



# Madison County

## Senior Citizens Center

280 W. High Street London, Ohio 43140  
*Golden Times*

Golden Times  
January 2017  
Issue I

### Find the



hidden inside this newsletter. When you find the glove call the center at 740-852-3001 by Friday, January 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 snowflake was found on page 2. The winner was Bev Harrison.

Congratulations Bev!

### CONTACT US.....

Phone 740-852-3001.

Visit us on the web at [mcsenior.org](http://mcsenior.org) or on our Facebook page, Madison County Senior Citizens Center.

### 2017 Governing Board Members

Larry Gessel-President

Sharon Manion-Vice President

Shirley Witwer-Secretary

Jean King Ron Cress

Donna Sheridan

Jerry Tompkins

Loretta Anthony

Eilene Duncan



It is December 22, 2016, as I am writing this, another Christmas at our door, the beginning of another year and the beginning of my fourth year as your Director, the first three years have been filled with many new things to learn, new people to call friends and the sadness of losing some of those new friends and old friends. I must be honest that is the hardest part of my job, losing friends that have become like family because you spend time with them every day. We lost several members, friends, in 2016 and we will miss them, their laughter, and their zest for living life to its fullest every day. Life is indeed short, even if one lives to be 90+ it goes by very quickly. I am always thankful for another day and a New Year. I hope your holidays were blessed with family and friends and the true meaning of Christmas. I believe 2017 will be another great year for the center. Janisse has already been hard at work on new trips and scheduling some of the favorite trips. We always appreciate your thoughts and ideas, so please share them.

I would like to thank everyone for their patience and understanding during our annual shutdown. It is a big job to clean and repair things in the building, everything was moved out of the kitchen, it was scrubbed and sanitized, floor to ceiling; even the ceiling. We scrubbed and waxed all the floors, cleaned carpets and furniture, painted the restrooms, conference room and the billiards room. We added a little more color to our building, warm, cheerful colors. We were fortunate to receive donated labor again this year, so once again we took full advantage.

I wanted to take a moment to invite you out for bingo on Wednesday evenings. The bingo program is struggling right now and we need attendance and tickets sales to improve or it is possible 2017 will be the last year for the bingo program. Unfortunately the younger generation isn't into bingo as much and we have lost several of our regular bingo players over the last couple years. The program was started to provide additional revenue for the center, that isn't happening right now and it can't continue if it doesn't improve.

If you would like to volunteer, we sure could use the help, give Janisse a call. Thank you to everyone that helps at the center every day!

*May the saddest day of your future be no worse than the happiest day of your past.*

*God Bless – Happy New Year!*

*Misty*



# This and That Around The Center



We had a lovely time at the Morgan House for our December Mystery Lunch. We could have spent hours going through the gift shop!

Before and after pictures. Top picture is everything out of the kitchen, pantry and catering room. Bottom picture is after all items had been sorted through and put away. Then the floors were waxed throughout the building. A lot of hard work went into it!

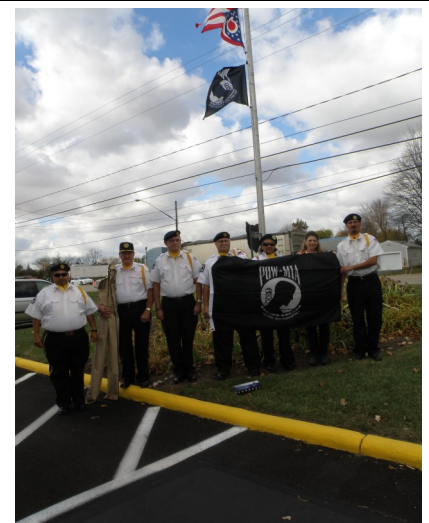


Thank you to Renee Tiebout for the beautiful wreath she made for our entry way.



American Legion Post #105 presented us with a POW/MIA flag.

The 3 pictures above are from our trip to the Governor's Mansion in Bexley. It was decorated beautifully and we learned a lot about the history of the home. Governor Kasich and his family don't live at the residence but they do use it for meetings, interviews, receptions and parties. There are also overnight guests at times. We will be going back this summer to see the gardens.



The Center will be closed Monday, January 16th in observance of Martin Luther King Day.

# Bulletin Board

## Avada Audiology & Hearing Care

A representative will be at the senior center once a month from 9 a.m. to 12 p.m.

Free hearing tests available.

Call 1-937-323-6129 for an appointment.

## **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.

## ***Euchre and Bridge Scores***



### High Euchre Score

11-28-16 John Henry 74

12-5-16 Sharon Reynolds 74

12-12-16 John Henry 79

### High Bridge Score

11-30-16 Kay Majka 3770

12-7-16 Bob Majka 4230

12-14-16 Barb Tope 5600



## **Rays of Hope, For Seasons of Life Support Group**

Tuesday, January 10th will be the starting meeting for the new year. What a perfect time to start attending. What you will find are new acquaintances who will respect what is said and not take it outside the room. Each new person will sign the Confidentiality Form and be given a copy. You will receive information to take home. Most of all you will not feel alone. Please contact Donna Wharton before attending if possible, she will answer any questions.

Tuesdays at 1:30 p.m. at the Senior Center

Donna Wharton, Facilitator & Care Counselor.

740-490-5936 or [dmwharton342@yahoo.com](mailto:dmwharton342@yahoo.com)

# Weekly Activities

## Monday:

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

1:00 p.m.- Photo Group meeting January 9th

## 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

5:00 p.m.—Beginner Line Dancing

6:00 p.m. - Advanced Line Dancing

## Wednesday:

9:00 a.m.. - Chair volleyball

9:30 a.m. - Woodcarvers

10:30 a.m. - Low Impact Aerobics/Seated Strengthening

12:05 p.m. - Bridge

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

7:00 p.m. - Public Bingo (over 18 years of age.)

## Thursday:

9:00 a.m. - Chair volleyball

9:00 a.m.- Fun Bingo

## Friday:

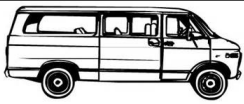
9:00 a.m.- Painting Class with Harry Croghan

10:00 a.m.- Chimes 1st and 3rd Friday

10:00 a.m.-Choir 2nd and 4th Friday

1:00 p.m.— Free Movie and Popcorn at the senior center. See what is playing on page 6.

**\*\*Fitness Room open Mon.-Fri. 8 a.m. to 4 p.m. and Tuesdays until 7:30 p.m.**



## UPCOMING TRIPS



**SPRINGFIELD ART MUSEUM—Wednesday, January 25.** We will leave the Center at 9 a.m. Fee for this trip will be \$12 for transportation and guided tour. Lunch will be on your own.

**JANUARY MYSTERY LUNCH—Monday, January 30th.** Leaving the Center at 11:00 a.m. We will travel to our “mystery” location. This is a local restaurant we’ve never been to. If you would like you can drive yourself. Fee of \$5 if you are riding the van. Bring extra money for pie!!

**FEBRUARY MYSTERY LUNCH—Monday, February 13th.** Fee for this trip is \$5. We will leave the center at 10:30 a.m. For 2017 we are sometimes going to go back to some of our favorite Mystery Lunch locations. This is one everyone liked and it’s not too awfully far away for winter driving. I will let you know when we will be going back for a “Best of Mystery Lunch” location.

**LACOMEDIA PRESENTS *AWAY IN A BASEMENT!*- Friday, March 10th.** The Church Basement Ladies are back serving up more laughs! We will travel to Springboro, leaving the center at 9:15 a.m. The fee for this trip is \$65 and includes motor coach transportation, huge buffet lunch including dessert and a great show. Note that server and bus driver tips are not included. **Deadline to sign up and pay is Wednesday, February 8th.** *Seats still available on the motor coach!*

**SNOOTY FOX!! SHOPPING TRIP- Friday, April 21st.** We are taking reservations from Senior Center Members Only until February 15th since we are only taking **1 motor coach** this time. Starting February 16th non members may sign up. We will leave the center at 9:00 a.m. sharp! Fee for this trip is \$25 for motor coach transportation. Lunch and bus driver tip are on your own. **We are asking that you pay for your spot on the motor coach when you sign up.**

**Remember:** Trips are subject to cancellation if the weather is bad. Call the center if you are in doubt.

**\*\*\*\*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!!**

## Friday Cinema



**Join us right after lunch at 1:00 p.m.**

January 6—The Dressmaker, starring Kate Winslet & Liam Hemsworth, rated R comedy/drama

January 13—Florence Foster Jenkins, starring Meryl Streep & Hugh Grant, rated PG-13 drama

January 20—The Secret Life of Pets, animated comedy

January 27—Wild Oats, starring Shirley MacLaine & Jessica Lange PG-13 comedy

**\*\*Movie subject to change due to availability**

**FREE POPCORN!**

# Delightful Dining

Don't forget to sign up for Delightful Dining so we can make accurate reservations!

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

**Tuesday, January 3, 2017**

## **Ann and Tony's**

211 East Main St.

West Jefferson, OH 43162

We will leave the Center at 5:00 p.m. and arrive at the restaurant around 5:15 p.m.

## **Veterans Oral History Project**

Honor Flight Columbus and The Ohio History Connection are looking to share veteran stories for the benefit of future generations. They are inviting veterans to record their stories through the Veteran Oral History Project.

The Ohio History Connection believes that every veteran's story is important and shows different aspects of military service and sacrifice, so they are recording veterans' military experiences to make them available for future generations.

They are looking for veterans that are willing to sit down with an oral historian and tell their story in what ever way they are most comfortable sharing. The project seeks to record the true, first hand experiences of veterans, but will respect the wishes of participants if there are topics they don't want to discuss.

Each video will be kept in perpetuity and made available to the public. The individual histories will be uploaded to YouTube and be made into interactive, searchable presentations on the Ohio History Connection's website at [OhioHistory.org/OralHistory](http://OhioHistory.org/OralHistory).

If you are interested in participating in this project or have questions call 614-297-2215.



**Monday, February 6, 2017**

## **Coover Memorial House**

134 North Main St.

London, OH 43140

We will meet at the Coover House at 5:00 p.m.

Deadline to sign up will be January 30th.

We are asking that you pay when you sign up by cash or check made out to The Coover House. The cost will be \$16 per person which includes a small fee that is a donation for use of the Coover House. Wait staff tip is not included.

Your meal will include:

**Beef Roast**

**Salad with House Vinaigrette**

**Whipped Potatoes**

**Steamed Green Beans**

**Raspberry Cobbler with Vanilla Ice Cream**

**Iced Tea, Coffee or Water.**

The meal will be prepared by local chef Brian Wilson, a graduate of Madison-Plains High School and The Culinary Institute of America in Hyde Park, New York.

## **Safe Driver Class**

**Wednesday, February 15, 2017**

**1 p.m.**

**At the Senior Center**

**Presented by Madison County Health Dept.**

**Please call the center at 740-852-3001 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. If you have questions please contact Janisse at 740-852-3001.

# Two 2017 Overnight Trips

## NEW YORK, NEW YORK!!

\$1085 pp  
Double

Statue of Liberty, 911 memorial, tours, great food!

And

## MOUNTAIN MARYLAND & ROCKY GAP RESORT/CASINO RESORT WITH WESTERN MARYLAND SCENIC RAILROAD RIDE

\$549 pp  
Double

Lots of History, Slots, Train Ride, Shopping & more!

Plan your vacation for next year now! We are now taking deposits. Call the center at 740-852-3001 for more details or any questions you may have.

### WANTED!

Do you love to shoot pool? Our Senior Center Billiards Team is in need of more players. Particularly those who would like to be on the travel team and go to other centers to compete. Usually we have teams here twice a month and then twice a month travel. Transportation to the other center is available for a small fee. You also have to be a member of the senior center, which is a \$15 per year fee. Call the center at 740-852-3001 if interested!

Looking for something fun to do?

### Join the Senior Choir!

We would love to have more women and men in the choir. It's not a huge commitment, just the second and fourth Friday each month at 10 a.m.



Call the Center for more information at 740-852-3001.

### 2017 MEMBERSHIP DUES

Please pay your dues by Tuesday, January 31st, 2017. The amount per person is still \$15 each. You may bring them into the center or mail them in to:

Madison County Senior Citizens Center

280 West High Street

London, OH 43140

You can pay by cash or by check made out to Madison County Senior Citizens Center.

**Welcome New  
Members!**

**Donald and Betty  
Hysell**



## MADISON COUNTY AARP TAX SITE TO OPEN FEBRUARY 1, 2017

The Free Tax Assistance Program co-sponsored by the AARP and the Internal Revenue Service will open on Wednesday, February 1st. Located at the **Emergency Management Agency, 271 Elm Street. (Rt. 38) adjacent to the Sheriff's office and Fairgrounds**, the site will operate on Mondays and Wednesdays, 9 am to 4 pm.

Appointments may be made through the Madison County Senior Center beginning Monday, January 9th by calling **(740)852-3001** or in person. For assistance with tax related questions stop by the site during hours of operation. Membership in AARP is not required to take advantage of this free service and there are no age restrictions.

Participants in the program are requested to comply with the following guidelines:

1. Please arrive 15 minutes prior to your appointment.
2. Have a social security card for everyone listed on the return.
3. Have a photo I.D. (Driver's license)
4. Bring a copy of your 2015 tax return. (important!)
5. Show proof of medical insurance.
6. Organize income statements (social security, 1099's, w-2s, etc.)
7. Summarize medical expenses for 2015 including insurance, co-pays and premiums, doctor, dentist, hospital bills, prescriptions, mileage traveled to obtain services, etc.
8. Itemize deductions such as charitable contributions, etc.

**ALL RETURNS (FEDERAL, STATE AND SCHOOL) WILL BE E-FILED UNLESS OTHERWISE REQUIRED BY THE IRS.**

## SENIOR CENTER TRANSPORTATION DEPARTMENT NEWS

The Transportation Department has 2 part time drivers-Brenda Castle and Carolyn Wilson, and 1 substitute driver-Wayne Bricker.

Rides are available Monday through Friday from 8:00 a.m. to 4:00 p.m. We pick up and take home several of our Adult Day Center clients. We also transport seniors from all over Madison County to medical appointments, pharmacies, grocery stores, banks and other miscellaneous places. We do receive some funding from COAAA, Title III. These funds help us to provide for seniors who are unable to pay for the service. There is an application process and payment is based on income and current poverty level guidelines.

We transport seniors for Delightful Dining on the first Monday of the month, Mystery Lunch once a month and various other day trips.

The pool players and our chair volleyball players are taken to other senior centers to play other teams. The Charming Chimers and our Senior Choir are sometimes driven to various places in Madison County to perform.

This is all done on a first come, first served basis. We try very hard to accommodate as many seniors as possible.

For 2016, as of October, we have driven 3,134 trips.

## Greetings From The Adult Day Center

We have had a great time this Christmas season. We have a new aide, Jeanna Bernard, starting the beginning of January. She has been volunteering with us and we are excited to have her join us permanently. Wishing everyone a Happy New Year!!!!

*Beth, Pam, Jeanna and all of our wonderful volunteers*

# In The Kitchen with Joanna

Happy New Year to everyone. Last year I did diet recipes, this year I will do soup recipes each month. Since we have Chinese New Year (The year of the Rooster) at the end of the month, I thought I would include a recipe for Wonton Soup.

## Wonton Soup

The Wontons:

- ½ pound of ready made wonton's wrapper (They are located in the refrigerated section of Produce Dept.) cut into 3 ½ inch squares
- ¾ lb. lean ground pork
- 4 teaspoons of soy sauce
- ¾ teaspoon of finely chopped, peeled fresh ginger root
- ¾ teaspoon salt
- 1(10oz) package frozen chopped spinach, defrosted and squeezed dry, chop again. (should be about 6 tablespoons after chopping)

The Soup:

- 6 cups of chicken stock, fresh or canned
- 1 cup of fresh spinach leaves, torn in small pieces.

Prepare ahead:

To make the filling: In a large bowl, combine the pork, soy sauce, ginger, and salt, using your hands to mix them thoroughly. Then mix in the finely chopped, squeezed dry spinach.

To assemble the Wontons:

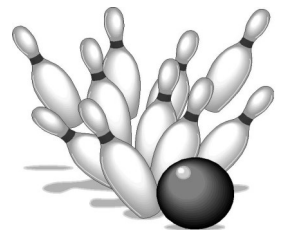
Place 1 teaspoon of the filling just below the center of each wrapper. Fold one side over the filling and tuck its edge under the filling. Then, with a finger dipped in water, moisten the exposed sides of the wrapper and roll up the filled cylinder, leaving ½ inch of wrapper unrolled at the top. Now take the two ends of the cylinder in the fingers of both hands and pull them down beneath the roll until the ends overlap slightly. Pinch the ends firmly together. As each wonton is finished, place it on a plate and cover with a dry towel.

To Cook:

In a 4 to 5 quart saucepan, bring 2 quarts of water to boil and drop in wontons. Return to boil; reduce heat to moderate and cook uncovered, for 5 minutes, or until tender but still a little resistant to the bite. Drain the wontons through a colander. Pour the stock into the pan and bring to a boil. Add fresh spinach and the wontons, and return again to a boil. Serve immediately.

## B O W L I N G

Judy Hastings	114	Bill Link	133	Susie Lindig	120	Skip Fout	158
Karen King	139	Larry Threlkeld	122	Beverly Evans	131	Brenda Gonzalez	120
Carl King	166	Johnny Harden	106	Paul Hackworth	153	Donnie Hawkins	120
Barb Gordin	115	Charlie Johnson	141	Ralph Stidham	120		
JR Venrick	166	John Conn	143	Cecil Herman	102		
Barb Andrix	105	Gene Noble	125	Jim Harden	118		
Carol Nafzger	125	Barb Cooper	84	Paul Stonerock	147		
Gary Sollars	120	Duane Glass	186	Valerie Mabra	85		



## Caregivers Support Group

For caregivers trying to meet the needs of a frail, elderly or physically or mentally impaired person at home or in placement. Please come for supper and support on the first Thursday of the month at 6:00 p.m. at the Madison Senior Living Club House, 351 Keny Blvd., London.





## January Birthdays



Patron	Birthday	Patron	Birthday
Lawrence, Betty	01-02	Wendel, Doralee	01-16
Conley, Patricia	01-03	Garver, Betty	01-16
Baker, Gary	01-03	Gonzalez, Ramon	01-16
Doerfler, Dave	01-04	Manning, Kay	01-17
Hutchins, Charles	01-05	Coburn, Willie	01-17
Lundeen, Ruth	01-06	Lipps, Alice	01-18
Stringfellow, Norma	01-06	Coburn, Bob	01-18
Stapleton, James	01-06	Fooce, Debra	01-18
Loe, Todd	01-06	Reed, Helen	01-19
Castle, Brenda	01-06	Lindsay, Shirley	01-20
Groves, Esther S.	01-08	Knisley, Bob	01-22
Young, Margaret A.	01-08	Penry, Robert	01-22
Herald, Linville	01-09	Roach, Ronald	01-22
Robertson, Joyce	01-09	Reeves, Judith	01-23
Butler, James	01-09	Whaley, Tommy	01-24
Zimmerman, Diane	01-09	Sheridan, Donna	01-24
Riffle, David	01-10	Phillips, Thomas	01-25
Cowne, Gary	01-10	Boysel, Carolyn	01-25
Rich, Roberta	01-10	Spahn, Doris	01-25
Reynolds, Sharon	01-10	Kavy, Diana	01-26
Little, Roberta	01-11	Pitts, Shirley	01-27
Smith, Golda	01-11	Mitchell, Richard	01-28
Gaier, Tony	01-12	Nisbet, Stephen	01-28
Ell, Gordon	01-12	Radcliff, Bob	01-28
Wilson, Joyce	01-12	Schickedantz, Cheri	01-28
Thornber, Sandra	01-12	Bales, Jerry	01-28
Colwell, Patricia	01-13	Weisman, Deborah	01-28
Gordin, Barbara	01-13	Maharrey, David	01-29
Morrison, Linda	01-13	Dillion, Beth	01-29
Ferguson, Myra	01-13	Slagle, Elsie J.	01-30
Guinther, Dennis	01-14	McNeal, Faison	01-30
Dillard, Paul	01-15	Cummins, Betty	01-31
Harrison, Beverly	01-15	Link, Peggy	01-31
Cooper, Deb	01-15	Rolfes, Dorothy	01-31
McCafferty, Joyce	01-16		

# Grins and Giggles

## Lessons We Can Learn From a Snowman

Wearing white is always in style-even after Labor Day.

Getting outside in the winter is good for your health.

It's fun just to hang out in your front yard.

We're all made up of mostly water.

Accessories don't have to be expensive.

Don't get too much sun!

If you're a little bottom heavy-hey, that's okay!

You know you've made it when they write a song about you.

If you look down and can't see your feet-you're probably not very active.

Sometimes sweating too much can have disastrous results.



  
**Friends of  
Madison County  
Parks & Trails**  
P.O. Box 308  
London, Ohio 43140  
[WWW.FMCPT.COM](http://WWW.FMCPT.COM)

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

**Support:**

**The Madison  
County  
Park District**

**GET INVOLVED**

**The  
X-TERMINATOR**  
**BUGS... won't be back!!**  
**614-600-6496**  
West Jefferson, Ohio  
[mike.conway66@yahoo.com](mailto:mike.conway66@yahoo.com)  
**Spiders, Bees, Ants, Roaches,  
Termites, Bed Bugs, Mosquitos,  
and all general pests**



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ad and receive:

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- ▶ FREE Cleaning and Checkup
- ▶ FREE Video Ear Inspection
- ▶ Financing Available

DHL#GDDA

**419-464-7664**



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1905 West North Street  
Springfield, OH 45504

Taunya Hough, Licensed Hearing Instrument Specialist

[avada.com](http://avada.com)

Office Hours: M-F, 9:00am - 5:00pm

Walk-In Hours: M-F, 1:00pm - 2:00pm

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- Video Games
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- Audiobooks



20 E. First Street, London Ohio



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 Office: (740) 852-6446 - Fax: (740) 852-6445



**Madison County Senior Citizen's Center, Inc.**

**280 West High Street • London**

**Wednesday 7:00 p.m.**

Coverall Jackpot  
 Progressive Games  
 Smoke Free Facility

Public  
 Welcome!



280 West High Street  
London, Ohio 43140  
740-852-3001

# January 2017

## 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**  
**Pam Chenos, 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**  
**Robert Puckett, Maintenance/Driver**  
**Brenda Castle, Transportation Coordinator**  
**Carolyn Wilson, Driver**  
**Wayne Bricker, Substitute Driver**

## Or Current Resident

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.

### **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.

### **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, 174 East Long St., 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.