



Madison County

Senior Citizens Center

280 W. High Street London, Ohio 43140
Golden Times

Golden Times
August 2016
Issue VIII

Find the



hidden inside this newsletter. When you find the sunglasses call the center at 740-852-3001 by Friday, August 12th 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 ice cream cone was found on page 5. The winner was Henrietta Meyersick.

Congratulations Henrietta!

CONTACT US.....

Phone 740-852-3001.

Visit us on the web at mcsenior.org or on our Facebook 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



Good gracious, it is HOT! It is July 25th as I am writing this and it appears that summer has arrived. Come to the center and hang out, it is nice and cool, well as long as you aren't hanging out in my office; I freeze in the winter and roast in the summer. But, all other areas of the center are nice and cool, come in and play some cards, do a little exercise, eat a nice lunch, play some pool. No we don't have a (swimming) pool, it would be nice though, maybe we should add that to our wish list. Anyway, we do have a couple nice billiard tables to play on and Fridays you can come in and enjoy a good movie with popcorn, in our nice air conditioned room. Come on in and chill.

We will be doing some major repairs and sealing our parking lot in August, it is a very costly repair, however, we received a nice donation to help pay for the repair and although I can't name this person, they asked to remain anonymous, I would like to take a moment to give a big, HUGE, thank you, thank you to this person that doesn't want you to know how incredible they are, but even if you don't know who they are, you have to admit it was an amazing donation to the center. Did I forget to mention the amount. I did. The amount has 4 zeros, yes; four zeros. Thank you again wonderful member!!! If you would like to donate to the center, any amount, please know it is sincerely appreciated, put to good use and I am totally cool with keeping the donation to myself, if that is your wish. We have a few members who donate on a regular basis, but just don't want you all to know how wonderful they are either; thank you everyone. I have been a Rotarian since 1997 and the motto for Rotary is Service Above Self, so I completely understand the act of giving without expectation of recognition.

I hope you have marked your calendar for our 2nd annual music on the blacktop event featuring, The Posse, Saturday, September 17th. Medigold has been kind enough to sponsor the band for us, I am on the hunt for a food sponsor; I would like this to be a completely free event for our members.

I am also working on doing an OSU game on the big screen, right now all they are posting are night games, I'll keep you posted. Thank you to everyone that helps at the center every day!

Misty

This and That Around The Center



The Day Center's tomato plants and flowers on their patio are thriving! Above right: A Tin Man made by Bob Darlington, Sandy Darlington's son.



Left: Quilted wall hanging by Ellen Atalla. Below: A dog print quilt in progress by Marjorie Hopkins.



Right: In our showcases for July we had a Madison County Fair display by Jim Donohoe and Wilma Sparks. Also autographed movie star photos from Shannon Hix and an autograph book from Evelyn Sullivan and a photo of her with Tony Bennett. If you have a collection you would like to share in our display cases, please do!

Left: The Day Center enjoys watching and participating with Aerobics led by our nurse, Ruth Kennedy.



Music On The Blacktop

Featuring The Posse!

Saturday, September 17th, 2016

5 p.m. to 7 p.m.

At The Madison County Senior Citizens Center

Food and Beverages Available

Cornhole!

50/50 Raffle



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 August 1st only

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
 5:00 p.m.-Beginner Line Dancing
 6:00 p.m. - Advanced Line Dancing

Wednesday:

7:00 a.m.—Trail Walking on the bike path (Center St.)
 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 will meet August 3rd, 17th, 24th, 31st.
 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:

7:00 a.m.- Trail Walking on the bike path (behind the center)
 9:00 a.m.- Painting Class with Harry Croghan
 10:00 a.m.- Chimes August 5th and 19th
 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.

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

6-27-16 Roy Haggit 79

7-11-16 Helen Stevens 77

7-18-16 Thomas Rutschilling 68

High Bridge Score

6-29-16 Kay Majka 5200

7-6-16 Kay Majka 5190

7-13-16 Bob Majka 5020

7-20-16 Evelyn Sullivan 3810



Rays of Hope, For Seasons of Life Support Group

In July we started to deal with reasoning with our adult kids. We may have a different idea of what this relationship should be like, in other words, not unusual to bump heads of reason. Calmness must prevail in order for both sides to come into acceptance. This subject will continue into August.

Every Tuesday in the Conference Room

1:30 pm.-3:00 p.m.

Questions answered by Donna Wharton,
 Facilitator & Care Counselor.

740-490-5936 or dmwharton342@yahoo.com

UPCOMING TRIPS



OHIO STATE FAIR—Tuesday, August 2nd. Fee for this trip is \$10 and includes fair admission and van transportation. Deadline to sign up for this trip was June 29th. We will leave the center at 8:30 a.m. and leave the fair at 2:45 p.m.

CIRCLEVILLE QUILT SHOW— Thursday, August 4th at the Ohio Christian University. We will leave the center at 9:00 a.m. Fee is \$5 to ride the van. Your \$6 admission and lunch will be on your own at the quilt show.

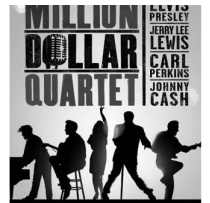
SCIOTO DOWNS RACINO—Wednesday, August 17th. Fee for this trip is \$5. We will leave the center at 9:00 a.m., do a little gambling, have lunch at the racino and leave at 1:30 p.m. Buffet is half price!

AUGUST MYSTERY LUNCH—Monday, August 29nd. The fee is \$5 to ride the van. We will leave the center at 10:45 a.m. Bring ice cream money!!

WESTCOTT HOUSE TOUR AND HARTMAN ROCK GARDEN—Wednesday, September 7th. Fee will be \$17 to ride in the van and includes your admission to the Westcott House. No fee for Hartman garden, however donations are accepted. Lunch will be on your own. **DEADLINE to pay is August 1st** so that we can buy tickets for Westcott. The van will leave the center at 9:30 a.m.

COLUMBUS ZOO—Tuesday, September 20th. Fee is \$5 to ride the van. Admission is on your own and is \$7.50 (half price) on Senior Day. We will leave the center at 8:15 a.m. so that hopefully we can see Nora the polar bear before 10:00 a.m.

LACOMEDIA PRESENTS MILLION DOLLAR QUARTET—Thursday, September 29th. Fee for this trip will be \$65 which includes the show, fabulous buffet lunch, and motor coach transportation. Bus driver and server tip are on your own. Deadline for payment is August 8th. We will leave the center that morning at 9:15 a.m.



SNOOTY FOX UPSCALE THRIFT SHOPS—Friday, October 7th. ***If you have not paid yet, the deadline to pay is August 1st. Fee for this trip is \$25, which includes transportation to 5 of their stores. We will be leaving the center at 9:00 a.m. sharp so please be here no later than 8:45 a.m. We should return by approximately 6:00 p.m. Lunch will be on your own. Call soon to sign up before the 2 buses are full. Less than 15 seats left!!

HOCKING VALLEY TRAIN TRIP—Friday, October 21st. *****The Rocky Mountain Boot Grill will be our lunch stop. They are providing a buffet lunch for us for \$8 per person including water or iced tea. You will pay for your lunch at the Grill. If you do not for some reason want the buffet, please let me know by calling me (Janisse) at the center at 740-852-3001. I don't want them to expect 55 for lunch and only have 1/2 of us eating it. We will leave the center at 9:00 a.m. so please arrive no later than 8:45 a.m. Lunch and bus driver tips are on you own.



Delightful Dining

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

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

Monday, August 1, 2016

Young's Golden Jersey Inn

6880 Springfield Xenia Road

Yellow Springs, OH 45387

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

Monday, September 12, 2016

Collier's

2800 W. First Street

Springfield, OH 45504

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

RIDDLES!!

Q: When do you go at red and stop at green?

A: When you're eating a watermelon

Q: What do you call six weeks of rain in Scotland?

A: Summer!

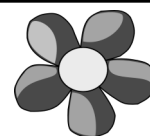
Q: What did the pig say at the beach on a hot summer's day?

A: I'm bacon!!



Summer Job

For her summer job, my 18 year old daughter arranged interviews at several daycare centers. At one meeting, she sat down on one of the kiddie seats, no simple task for most people. The interview went well, and at the end, the daycare center director asked the standard question, "Can you give me one good reason we should hire you?" "Because I fit in the chairs." She got the job.



Friday Cinema

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

FREE popcorn!

August 5th—Mama Mia (comedy, musical) starring Meryl Streep, Pierce Brosnan

August 12th—My Big Fat Greek Wedding 2 (comedy) starring Nia Vardalos, John Corbet

August 19th—London Has Fallen (action & adventure) starring Gerard Butler, Morgan Freeman

August 26th—Miracles From Heaven (drama, faith) starring Jennifer Garner, Kylie Rogers



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

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.

GREETINGS FROM THE DAY CENTER

Time has gone by so quickly! Our tomatoes are doing wonderfully and we are looking forward to fried green tomatoes! We had a picnic last week and it was absolutely wonderful. Good food and good time! A big "thank you" to all of our volunteers. We couldn't have done it without you.

We would like to thank you for all donations towards Bingo. It is greatly appreciated.

Have a safe and happy summer, until next month-Beth, Pam and all of our great volunteers!

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

1. What is Walt Disney's middle name?
2. Where did Sweeney Todd have his barber shop?
3. The nationality of actress Greta Garbo?
4. Who won 7 gold medals at the 1972 Olympics?
5. The capital of Belize?
6. Who took to the road in *Easy Rider*?
7. Who was the "Man of a Thousand Faces"?

Answers on page 8

OSHIIP

Wednesday, September 21, 2016

1:30 p.m.

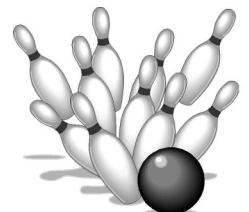
Ohio Senior Health Insurance Information Program will be here for their annual Medicare Check Up Day. Come to learn about changes to Medicare for 2017, including how to get help comparing Medicare Part D and Medicare Advantage plans. Also learn about qualifying for help in paying Medicare Part D and Part B costs.

Please call the center to sign up for this so we have an idea of how many are coming. 740-852-3001.



BOWLING

Judy Hastings	115	Bill Link	138	Susie Lindig	114	Skip Fout	164
Karen King	136	Larry Threlkeld	121	Beverly Evans	123	Brenda Gonzalez	91
Carl King	156	Johnny Harden	102	Paul Hackworth	153		
Barb Gordin	115	Charlie Johnson	150	Ralph Stidham	143		
JR Venrick	167	John Conn	143	Cecil Herman	103		
Barb Andrix	106	Gene Noble	127	Jim Harden	126		
Carol Nafzger	130	Barb Cooper	80	Paul Stonerock	159		
Gary Sollars	90	Duane Glass	177	Patty Paul	116		



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.

NEW YORK, NEW YORK!!

We are planning a trip to the Big Apple in late April or early May of 2017. At this time we are looking at bus trips or flying. Some sites we are planning to see are a Broadway show (optional), Statue of Liberty, Central Park, Empire State building, 911 memorial. We are still working out all of the details, but we would appreciate it if you would let us know if you are at all interested!

Answers to Do You Know???

From page 5

1. Elias
2. Fleet Street, London
3. Swedish
4. Belmopan
5. Dennis Hopper and Peter Fonda
6. Lon Chaney, Sr.

Welcome New Members!!

Bonnie Hamilton

Lorraine Krerowicz

Linda Mae Zimmerman

Jennifer Kirkpatrick

Rachel Albright



Flower Arrangements with Jim Donohoe

Tuesday, August 16th

9:30 a.m. at the Senior Center

Jim is a Senior Center member and a retired floral designer with over 30 years experience in the floral industry. He will be giving lessons using fresh flowers you may have in your garden this summer. Learn to arrangement them to decorate your home. He will be using one style for a table arrangement and one that can be used as a one sided table piece. Each arrangement will be taken home after attending the demonstration. Registration is not necessary but it would give us an idea of space needed. Call the center office if you would like to attend, 740-852-3001.

ATTENTION CRAFTERS! 3RD ANNUAL HOLIDAY CRAFT BAZAAR

SATURDAY, NOVEMBER 12

9:00 A.M.—2:00 P.M.

ENTRY FEE IS \$15 PER TABLE

PICK UP A REGISTRATION FORM AT THE SENIOR CENTER

Cooks Corner with Joanna

One of the things that I miss when dieting is snacks. Something that is satisfying or just crunchy. The following recipes will help with that.

Salt & Garlic Pita Chips

¼ cup of olive oil
2 garlic cloves, minced finely
6 pita bread (6 inch), split in half
¾ teaspoon kosher salt



In a bowl, whisk oil and garlic. Brush over rough side of pita halves, sprinkle with salt. Cut each pita half into 6 wedges. Place rough side up on an ungreased baking sheet.

Bake at 350 degrees for 12-15 minutes or until crisp and golden brown. Cool on wire racks. Store in an airtight container. (1 chip equals 21 calories, 3 grams carbs, 46 mg sodium.)

Ham Asparagus Spirals

20 fresh asparagus spears, trimmed
20 thin slices of deli ham
1 package of refrigerated Italian bread sticks and garlic spread



In a large skillet, bring a ½ inch of water to boil, add asparagus. Reduce heat and simmer for 2-3 minutes. Drain and immediately place asparagus in ice water, drain and pat dry.

Wrap a slice of ham around each asparagus spear. Unroll breadstick dough, spread with garlic spread. Cut each breadstick in half lengthwise. Wrap one piece of dough, garlic side out, around each ham wrapped asparagus spear.

Place on an ungreased baking sheet. Bake at 375 degrees for 13-15 minutes or until golden brown. Serve immediately. (1 spear equals 49 calories, 2 grams fat, 154 mg sodium, 7 grams carbs, 2 grams protein.)

For Old Times Sake

These are some old expressions that have become obsolete because of the inexorable march of technology. These phrases included "Don't touch that dial," "Carbon copy," "You sound like a broken record" and "Hung out to dry."

Back in the olden days we had a lot of moxie. We'd put on our best bib and tucker to straighten up and fly right - Heavens to Betsy! Gee whillikers! Jumping Jehoshaphat! Holy moley! We were "in like Flynn" and living the "life of Riley", and even a regular guy couldn't accuse us of being a knucklehead, a nincompoop or a pill. Not for all "the tea in China"!

Back in the olden days, life used to be swell, but when's the last time anything was swell? Swell has gone the way of beehives, pageboys and the D.A. of spats, knickers, fedoras, poodle skirts, saddle shoes and pedal pushers. Oh, my aching back. Kilroy was here but he isn't anymore.

We wake up from what surely has been just a short nap, and before we can say, well I'll be a monkey's uncle!/This is a fine kettle of fish! - we discover that the words we grew up with, the words that seemed omnipresent as oxygen, have vanished with scarcely a notice from our tongues and our pens and our keyboards.

Poof, go the words of our youth, the words we've left behind. We blink and they're gone. Where have all those phrases gone?

Long gone: Pshaw/The milkman did it/Hey! It's your nickel. Don't forget to pull the chain/Knee high to a grasshopper. Well, Fiddlesticks! Going like sixty. I'll see you in the funny papers. Don't take any wooden nickels/Heavens to Murgatroyd!

It turns out there are more of these lost words and expressions than Carter has liver pills. This can be disturbing stuff! We of a certain age have been blessed to live in changeful times. For a child each new word is like a shiny toy, a toy that has no age. We at the other end of the chronological arc have the advantage of remembering there are words that once did not exist and there were words that once strutted their hour upon the earthly stage and now are heard no more, except in our collective memory. It's one of the greatest advantages of aging.

See ya later, alligator!



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AD
HERE!**

Call the Senior Center for details on how you can advertise in our monthly newsletter!



**Friends of
Madison County
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London, Ohio 43140

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

**Spiders, Bees, Ants, Roaches,
Termites, Bed Bugs, Mosquitos,
and all general pests**

London Public Library

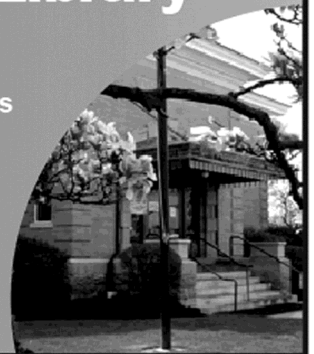
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20 E. First Street, London Ohio



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www.BuckeyeRealtyGroup.com

**Buckeye Realty
Group**

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BINGO

**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

August 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.