



Madison County

Senior Citizens Center

280 W. High Street London, Ohio 43140
Golden Times

Golden Times

April 2016

Issue IV

Find the



hidden inside this news-
letter. When you find the
bluebird call the center at
740-852-3001 by Friday,
April 15th to tell us where
it is located. If correct,
your name will be entered
into a drawing to win
5 free lunches.

Last month the pot of gold
was found on page 10.
The winner was Barb
Gordin.

Congratulations Barb!

CONTACT US.....

Phone 740-852-3001.

Visit us on the web at
mcsenior.org or on our Face-
book page, Madison County
Senior Citizens Center.

2016 Governing Board Members

Larry Gessel-President

Sharon Manion-Vice President

Shirley Witwer-Secretary

Jean King Ron Cress

Ada Cochran Dave Deck

Donna Sheridan

Jerry Tompkins



hello
spring!

Well, Ladies and Gentlemen, how about those entrance doors? A huge thank you to Alice Kennedy for painting the lovely flower scene on our entrance doors. If you haven't been in lately, stop in for lunch, visit with friends and check out the beautiful artwork.

We have been busy, busy...you will notice a couple changes in the dining area. We have added a new ice/water dispenser for your sanitary, drinking pleasure. Also for your thirst quenching pleasure, we have added a new pop machine behind the lunch line. You will be able to purchase a soda with your lunch, while going through the line. The pop or soda, depending on what part of the country you are from, choices will be Coke, Diet Coke, Root Beer, Mello Yello, Sprite and Lemonade. We will no longer be serving kool-aide, but tea and coffee will still be available. For the folks who come on Tuesday nights, the pop machine will no longer be available, I apologize, you will need to bring pop with you. The tea and water will continue to be available. We have also changed the coffee cups, to coffee mugs, they hold more coffee, keep your coffee warm longer and hopefully make it a little easier when carrying your mug across the room; less spilling. Also for the gentlemen who use the plastic drinking cups for coffee, try the new mugs instead.

We have changed the supportive service office into an additional meeting room. We are always short on space for small group meetings or activities, we can't add onto the building so we need to make better use of the space we have. It looks very nice.

We are gearing up for the Volunteer dinner on April 22nd, invitations are in the mail. If you have volunteered in the past year and don't receive an invitation, please let us know, we don't want to miss anyone. We had so much fun last year, we don't want you to miss it this year. We have great entertainment lined up and a very nice menu planned. Our volunteers are so important to the success of the center, the dinner is our way of saying thank you for all you do.

Thank you to everyone that helps at the center every day!

Misty

Fun At The Senior Center



The Day Center celebrated Harry, Diana and Ruth's birthdays in March. Everyone enjoyed delicious birthday cake



Above: St. Patrick's Day cake donated from Medigold and presented by Kurt Miller.



Left: Bob Penry and his daughter, Cindy, entertained the lunch crowd with some lively Irish music for St. Patty's Day.

Above: Barb Andrix and Dale Wheeler at Franklin Park Conservatory. Below: Everyone enjoyed the beautiful orchids and plants at Franklin Park.



Also Beth Dillion, day center aide, gets ready to enjoy corned beef and cabbage!



Below: Part of the Coca Cola collection Joanna Sadler brought in for March's display case.



Some of the crowd lined up for St. Patrick's Day lunch.



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.- Photography Class April 11th and 25th

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
 4:30 p.m. - Tai Chi
 5:00 p.m. - Cards, Mexican Train Dominos
 5:00 p.m.-Beginner Line Dancing
 6:00 p.m. - Advanced Line Dancing

Wednesday:

8:00 a.m.—Trail Walking
 9:00 a.m. - Chair volleyball
 9:30 a.m. - Woodcarvers
 10:30 a.m. - Aerobics
 12:05 p.m. - Bridge
 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:

8:00 a.m.. - Trail Walking on the bike path
 9:00 a.m... - Painting Class with Harry Croghan
 10:00 a.m. Chimes April 1st, 15th and 29th
 10:00 a.m. Choir April 8th and 22nd
 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.
 Diabetes and Weight Loss Support Group will meet
 Wednesdays at 2:00 p.m. on April 6th, 20th, 27th.

Bulletin Board

Avada Audiology & Hearing Care

A representative will be at the senior center once a month from 9am –12pm. Call 1 -800-553 -8663 to schedule 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 Dick Hughes at 740-852-9646

Euchre and Bridge Scores



High Euchre Score

2-22-16 Cecil Keeler 67
 2-29-16 Dave Maharrey 72
 3-7-16 Dave Maharrey 88
 3-14-16 Evelyn Sullivan 71
 3-21-16 F.J. Holland 65

High Bridge Score

2-24-16 Doug Pyles 5540
 3-2-16 Betty Cummins 3430
 3-9-16 Jerry Cummins 3710
 3-16-16 Jerry Cummins 5260
 3-23-16 Evelyn Sullivan 4880

Rays of Hope, For Seasons of Life Support Group

With Spring comes the ability to leave our homes and once more become active. Loneliness often will bring on depression. Please consider attending the support group. It will lighten the load and you will find future friends for this season of life.

Meeting every Tuesday in the Conference Room at 1:30 pm.

Questions answered by Donna Wharton,
 Facilitator & Care Counselor.

740-490-5936 or dmwharton342@yahoo.com

Hocking Valley Autumn Train Ride!

Friday, October 21, 2016

Deadline to pay: *May 2nd. We have a huge waiting list for this trip and will fill unpaid seats.*

Fee: *\$40 total for motor coach transportation and train ticket. Lunch will be on your own on the way to or in Nelsonville, most likely at a fast food establishment or you may pack a sack lunch.*

Departing the Madison County Senior Center at 9:00 a.m.

This is a 2 hour train ride going from Nelsonville to Logan and back. There are no bathrooms on the train however there are some at the train depot. The train cars are heated as necessary but you will want to dress in layers depending on the temperatures outside.

UPCOMING TRIPS



SNOOTY FOX TRIP—Friday, April 8th. We will leave the senior center at 9:00 a.m. and return approximately 6-6:30 p.m. Cost for this trip is \$25 which covers your transportation and includes snacks and drinks at the stores. It does not cover bus driver tip and lunch is on your own.

COSI SENIORS ONLY DAY—Tuesday, April 12th. Total cost is \$20 which includes the ride on the van and your admission. We will leave the center at 9:00 a.m. Lunch will be on your own at COSI's Atomic Café. In the morning complimentary coffee, hot tea and pastries will be available for everyone. Enjoy all of COSI's Classic Exhibits, hands on Science Carts, see a special showing of *Jerusalem in The National Geographic Giant Screen Theater*. We will leave COSI no later than 2 p.m. Please call the center office soon to sign up, 740-852-3001.

APRIL MYSTERY LUNCH—Tuesday, April 26th. We will leave the center at 10:45 a.m. Cost for this trip is \$5 per person to ride the van and lunch is on your own.

TRIP TO GUHL'S VARIETY STORE IN JACKSON—Friday, May 6th. We will leave the center at 8:00 a.m. Cost for transportation is \$10 and lunch is on your own at Ponderosa. If you quilt or sew this is the place to go. Fabric at great prices!! We are limiting this trip to 16 so that we have plenty of room for all the fabric you are purchasing.

MAY MYSTERY LUNCH—Monday, May 23rd. We will leave the center at 11:00. Cost is \$5 to ride the van and lunch is on your own.

COLUMBUS CLIPPERS—Thursday, May 26th. Fee-\$12. **Deadline to pay was March 25th.** We are going to watch the Clippers play Buffalo! We will leave the center at 9:45 and the game begins at 11:05. Your fee includes your transportation and your ticket to the game. Lunch is on your own at the park.

JUNE MYSTERY LUNCH & BOB MCDORMAN AUTO MUSEUM—Thursday, June 23rd. \$5 to ride the van. Lunch on your own & museum fee will be \$7 per person. Tons of vintage cars of all kinds! 1936 and newer! Lots of Corvettes! Also lots of vintage, working neon signs!



Come along with us to LaComedia in Springboro as we reunite with the senior class of Rydell High in the smash hit Grease! Featuring songs such as “Greased Lightning,” “Summer Nights,” “Beauty School Dropout,” and “We Go Together.”

When: Thursday, June 16th

Cost: \$65 per person. This includes your delicious buffet lunch, dessert, the play and motor coach transportation. Bus driver and server tips are on your own. Seating is limited. Deadline to pay is Thursday, May 12th.

Please be at the center by 9:00 a.m. The motor coach will depart at 9:15 a.m.

Do you know.....????

1. Which musical pitted the Jets against the Sharks?
2. Who won the Tour de France in 1986?
3. In which state is Mount Rainier?
4. What is Steven Spielberg’s middle name?
5. What river flows through Rome?
6. What is the dot above a lower-case “i” called?
7. Who wrote *A Night to Remember*?

Answers can be found on page 9

LIVING WILLS AND DNR ORDERS

Tuesday, May 10th

10:00 a.m.

Learn about advanced directives such as living wills and health care powers of attorney. Also learn about Do Not Resuscitate orders and see if this is something you would want to have in place in the event you are unable to speak for yourself in a critical medical situation.

Information presented by a Madison Health social worker. Please call to sign up for this class. 740-852-3001.

B O W L I N G

Judy Hastings	115	Bill Link	139	Susie Lindig	114	Patty Paul	116
Karen King	134	Larry Threlkeld	121	Beverly Evans	125	Brenda Gonzalez	91
Carl King	155	Johnny Harden	103	Paul Hackworth	153	Skip Fout	163
Barb Gordin	114	Charlie Johnson	150	Ralph Stidham	143	Cecil Herman	104
JR Venrick	165	Jeff Kessler	120	John Conn	143		
Barb Andrix	106	Gene Noble	127	Jim Harden	127		
Carol Nafzger	130	Barb Cooper	80	Paul Stonerock	160		
Gary Sollars	90	Duane Glass	176				

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.

Delightful Dining

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

Ride for free on the vans while the seats last or you may drive and meet us there.

Monday, April 4, 2016

Texas Roadhouse

1770 Hilliard Rome Road

Columbus, OH 43026

We will leave the Center at 5:00 p.m. and arrive at the restaurant around 5:30 p.m.

Monday, May 2, 2016

Spaghetti Warehouse

397 West Broad Street

Columbus, OH 43215

We will leave the Center at 5:00 p.m. and arrive at the restaurant around 5:30 p.m.

Cooks Corner with Joanna



Homemade Fish Sticks

This recipe is one of the best ones that I have found. This is not only good for adults but for kids too.

4 Cod Loins 2 Eggs
1/4 cup of water 1/2 cup flour
1 cup Italian Bread Crumbs

Preheat oven to 400 degrees. Cut cod loins into 5 pieces long ways. Mix eggs and water for wash. Dredge each piece of fish in flour. Coat with egg mixture then roll in bread crumbs until well covered. Place on sprayed parchment paper on a cookie sheet. Repeat until all pieces are done. There should be about twenty. Bake in oven for 15-20 minutes or until nice and brown. Each serving is about 5 pieces.

MADISON COUNTY SENIOR CENTER CAMERA GROUP

MCSCC Camera Group consists of a few individuals who are interested in creating photographs that are shared with members of the center and the public. You might have seen the display in the showcase last February.

The group invites you to join us at our meetings. We discuss most aspects of photography and usually show some of our efforts during the meeting. Our April meetings are on the 11th and the 25th at 1:00 p.m.

If you are interested in photography and wish to pick up a few pointers be sure and join us. Our format is digital photography. The brand and type of camera doesn't matter. We have Kodak point and shoot to more advanced Cannon and Nikon cameras.

For more details contact Jim Donohoe at 740-506-6554 or ohkrill4@yahoo.com.

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.

SENIOR FAIR 2016!!

Mark your calendar for May 17th, 2016! Our Senior Fair will take place from 10 a.m. to 2 p.m. here at the center. We have some new participants this year! The London Police department will be here to collect your unwanted/unused drugs for disposal. In our display cases check out the senior art display! Enter for a chance to win a door prize!

Coffee & Donuts at the Center!!

4th Monday each month at 9 a.m.

Sponsored by London Rehab.

YUM!



Walk For Your Health!

Starting April 6th on Wednesdays and Fridays we will meet at 8:00 a.m. behind the senior center and walk the bike path. We walk out for 30 minutes or so and then turn around and come back. It comes out to almost 3 miles! In the summer months we will start at 7:00 a.m. We would like to see the group grow. We do sometimes participate in a local 5K if you are interested.



Welcome New Members

Margaret Conway

Deborah Cochran

Bev Havens

Henrietta Meyersick

Helen Norris

Sandra Thornber

Jim & Bonnie Yates

Marvin Wolpert

Rebecca Kirk

Roy Haggit

Todd Loe

Rebecca Rogers

Friday Cinema

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

FREE popcorn!

April 1—Daddy's Home (comedy) Will Ferrell, Mark Wahlberg

April 8—Jurassic World (action) Chris Pratt

April 15—The Homesman (western) Tommy Lee Jones, Hilary Swank

April 22—Notting Hill (comedy) Julia Roberts, Hugh Grant

April 29—Max (drama) Thomas Haden Church, Josh Wiggins

**Movie subject to change due to availability



GREETINGS FROM THE DAY CENTER



Happy Spring!!

Thank you to everyone that has helped us by donating prizes for Bingo and also thanks to Marilyn Henry for her donation of goodies for St. Patrick's Day, Sandy Darlington for her sweet treats and Betty Mastin for her lovely Easter Baskets!

We would like to welcome Carrie Trapp to our ADC family. Please give her a warm welcome. We have been trying to come up with new ideas for activities. We came up with what we call "Balloon Swat". It was a lot of fun and I believe we all had sore tummies from laughing so hard. Laughter is the key to a long healthy life and we all should be healthy and happy!!

It's that time of year for "Spring cleaning". If you have any small items, such as costume jewelry, knickknacks, etc. we can accept them for our Bingo prizes.

Happy Spring to Everyone!! May your flowers bloom bountifully and your heart be blessed.

Beth, Pam and all of our wonderful volunteers.



Shoes 4 Diabetics

Therapeutic Shoe Clinic
Wednesday, June 22nd, 2016
(date changed from April)
12:30 p.m.



At the Madison County Senior Citizens Center

Offering diabetic shoes for people that are covered by Medicare and private insurance. Medicare will cover the cost of one pair of therapeutic shoe inserts for people with diabetes every calendar year. Medicare payment for therapeutic shoes is subject to the requirement of your physician's authorization. You must have your insurance and physician information available at the clinic.

Please call the Senior Center office if you would like to meet with a representative.

740-852-3001

CONTACT THE CENTER AT 740-852-3001

Calling all artists!



We would like to showcase our artistic seniors!

The Senior Fair will be held on May 17, 2016 here at the Center. We would like to put an art display in the showcases for the month of May.

Categories include: Drawings, paintings, photography, carved sculptures, ceramics, stained glass, handmade jewelry, needlework, handcrafted models. In order to make sure the art-work fits in the showcase, please keep dimensions no larger than 20" tall by 12" wide.

Entries will be accepted from Madison County Senior Citizens Center members whose 2016 dues have been paid. Deadline for entries will be Thursday, April 28th. Please fill in the form below and turn in with your entry. You may also pick up an entry form at the senior center. This is not a competition, just a chance to show your amazing talent.

NAME_____

PHONE_____

DESCRIPTION OF ITEM BEING DISPLAYED:

Answers to Do You Know??? On page 5

1. West Side Story
2. Greg LeMond
3. Washington
4. Allan
5. Tiber
6. A tittle
7. Walter Lord

SNIGLETS: ANY WORD THAT DOESN'T APPEAR IN THE DICTIONARY BUT SHOULD!

PIELIBRIUM: The point at which the crust on a wedge of pie outweighs the filling and tips over.

OREOSIS: The practice of eating the cream center of an Oreo before eating the cookie outsides.

NURGE: To inch closer to a stoplight thinking that will cause it to change quicker.

MOTODRIFT: The mistaken belief at a stoplight that your car is moving backward when, actually, the car beside you is moving forward.

EASTROTURF: The artificial grass in Easter baskets.

Grins and Giggles

Little Marty was in church with his mother, when he started feeling sick.

"Mummy," he asked, "can we leave now?" "No," his mother replied, "the service isn't over yet."

"Well, I think I'm about to throw up," Marty announced.

"Then go out of the front door and around to the back of the church and throw up behind a bush," said his mother.

After about sixty seconds, Marty returned to his pew. "Did you throw up?" Marty's mother asked quietly.


"Yes," Marty answered, embarrassed. "How could you have gone all the way to the back of the church and returned so quickly?" his mother demanded.

"I didn't have to go out of the church, Mummy. They have a box next to the front door that says, "For the Sick"."

A father was reading Bible stories to his young son. He read, "The man named Lot was warned to take his wife and flee out of the city. But his wife looked back and was turned to salt." His son asked, "What happened to the flea?"

A man knocked on my door and asked for a donation toward the local swimming pool. So I gave him a glass of water.

Comedian Greg Davies



BINGO

Madison County Senior Citizen's Center, Inc.
280 W. High St., London

Tobacco Free Facility
(Smoking Break Outside)

Wednesday 7:00 PM
Coverall Jackpot
Progressive Games
Smokin 888

Public Invited

PHASE II
JULY 2015

NOW ACCEPTING RESIDENTS




BLUEBIRD
RETIREMENT COMMUNITY
AN ASSISTED LIVING VILLAGE

CALL (740) 845-1880 2260 ROUTE 56, LONDON, OH 43140


London Public Library
Remember the Library on Election Day!

Visit www.mylondonlibrary.org/ballot

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



20 E. First Street, London Ohio





COUGHLIN AUTO.com



255 Lafayette Street, London, OH 43140
Sales (888) 427-0544 Reception (740)852-1122
Ser- vice
(866- 575-
Coughlin has the cars for You!

This is paid advertisement. The Madison County Senior Citizens Center does not endorse the businesses or the products advertised. You are encouraged to seek information about any service or product of interest.

www.BuckeyeRealtyGroup.com

**Buckeye Realty
Group**

740-852-0110 (6446)
"Your Full Service Realtor"



Diana Kavy, Realtor
skavy@columbus.rr.com
Cell: (740) 506-0556

9 East First St., London, Ohio 43140
Office: (740) 852-6446 - Fax: (740) 852-6445


**Friends of
Madison County
Parks & Trails**
P.O. Box 308
London, Ohio 43140

WWW.FMCPT.com
Memberships Individual \$10
Family \$ 20 Sponsor \$50
Registration Form on Website
E-mail FMCPT@columbus.rr.com

Support:

**The Madison
County
Park District**

GET INVOLVED



You won't **know**
if you don't **go**.

Schedule a mammogram and

CURE
YOUR FEARS

**fight for
your health.**

Schedule your annual mammogram at no
out-of-pocket cost. **Call and make your
appointment today: 740-845-7100.**

madisoncountyhospital.org

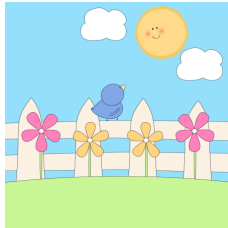
This is paid advertisement. The Madison County Senior Citizens Center does not endorse the businesses or the products advertised. You are encouraged to seek information about any service or product of interest.



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

April 2016

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
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
Ben Gilliam, 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.