August 19 - Honest Thief - Liam Neeson, Kate Walsh - Action Thriller - 2020 - PG-13***



By Request

August 26 - Double Feature - Movie Starts at 12:00 - Mamma Mia! & Mamma Mia Here We Go Again!

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Andrix, Barb	94	Goff, Terry	165	Sheridan, Ray	173
Burdett, Diane	145	Hackworth, Paul	141	Stout, David	144
Cooper, Barb	86	Herman, Cecil	69	Winebrenner, Dodie	93
Ellars, Greg	152	Noble, Gene	125	. 2	
Ernst, Terry	102	Pickens, Ann	115		
Florence, Barb	92	Porter, Carl	179		
Glass, Denise	97	Ridolfo, Linda	161		
Glass, Duane	194	Rowley, Nancy	108		

Augus Page 7

Paint and Vino (wine) Party at the Senior Center Thursday, August 25th 6:00 p.m.

- Cost -\$20
- Who? Anyone age 21 and over can come!

Join us in creating an autumn themed painting. Don't worry, even if you have never painted before, you can do this! Supplies will be provided, just bring yourself. This is something we would like to do throughout the year, whether it be painting, crafting, etc.

Refreshments will be provided including wine, non alcoholic beverages, tea and coffee.

The class will be lead by staff from the Paper Boutique here in London.

Please RSVP and pay by Monday, August 15th

Welcome New Members!

Valerie Watson Paul Nutt
Terri Muha Martha Amling
Carl and Lois Latscha
Richard and Miriam Bobo
Phyllis Davis

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.

Page 8 August 2022

August Birthdays!

Patron	Birthday	Patron	Birthday
Bard, Sondra	08-02	Williams, Janisse	08-16
Dwyer, Sally	08-02	Darlington, Sandy	08-17
Popovich, Steve	08-02	Bates, James	08-17
Bloomfield, Wayne	08-02	Thompson, Betty	08-18
Walker, Susan	08-02	Devore, Martha	08-18
Potocki, Dave	08-03	Neff, Linda	08-18
Godden, Jean	08-04	Hout, Jo	08-19
Pickens, Maxine	08-04	Dyer, Terry	08-19
Hart, Christina	08-04	Feyh, Glenn	08-19
Hilsheimer, Bertha	08-04	Kennedy, Sue	08-20
Lynch, Mike	08-04	Schickedantz, John	08-21
Stewart, Shirley	08-05	Porter, Catherine	08-21
Wildermuth, Jeanette	08-08	Denen, Gladys	08-22
Goff, Cathy	08-08	Kramer, Paul	08-22
Peart, Mary	08-09	Earles, Melody	08-22
Maxwell, Debbie	08-10	Sprabary, Regena	08-23
Lloyd, Joyce	08-10	Hall, Deborah	08-23
Johnson, Ruthanne	08-11	Thomas, Juanita	08-24
Capell, Gayle	08-11	Isaacs, Sylvia	08-24
Conrad, Dwight	08-11	Benner, Connie	08-25
Yoakum, Diane	08-12	Mitchell, Donnie	08-25
Lowery, Diane	08-12	Leach, John	08-26
Yutzy, Kathleen	08-12	Pickens, Ann	08-26
Baird, Leah	08-13	Binns, Mary	08-26
Samuels, Glenna	08-14	Feyh, Grace	08-27
Funk, Patricia	08-14	Amburgey, Marie	08-27
Burns, Edward	08-15	Hawkins, Alene	08-28
Roberts, Carl	08-15	Bode, Robert	08-30
Scott, Norma	08-15	Hastings, Judy	08-30
Rowley, Nancy	08-15	Wamer, Ken	08-31
Robinson, William	08-16	Mark, Linda	08-31
Homeier, Cheryl	08-16	Boerger, Mike	08-31



August 2022 Page 9



Easy Lemon Icebox Pie

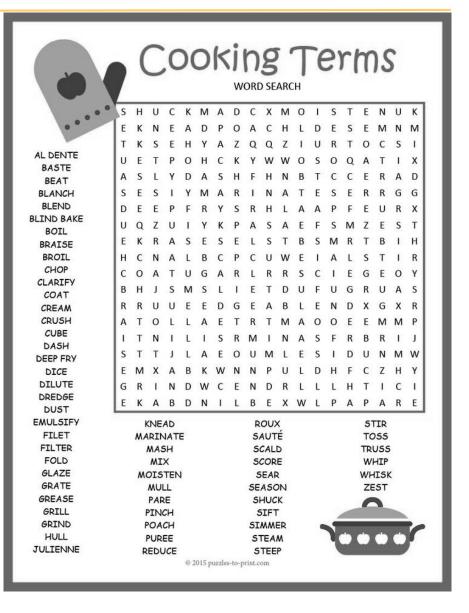
Ingredients

- 4 ounce cream cheese softened
- 1 14 -ounce can sweetened condensed milk
- 1 tablespoon lemon zest
- 1/2 cup fresh lemon juice
- 1 cup frozen whipped topping thawed
- 1 9-inch prepared graham cracker crust
- 12 oz. whipped topping

In a large bowl, beat cream cheese at medium speed with an electric mixer until smooth. Add condensed milk and lemon zest and juice, beating until combined, fold in whipped topping. Spoon filling into prepared crust, smoothing top with a spatula.

Cover and refrigerate until firm, approximately 3 hours or up to 3 days. Garnish with whipped topping, and lemon slices, if desired.





Cooking with Grandkids!

You can't make anything taste good without first making a mess in the kitchen. With kid cooks at your side, that mess will increase exponentially. Just roll with it. That mess can also become a teachable moment. After all, you can't enjoy what you're cooking until the mess is cleaned up. Maybe that can extend to their bedrooms. Good luck with that!

Talk through the recipes. Kids are sponges. They absorb everything. That is why it is important to talk them through the recipe. Let them know the measurements and why you're adding certain ingredients at certain times. This might slow down the process a bit but it's what makes the time you're sharing in the kitchen truly fun.

Cooking with your grandkids is like an endless string of important lessons. One of the great things you can instill in them is food hygiene. Start with the need to wash hands all along the way. Then there are the handling instructions for things like raw meat and poultry.

When you're cooking with your grandkid, you should be tasting along the way. This will open up their pallets and get them to have a stronger appreciation for a variety of food. Pus, they get to have a say into whether something tastes right or not. That's empowerment.

Page 10 August 2022

Healthy Living For Your Brain and Body

Thursday, September 8th at 1:30 p.m. At Madison County Senior Center

This program offers recommendations about taking care of our brains and bodies in order to age as well as possible.

Please call the Center at 740-852-3001 to sign up by September 1st. There is no charge for this class. Also you do not have to be a senior center member to attend, so if you know anyone that is interested in coming have them call to register for the class.

This is part of a 3 class series presented by the Alzheimer Association.

Holiday Craft Bazaar

Saturday, November 5th, 2022

If you would like to be a vendor, let us know! Table rental will be \$15 per table for senior members and \$20 per table for non members.

We have 8 tables left! Applications are available at the Senior Center office.

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

Nurse Delivered Foot Care
To schedule an appointment call 1-855-536-6876

Support:

The Madison County Park District

GET INVOLVED

Help Wanted

Our Senior Center is in need of a part time Aide for our Adult Day Center. Hours would be 11:00 a.m. to 4:00 p.m. No holidays.

We are also looking for a part time cook for our Senior Café. Please stop in at and fill out an application at the Senior Center. No phone calls please.

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.



Membership Individual \$15 Family \$25 Sponsor \$50+ Individual Lifetime \$250 Registration Form on Website E-mail FMCPT@columbus.rr.com

London Public Library

Your Everyday Library!

Visit www.mylondonlibrary.org

- Educational Events for all Ages
- Online Services/Computers
- Newest Books
- Latest DVDs
- Video Games
- Wifi Hotspot
- Audiobooks

20 E. First Street, London Ohio







Deeann Blake

104 Lafayette Street London, Oh 43140 (740) 852-2323

August 2022 Page 11



"WINGS

OF BEAUTY"

Butterflies from around the world.

Ruth Mills

Just when it thought

life was ending,

gmills003@icloud.com

the caterpillar became a butterfly.

937-215-6669

terfly

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MEMBER FDIC

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

Good Bye July \sim



August 2022

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 Brenda Castle, Transportation Coordinator Wayne Bricker, Driver Don Hawkins, Substitute Driver Martha Parsons, Substitute Driver Mark Bires, Substitute Driver Stephen McClaskie, 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.

Dated Material

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.