



THE CENTER IS OPEN!

It is May 21st as I am writing this, we opened the center back up on Monday, May 17th. Please keep in mind that we still have several mandates to follow, still require mask wearing, still require social distancing, limited number of people at the tables in the café, small group sizes, 10 is still the magic number. We still have rules to follow so we can stay open, but I believe all of the Governors orders will be lifted on June 2nd so we can get back to our normal scheduling, but with caution. We still need to be vigilant, COVID is not gone, and if we don't want another winter like we had last year we need to make sure we are still following the protocols.

- **STAY HOME IF YOU ARE SICK!**
- **WASH HANDS OFTEN (WE CAN HEAR THE HAND DRYERS!)**
- **COVER YOUR MOUTH WHEN COUGHING OR SNEEZING**
- **PRACTICE GOOD HYGIENE HABITS**
- **USE COMMON SENSE (THIS GENERATION GOT THAT GENE; I THINK)**

I know you are ready to get back at it, we had our first day trip this week, it was a fun day! I am hearing laughter in the building; I really missed the laughter. I really love the staff, but it is so nice to see other people in the building besides us...

Thank you for your patience when you are checking in, temperature taking, nosey questions, it is all for you, to protect us all. For the activities not on the schedule yet, they are coming. The number of people in the building are still be mandated. Hopefully by time you are reading this the Governor's Order will be completely lifted.

If you haven't received your vaccination yet, we are having a clinic here at the center on June 8th, you will need to make an appointment, details inside the newsletter.

You will also notice the newsletter is once again showing trips scheduled. Janisse has been busy once again, I think you will be very pleased with a couple of them. Movie Friday is back too! any movie suggestions, let me know.

We will continue to keep the center clean and sanitized for your safety, please come back and join us when you are comfortable.

Thank you for bringing the laughter back! and thank you to our volunteers that have been so amazing through all of this, helping us keep the café open for meal deliveries and carry outs.

Folks, it is going to be a much better summer!

Misty



Find the flower hidden inside this newsletter. When you find it call the center at 740-852-3001 by Friday, June, 11th and tell us where it is located. If correct, your name will be entered into a drawing to win 5 free lunches. Remember it will not necessarily be on a color page. Last month the tooth pick was on page 10 in the Chaney and Thomas ad. Congratulations to Jim Rolfes, May's lucky winner!

OPEN AGAIN AFTER 14 MONTHS CLOSED!



Everyone was happy to be back when we reopened. The Center staff was glad to see you all too! The first day people came in for Euchre, Walking Exercise, Sitting Exercise and lunch. In the center picture below, Linda Zimmerman gets her temperature taken as soon as she comes into the building. For now you have to check in but we are hoping very soon we won't need to do that.



Groovy Plant Ranch Trip

We had a fun trip to the Groovy Plant Ranch! There were tons of plants and flowers to browse through. We took an extra vehicle to haul them back. It's a good thing we did!

Lunch was at the Legacy restaurant. Everyone loved the food and the cheese-cake!



Welcome New Members!

Carl Koch

Mary Lou Miller

Luther Dolby

David and Linda Davies

Mary Anna Jerman



London Parks and Recreation and The London Municipal Pool are proud to announce that we have partnered with Renew Active, the gold standard in Medicare Fitness Programs. The London Municipal Pool is offering a **FREE SEASONAL POOL MEMBERSHIP** to those 65 years and older that qualify.

The London Municipal Pool is located at 203 Park Ave and is open daily from 12pm-8pm from May 25th, 2021 to August 17th, 2021. The London Municipal Pool has five pools and a new splash pad. Of the five pools, one is an **ADULT ONLY POOL!** We also offer Water Aerobics classes at scheduled times through out the week for a small fee.

You can learn more at www.uhcrenewactive.com or by giving us a call at 740-852-4462.

Tammy Braskett

Director of Parks and Recreation

tbraskett@londonohio.gov

We also have flyers at the Center for 50% off a Season Pass at the London Pool. This is for people 59 and over. Your cost would be only \$50.



2021 Governing Board Members

Donna Sheridan-President

Jerry Tompkins- Vice President

Shirley Witwer-Secretary

Loretta Anthony Eilene Duncan

Steve Saltsman



Sharon Manion

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 **Not Yet Available**
 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 **Not Yet Available**
 10 a.m.-12:00 p.m.—Bowling at Madison Lanes Join the Fun!

Wednesday:

8:30 a.m.— Indoor Walking/Exercise Class
 9:00 a.m.—Chair volleyball **Not Yet Available**
 10:30 a.m.—Aerobics/Strengthening Class
 12:05 p.m.—Bridge
 1:15 p.m.— Yoga Stretch
 2:00 p.m. Diabetes & Weight Loss Support Group - **Beginning in July**

Thursday:

9:00 a.m.—Chair volleyball **Not Yet Available**

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, 3 exercise bikes and an elliptical.

Please check in at the office before you exercise. Also, please wipe down the machine you use when you are finished. Thank you!

UPCOMING DAY TRIPS!!

Southern Ohio—Serpent Mound, Picnic and Amish Bakery—Thursday, June 17th. We will leave the Senior Center at **9:00 a.m.** and travel to the Serpent Mound with a rest stop on the way at McDonald's in Hillsboro. We will tour the Mound, gift shop and museum and have a picnic lunch on the grounds there. The Senior Center will provide water, please pack a lunch for yourself. Coolers will be provided. We will be eating in their shelter house.



After lunch we will travel to Miller's Bakery & Gifts in West Union. They might just have ice cream there! Miller's has been in business for over 40 years. Amish owned and Amish operated.

This trip is \$35. **Deadline to pay was May 12th. However if you want to go, call us. We may have a few seats available.**

June Mystery Lunch—Wednesday, June 23rd. OK, this is going to be a true Mystery Lunch/Drop and Shop trip. You will have time to browse and shop and then have lunch wherever you like. There are several restaurants to choose from. Meet at the Center at 9:30 a.m. If you wish to ride the van it will be \$5 or you can drive yourself and follow us.

SNOOTY FOX!!!! Here's the deal!! Since so many want to go, you may sign up for one of two dates. **July 9th or October 1st.** You may only sign up for 1 for right now. If you miss the sign up for July and really wanted that date we can put you on a wait list for it. You must sign up AND PAY for the July 9th trip by June 11th. For the October 1st trip you must sign up asap and pay by August 20th. IF we end up with openings on the October trip we will then let you know and then anyone can go on it. You do not have to be a Center member to go on this trip, but should be 21 and over. Fee for this trip is \$25.

If you have never been on a Snooty Fox shopping trip, let me explain. The Snooty Fox stores are upscale thrift shops with great prices. They are all in the Cincinnati area and we will visit 5 of them on our trip. We take a 56 passenger motorcoach. You will have to wear a mask while on the bus and probably while in the shops unless the state lifts the mask mandate. There will be snacks and drinks at each stop for free! These trips fill up fast, so call us at 740-852-3001 to sign up!

July Mystery Lunch—Wednesday, July 21st. We will leave the Center at 10:30 a.m. You may ride the vans for \$5 or follow us to the restaurant.

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, June 7th—Los Mariachis, 289 Lafayette Street, London, Ohio. We will meet at the restaurant at 5 p.m.

Monday, July 5th—Studebakers, 2800 West First Street (St. Rt. 41) Springfield, OH 45504. You can ride the vans for \$5. We will leave the Center at 4:15 and meet there at 5 p.m.



Still room on this fun trip!

Pennsylvania Rail Adventure! September 14-17, 2021! Highlights include: Laurel Highlands, Flight 93 Memorial & Visitor Center, Lancaster County, Sight & Sound Theatre's Queen Esther, World famous Horseshoe Curve, Bird-in-Hand Farmers Market, Kitchen Kettle Village, Amish Countryside, Dutch Apple Dinner Theater, Kreider Farms, Amtrak's Pennsylvanian Train.

Tour Includes:

Motorcoach & rail transportation,
Three nights lodging
Five meals—3 breakfast and 2 dinners
Reserved show tickets
All sightseeing & admissions, baggage handling
Gratuities for local guides & porters
Professional Tour Manager



Tour Fare:

\$849.00 per person double occupancy

\$819.00 per person triple occupancy

\$1049.00 per person single occupancy

Deposit of \$100 secures your spot on the trip
and final payment is due by June 15, 2021.

Coming in 2022!!

Branson, Missouri! - May 16-21, 2022

Enchanted Ireland! - September 21-29, 2022

Look for more information on these trips in your July newsletter! Or stop in at the Center office for a brochure. We are taking deposits now for these trips. Overnight trips are open to anyone, not just Center members. So, tell your friends that love to travel!



When you sign up for a trip, you are expected to pay for the trip when signing up. If the purchase of tickets is involved in the cost of a trip, no refunds will be issued for the cost of the ticket purchased. If the purchase of tickets is not involved in the cost of the trip no refunds will be given if you cancel within two weeks of the trip's departure or by a deadline stated in the newsletter. If 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!!**

Alzheimer's Association Education Programs

Virtual classes are being offered by the Alzheimer's Association. Registration is required. Call 800-272-3900 to register.

Some of the topics are: Understanding Alzheimer's and Dementia, Dementia Conversations, Legal and Financial, Effective Communication Strategies, 10 Warning Signs of Alzheimer's, Healthy Living for Brain and Body, Understanding Dementia Related Behaviors.

Visit alz.org/CRF to explore additional education programs in your area.

LaComedia presents *Footloose the Musical*



"Cut loose. Footloose. Kick off the Sunday shoes!"

Footloose, based on the hit 1984 film, tells the story of Ren, as he moves from the big city of Chicago to small town U.S.A. Unprepared for religious local edicts, including a ban on dancing instituted by the local pastor, Ren sets out to bring forgotten joy to his new friends.

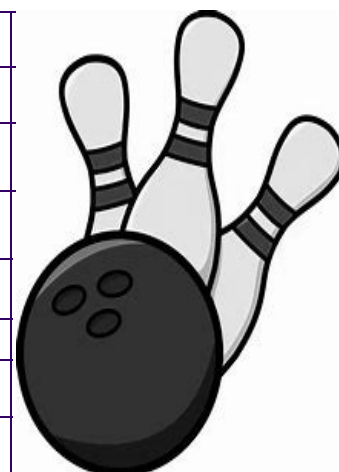
Audiences will rock to the Oscar and Tony-nominated musical score and soundtrack that reached number one on the Billboard charts with hits such as "Let's Hear It For The Boy," "Almost Paradise," "Holding Out For A Hero," and "Footloose."

Madison County Senior Center will be traveling by motorcoach on Friday, October 29, 2021 to Springboro, Ohio to see this! We will leave the Center at 9:30 a.m. Fee for this trip is \$77 per person. This includes: motorcoach transportation, show ticket, delicious buffet meal and dessert at LaComedia. Driver tip is not included.

Please call the Center at 740-852-3001 and get your name on the list! Seating will be limited. Deadline to pay will be Monday, September 27th.

***If you were signed up for The King and I in March of 2020, we owe you a motorcoach credit. You would be able to use that for this trip and only pay \$54. Just be sure and let us know when you are paying. I do have the names of those that were going if you have forgotten whether or not you are on that list.

B O W L I N G	Andrix, Barb	101	Hackworth, Paul	137	Noble, Gene	118
	Cooper, Barb	94	Hardin, Jim	119	Pickens, Ann	112
	Cweikalo, Bert	144	Hastins, Judy	120	Potocki, Dave	120
	Ellars, Greg	146	Johnson, Charlie	120	Ridolfo, Linda	161
	Ernst, Terry	101	King, Carl	160	Shepler, Greg	159
	Florence, Barb	80	King, Karen	141	Sheridan, Ray	164
	Glass, Duane	184	Link, Bill	120	Threlkeld, Larry	117
	Goff, Terry	156	McDonley, Dolly	91	Weisman, Deb	101



Creamy Pea Salad with Cheese and Red Onion

1 16 oz. bag, frozen peas, thawed and drained

6 strips bacon, cooked and cut into small pieces

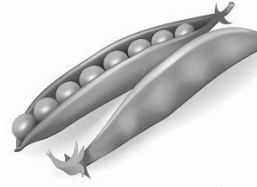
1/2 cup shredded cheddar cheese

1/2 cup shredded mozzarella cheese

1/2 cup diced red onion

1 cup real mayonnaise

Salt and pepper



In a large mixing bowl combine peas, bacon, onions, cheese and mayonnaise and mix well.

Season with salt and pepper and mix well.

Refrigerate 4 hours or overnight. Mix well before serving.

Moderna Vaccine to be Given at the Madison County Senior Center

Tuesday, June 8th at 10:00 a.m. the Ohio National Guard will be at our Senior Center to administer the Moderna vaccine.

You will need to call the Center at **740-852-3001**, to sign up by Thursday, June 3rd.

There are registration forms you will need to fill out prior to the clinic.

This clinic is open to anyone, not just Center members.

The Moderna COVID-19 Vaccine is administered as a 2-dose series, 1 month apart, into the muscle.

Fact sheets about the Moderna Vaccine are available at the Center office.



FREE!



June 4th - Finding Your Feet – Imelda Staunton, Timothy Spall – Comedy – 2018 – PG-13

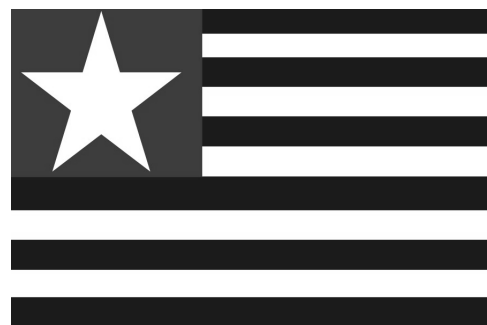
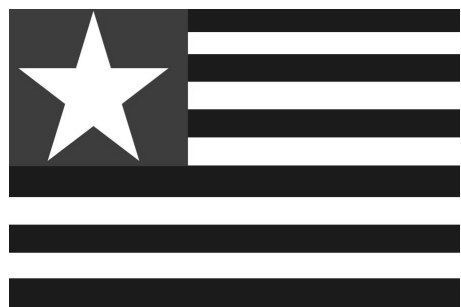
June 11th – The Art of Racing in the Rain – Milo Ventimiglia, Amanda Seyfried – Drama - 2019 – PG

June 18th – The Professor and the Madman – Mel Gibson, Sean Penn – Drama – 2019 – NR

June 25th - Knives Out – Jamie Lee Curtis, Daniel Craig – Mystery – 2019 – PG-13

June Birthdays!

Patron	Birthday	Patron	Birthday	Patron	Birthday
Godden, Robert	06-01	Ryan, Lindsay	06-12	Headings, Clara	06-23
Tunnell, James	06-01	Southard, Sherry	06-12	Stuthard, Tony	06-23
Weiner, Jackie	06-02	Pass, Gene	06-12	Byerly, Roberta	06-23
Cox, Bertha	06-02	Ricketts, Rita	06-12	Sparks, Wilma	06-23
Arehart, William	06-02	DeWitt, Thomas	06-14	Bond, Joyce	06-23
Ernst, Terry	06-02	Bogenrife, Tim	06-14	Andrix, Barbara	06-24
Ridenour, David	06-03	Wood, Gena	06-14	Sparks, Kathryn	06-24
Bee, Venus	06-03	Anderson, Andy	06-15	Cogswell, Ronald	06-24
Nichols, Shelby	06-03	Foust, Howard	06-15	Johnson, Joseph	06-25
Hackett, Ann	06-04	Isaacs, Jean	06-16	Waggoner, Carol	06-25
Witwer, Jim	06-05	Orban, Janet	06-16	Morris, Peggy	06-25
Bryant, Wilbur	06-05	Pearson, Roseanna	06-16	Daugherty, David	06-25
Conn, Carol	06-06	Downing, Cheryl	06-16	Wiseman, Kim	06-25
Widen, Jane	06-07	Graves, Mary	06-17	Albright, Gloria	06-26
Mastin, Betty	06-07	Lininger, Becky	06-17	Phillips, Julianne	06-26
Byerly, Grace	06-07	Hout, Richard	06-18	Seaburn, Janice	06-27
Dellinger, John	06-08	Keen, Ruth	06-19	Cordes, Robert	06-28
Peters, Ruth	06-08	Sheridan, James	06-19	Majka, Robert	06-28
Romero, Louisa	06-08	Arbogast, Irma	06-20	Henry, Lynn	06-28
Tunnell, Denise	06-08	Smith, Lou Ann	06-20	Blain, Jean	06-29
Perry, Elvin	06-08	Popovich, Michelle	06-20	Graves, Karen	06-29
Ferrell, Janice	06-09	Tope, Rose	06-20	Ellis, Butch	06-29
Lane, Martha	06-09	Beekman, Debbie	06-20	Renauro, Ronald	06-29
Rutschilling, Thomas	06-09	Lindig, John	06-21	Finney, Kenneth	06-30
Kennell, Jane	06-10	Cowne, Patricia	06-21	Wiseman, Kenneth	06-30
Al-Khour, Hikmat	06-11	Simpson, Mary Kay	06-22	Holloway, Linda	06-30
Skaggs, James	06-11				



Know the risks of hyperthermia

During the summer, be particularly cautious about abnormally high body temperatures — a condition known as hyperthermia. Heat stroke is an advanced form of hyperthermia that can be life-threatening. Make sure to know the warning signs and get medical attention immediately if you or anyone you know is experiencing these symptoms:

- Body temperature greater than 104 degrees.
- A change in behavior, such as acting confused, agitated or grouchy.
- Dry, flushed skin.
- Nausea and vomiting.
- Headache.
- Heavy breathing or a rapid pulse.
- Not sweating, even if it's hot out.
- Fainting.

•
"Elderly individuals have a harder time knowing when they are dehydrated and their bodies have more difficulty regulating their temperatures," says Dr. Ronan Factora, a geriatric medicine specialist at the Cleveland Clinic. "As a result, they are more prone to heat stroke."

If you (or an elderly loved one) start to feel any of these symptoms, ask for medical help and get out of the heat, lie down and place ice packs on your body.



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://](https://smile.amazon.com/ch/31-1195151)**

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.



Madison County Senior Center is looking for a substitute driver for our Transportation Department.

This position normally works 12-15 hours per week. That could be a bit more or less, now that the Center is open.

For more information, please call Brenda Castle, transportation coordinator, at 740-852-7324. You may also stop in at the Senior Center to fill out an application.



Public
Welcome!!

Madison County Senior Citizens Center, Inc.

280 West High Street, London

No Bingo for 2021

First Wednesday each month at 7:00 p.m.

Coverall Jackpot

Progressive Games

Hog Wild

Smoke Free Facility


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

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



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(740) 852-2323

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BUGS... won't be back!!

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mike.conway66@yahoo.com

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Termites, Bed Bugs, Mosquitos,
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

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



June 2021

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

Jeanna Bernard, Adult Day Center Aide

Patsy Bricker, Adult Day Center Aide

Bonnie Radcliff, Adult Day Center Aide/Substitute

Sandy Darlington, Adult Day Center Aide/Substitute

Steven Wehrs, Cook

Gayle Summers, Cook

Brenda Castle, Transportation Coordinator

Wayne Bricker, Driver

Don Hawkins, Substitute Driver

Mark Bires, Substitute Driver

Martha Parsons, Substitute Driver

Luther Dolby, Maintenance

Dated Material

The Madison County Senior Citizens Center is funded in part by Title III funds from the Older American's Act of 1965. These funds are administered by the Ohio Department of Aging and contracted to the local agencies by the Central Ohio Area Agency on Aging. Local funds are necessary to match these Federal dollars. They are made possible by Madison County Commissioners, a county wide levy, donations, contributions and fund raisers. The Center is non-discriminatory in services and employment. The building is handicapped accessible.

COAAA Advisory Council Meetings Open to Public

The Central Ohio Area Agency on Aging (COAAA) Advisory Council will meet the first Thursday of each month.

Advisory Council meetings are scheduled from 10:30 a.m. to 12:00 p.m. All meetings except for December are held at the COAAA office, 3776 South High Street, Columbus, Ohio.

The council is comprised of volunteers from eight Central Ohio counties who represent the views of older adults in their specific communities and advise the Area Agency in its operations.

Mission Statement

The purpose of the Madison County Senior Citizens Center is to encourage, foster, and develop opportunities for the senior citizens of Madison County through education, recreation, respite, nutrition, daycare services, and assistance in independent living.