

Golden Times

January 2022
Issue I

Madison County Senior Citizens Center



It is December 22, 2021, as I am writing this, another Christmas at our door, and the beginning of another year following close behind. I hope your holidays were blessed with family and friends and the true meaning of Christmas. I realize this more and more as I get older, life is indeed short and goes by very quickly, but I am always thankful for the blessing of a new day and a New Year. I pray 2022 will be a great year for the center, and for all of you.

Some of you may have noticed we didn't shut the center down the last two weeks of December this year for annual maintenance. We found that doing this was a disruption for our ADC program and our other services. We will be using a holiday weekend in the early spring to shut down to clean and sanitize the kitchen and scrub and wax the floors. (plus being shutdown for 14 months was long enough!)

I would like to thank the members who volunteered to work our bingo program in 2022. Unfortunately, we didn't get quite enough people to volunteer for each bingo evening, and with the new COVID variants, the numbers spiking, the board voted to forgo bingo for another year. We have to continue living, but we also need to be cautious, I would hate for one of our evening programs to affect our daily services and activities. Knock on wood (I'll use my head right now) we have been very fortunate, and I know we would like to keep it that way. Thank you for understanding the decision, it wasn't made lightly.

December 30th is the beginning of my ninth year working for you at the Madison County Senior Center. Going into the new year, I wanted to take a moment to tell you how much this center and all of you mean to me. When I left my banking career at the end of 2013, after 27 plus years, I was a little nervous about this new journey, but it has been more fulfilling than I ever thought possible. Don't get me wrong, there were those "what was I thinking moments" in the beginning, lots to learn, but I thrive on learning new things. To be part of an organization that provides so much to the seniors in Madison County is a true blessing. This is an amazing place, we have an incredible caring staff, being able to hang out and have fun with all of you, well, that just a bonus.

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

*In the New Year, may your right hand always be stretched out in friendship, but never in need. God
Bless You All – Happy New Year!*

Misty



Find the coffee cup hidden in this newsletter. When you find it call the center at 740-852-3001 by Friday, January 14th 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 Christmas ornament was on the page 12 (the address page). Congratulations to Eleanor Ballard, the lucky winner!



Above: Marvin Conley displays his latest quilt creation. Most of the stitching in his quilts is done by hand.

Below: Chris Webb, right and Marilyn Lowery show off a quilt Chris made for Marilyn to take to the Honor Flight Program for a veteran.



Above: The Holiday Pops trip to the Ohio Theater was a hit! The music was just beautiful and really got us into the Christmas spirit!

Right: Officer Mark let us park right across the street from the theater. He was so nice that we took his picture and told him he would be in our newsletter.



Bonnie Radcliff lead the Adult Day Center clients in making these cute snowmen.



Below: We served over 130 people for our Christmas Lunch. Thanks to the kitchen for their hard work preparing such a great meal. Also we had a really good turnout for our Sing Along. Thank you to Karen Cooper for accompanying us on the piano. She is a wonderful pianist.

Christmas Lunch



Christmas Sing Along



High Euchre Score

11-22-21 Steve Holland 79

11-29-21 Norma Hicks 81

12-6-21 Tom Lawrence & Dave Maharrey 73

12-13-21 Dave Maharrey 78

12-20-21 Dave Maharrey 82

High Bridge Score

12-1-21 Bob Majka 4200

12-8-21 Pat Baynes 4390

12-15-21 Barb Tope 4920

2022 Membership

Dues for 2022 should have been paid by December 31, 2021 to continue receiving the monthly newsletter and to participate in Center activities.

\$15/single membership

\$25/married couple membership

You can pay by cash or check by coming into the Center or mailing it to:

P.O. Box 389

London, OH 43140

Thank you!

*Don't
Forget*

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

12:05 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 machine you use when you are finished. Thank you!



UPCOMING DAY TRIPS!!

MASKS ARE REQUIRED WHILE RIDING ON OUR VAN AND MOTORCOACH TRIPS

January Mystery Lunch—Friday, January 14th. Van fee is \$5 and we will leave the Center at 10:30 a.m.

February Mystery Lunch—Thursday, February 17th. Van fee is \$5. We will leave the Center at 10:30 a.m.

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, January 3rd—Cappy's Pizza, 247 Lafayette Street, London, OH 43140. There will be no vans for this trip, however, please let us know if you are going so we can have an accurate count. Please be there at 5 p.m.

Monday, February 7th—LaCaretta, 1092 Eagleton Plaza, London, OH 43140. There will be no vans for this trip but please let us know if you are planning to go so we can have an accurate count. Please be there at 5 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!!**

Ohio State at Maryland and Washington D.C.

November 17-20, 2022



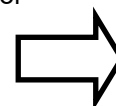
See the major sites of our nation's capital, experience a B1G 10 Buckeye football road game, and let our charter bus do the driving, all in one great trip! Not a football fan, you will get a discount of approximately \$60. Spend the day on your own in D.C. instead of the game.

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. Final payment will be due August 8, 2022. After August 8, 2022 the tour is non-refundable.



**Branson, Missouri****May 16-21, 2022**

Highlights include: Dolly Parton's Stampede Dinner Show, New Jersey Nights, Showboat Branson Belle Dinner Cruise, Dogwood Canyon Nature Park, Amazing Acrobats Shanghai, Dublin's Irish Tenors/Celtic Ladies, Grand Jubilee Dinner Show, Warm Springs Ranch & the Clydesdales, Museum of Westward Expansion, Gateway Arch, St. Louis.

Tour Includes:

Motorcoach transportation
 Five nights lodging
 8 meals—5 breakfast and 3 dinners
 Reserved show tickets
 All sightseeing & admissions, baggage handling
 Gratuities for local guides & porters
 Professional Tour Manager

Fare:

\$1149.00 per person double

\$1099.00 per person triple

\$1399.00 per person single

A \$150.00 per person deposit is due to secure your reservation with the balance due by March 1, 2022. Make checks payable to Madison County Senior Center, and send to PO Box 389, London, OH 43140.

Optional trip insurance is available for \$98 per person. Insurance premium is due with initial deposit.

**Enchanted Ireland****September 21-29, 2022**

Highlights include: St. Patrick Cathedral, Trinity College, Book of Kells, Guinness Storehouse, Glendalough, Rock of Cashel, Waterford, Waterford Crystal Visitors Center, Blarney Castle, Killarney, Blarney Woolen Mills, Macgillcuddy's Reeks, Bunratty Castle Medieval Banquet, Historic Galway, Connemara Region, Cliffs of Moher, Ring of Kerry, and Dublin.

Tour Includes:

Round trip air transportation
 Deluxe motorcoach transportation in Ireland
 11 meals—7 breakfasts and 4 dinners
 Seven nights lodging
 All sightseeing & admissions
 Baggage handling throughout Ireland
 English speaking driver/guide in Ireland

Fare:

\$3,495.00 per person double

\$3,995.00 per person single

A \$500.00 per person deposit is due to secure your reservation with the balance due by June 1, 2022. Make checks payable to Madison County Senior Center, and send to PO Box 389, London, OH 43140.

Optional trip insurance is available for \$205 pp double/triple and \$234 per person single. Insurance premium is due with initial trip deposit.

**OSU at Maryland and
 Washington D.C. Trip
 Presentation**

By Prime Tours

Thursday, February 10, 2022 at 1:30 p.m.

Please call by Tuesday, February 8 and let us know
 if you plan to attend. 740-852-3001

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"Yes, you look just like your father.
 No, he doesn't plan to file charges
 for identity theft."

Governor DeWine and AAA offer these tips for older drivers:

- Stay aware of your changing physical, vision and hearing abilities and adjust your driving habits accordingly.
- Ask your doctor or pharmacist if any medical conditions you have or medications you take could make it unsafe to drive.
- Do most of your driving during daylight and in good weather. Avoid busy roadways and rush hours whenever possible.
- Plan your route before you drive and choose routes with well-lit streets, intersections with left turn signals and easy parking.
- Avoid distractions while driving, including talking or texting on a cell phone, eating, or listening to a loud radio.
- Leave plenty of room between you and the vehicle in front of you so you can react if the other driver stops or slows suddenly.
- Do not drive too slowly, as this can be as unsafe as speeding.



Q: What does a snowman put on his face at night?

A: Cold cream.



Q: Why did Frosty go to the middle of the big lake?

A: Because snow man's an island.

Q: Where do snowmen get the weather report?

A: The Winternet.



B O W L I N G	Andrix, Barb	96	Goff, Terry	155
	Burdett, Diane	136	Hackworth, Paul	135
	Cooper, Barb	90	Herman, Cecil	69
	Cweikalo, Bert	137	Noble, Gene	124
	Ellars, Greg	151	Pickens, Ann	114
	Ernst, Terry	97	Ridolfo, Linda	156
	Florence, Barb	88	Rowley, Nancy	107
	Glass, Duane	193	Sheridan, Ray	167





Adult Day Center

Happy New Year!

We hope that everyone had a wonderful Christmas. Many, many thanks to all of the kind and generous donations to our ADC family. We are very appreciative to all. Without your help some things would not be possible.

Thank you to the Heirloom Quilters for the darling sock cupcakes that were included in the members Christmas.

We also were blessed with entertainment from Karen Cooper and Edie Timmons as well as Robert Penry.

Thank you to all volunteers for all you do!

As we begin a brand, new year, we wish for happiness, good health and many blessings for all.

Happy New Year, Beth, Patsy and Jeanna

Welcome New Members!

Lori Bowsher Kathy Iles

Delana Colwell

James Miller

Steve & Cheryl Holland

Ron McGough & Cindy Ponyah

Brenda Lewis

Gerald & Deanna Yakubik

Betty Gregg

Jane Forrest

Edward Burns

Christina Hart

Jim Yates, Jr.

Paul & Janet Porter

The Senior Center will be closed Monday, January 17th for Martin Luther King Day.

"In the End, we will remember not the words of our enemies, but the silence of our friends."

"Freedom is never voluntarily given by the oppressor; it must be demanded by the oppressed."

"We must learn to live together as brothers or perish together as fools."

"The time is always right to do what is right."



Senior Citizens Only Friday Movies at 1:00 p.m.



January 7 – Queen Bees -Ellen Burstyn, James Caan – Comedy – 2021 – PG-13 *** ½

January 14 – The Bucket List – Jack Nicholson, Morgan Freeman – Comedy – 2007 – PG-13 ****

January 21 – Here Today – Billy Crystal, Tiffany Haddish – Comedy – 2021- PG-13 ***½

January 28 – The Guilt Trip- Seth Rogan, Barbra Streisand – Comedy – 2012 – PG-13 ***

January Birthdays!

Customer	Birthday	Customer	Birthday
Quinn, Mary	01-01	Lipps, Alice	01-18
Leimeister, Monica	01-01	Reed, Helen	01-19
Lawrence, Betty	01-02	Hurley, Karlene	01-20
Conley, Patricia	01-03	Lindsay, Shirley	01-20
Adam, Carol	01-03	Crabtree, Shirley	01-20
Ward, Nancy	01-04	Woliver, Loretta	01-21
Stringfellow, Norma	01-06	Case, Debra	01-21
Sowers, Ruth	01-06	Newman, Millie	01-22
Castle, Brenda	01-06	Chamberlain, Patsy	01-22
Vecchiarelli, Debbie	01-07	Penry, Robert	01-22
Paysen, Richard	01-08	Whaley, Tommy	01-24
Herald, Linville	01-09	Sheridan, Donna	01-24
Robertson, Joyce	01-09	Boysel, Carolyn	01-25
Butler, James	01-09	Winters, Ronald	01-25
Zimmerman, Diane	01-09	Lemmon, Joyce	01-25
Riffle, David	01-10	Spahn, Doris	01-25
Cowne, Gary	01-10	Kavy, Diana	01-26
Reynolds, Sharon	01-10	Finchum, Vickie	01-26
Little, Roberta	01-11	Parks, Beauetta	01-28
Gaier, Tony	01-12	Schickedantz, Cheri	01-28
Ell, Gordon	01-12	Weisman, Deborah	01-28
Wilson, Joyce	01-12	Creamer, Dorothy	01-29
Thornber, Sandra	01-12	Maharrey, David	01-29
Colwell, Patricia	01-13	Dillion, Beth	01-29
Shaevitz, Robert	01-14	Slagle, Elsie	01-30
Garver, Betty	01-16	Cummins, Betty	01-31
Manning, Kay	01-17	Rolfes, Dorothy	01-31
Wilson, Beverly	01-17		



Baked Potato Soup

- 12 slices bacon
- $\frac{2}{3}$ cup butter
- $\frac{2}{3}$ cup all-purpose flour
- 7 cups milk
- 4 large baked potatoes, peeled and cubed
- 4 green onions, chopped
- 1 $\frac{1}{4}$ cups shredded Cheddar cheese
- 1 cup sour cream
- 1 teaspoon salt
- 1 teaspoon ground black pepper

Directions

Place bacon in a large, deep skillet. Cook over medium heat until browned. Drain, crumble, and set aside.

In a stock pot or Dutch oven, melt the butter over medium heat. Whisk in flour until smooth. Gradually stir in milk, whisking constantly until thickened. Stir in potatoes and onions. Bring to a boil, stirring frequently.

Reduce heat, and simmer 10 minutes. Mix in bacon, cheese, sour cream, salt, and pepper. Continue cooking, stirring frequently, until cheese is melted.

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.

Pepperoni Pizza Crescent Rolls

- 1 can (8 oz.) refrigerated crescent Rolls (8 Count)
- 24 slices (about 5 oz.) pepperoni
- 2 oz. shredded mozzarella cheese (1/2 cup)
- 1 cup tomato pasta or pizza sauce, heated

Preheat oven to 375 F. Separate dough into 8 triangles; pat out each triangle slightly.

Place 3 slices pepperoni, slightly overlapping, on center of each triangle. Top each with about 1 Tbsp. cheese.

Roll up, starting at shortest side of triangle and rolling to opposite point. Place rolls, point side down, on ungreased cookie sheet.

Bake for 10-14 minutes or until golden brown. Serve with warm pasta sauce for dipping.

Foot Care at the Senior Center by Everyday Divinity

Nurse Delivered Foot Care

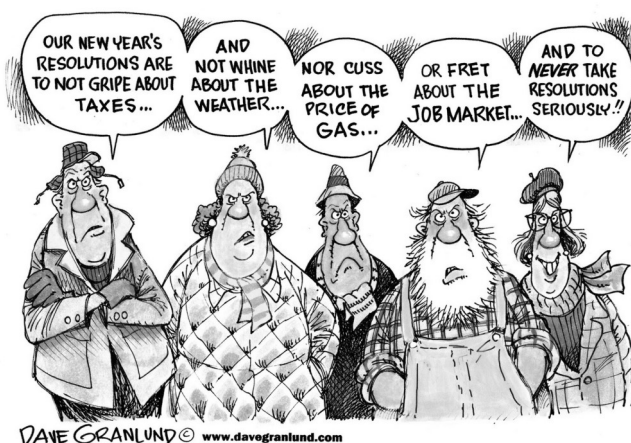
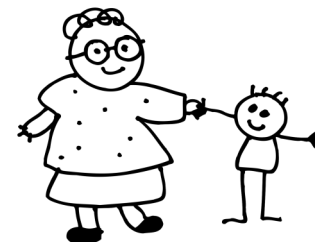


To schedule an appointment please call 614-716-9919

Witty & Wise

- If there was a pill to cure procrastination I'd probably take it tomorrow.
- You know you're old when you clean to the music you used to drink to.
- Feeling good about yourself? Have a kid draw a picture of you.
- Irony is when someone writes "You're an idiot".
- Boss: You should have been here at 8.

Me: Why, what happened at 8?




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Madison County
Parks & Trails**
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 WWW.FMCPT.COM

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

Support:

The Madison
County
Park District

GET INVOLVED

London Public Library

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Visit www.mylondonlibrary.org

- Educational Events for all Ages
- Online Services/Computers
- Newest Books
- Latest DVDs
- Video Games
- Wifi Hotspot
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mike.conway66@yahoo.com

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 and all general pests**





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life was ending,

the caterpillar

became a butterfly.



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Madison County Senior Citizens Center

Dated Material

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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



January 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

Gayle Summers, Kitchen Coordinator

Brenda Lewis, Cook

Brenda Castle, Transportation Coordinator

Wayne Bricker, Driver

Don Hawkins, Substitute Driver

Martha Parsons, Substitute Driver

Mark Bires, 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.

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.