

Golden Times

May 2019
Issue V

Find the



hidden
inside this newsletter.
When you find the saddle
shoes, call the center at
740-852-3001 by Friday,
May 17th and tell us
where it is located. If cor-
rect, your name will be
entered into a drawing to
win 5 free lunches. Last
month the peep was on
the address page.

Congratulations to Joyce
Young, the lucky winner!

**The Center will be
closed on Monday,
May 27th.**



2019 Governing

Board Members

Donna Sheridan-President

Jerry Tompkins- Vice President

Shirley Witwer-Secretary

Eilene Duncan

Sharon Manion

Loretta Anthony

Steve Saltsman

Madison County Senior Citizens Center



OLDER AMERICANS MONTH



CONNECT, CREATE, CONTRIBUTE MAY 2019

*Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. The 2019 theme, **Connect, Create, Contribute**, encourages older adults and their communities to:*

Connect with friends, family, and services that support participation.

Create by engaging in activities that promote learning, health, and personal enrichment.

Contribute time, talent, and life experience to benefit others.

Communities that encourage the contributions of older adults are stronger! By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks, and lives.

Of course you know we celebrate our seniors every day, that's what we do, but the month of May is Older Americans Month, a month to recognize older Americans for their contributions to the nation. Mark your calendar for our annual senior fair, Tuesday, May 14th, it will be a very informative day. Janisse has something planned for the whole week. We have several sponsors for the week, sponsors for lunch on Tuesday and Merchants Bank is sponsoring the ice cream social on Friday, May 17th. Please plan on joining us for the week. See the schedule on page 7.

Just a reminder our severe weather policy is posted here at the center, along with the safety zones and fire safety exit information posted around the building. With tornado season here, I want to remind everyone to take a moment to get reacquainted with the policy and zones. The safety of every person in our center is of the utmost importance to us.

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

Misty



Below: Euchre anyone? We have been having a great turnout for our Monday Euchre games.



Our volunteer and senior member Tommy Lawrence is back after his heart transplant. He and Betty had quite a long road to get to this point. We are so glad he is doing so well!

Tommy Strong!!



Below: Volunteer Appreciation Dinner



Right: The Volunteer Appreciation Dinner was a lot of fun! We had great food prepared by Steve Wehrs, one of our cooks.

Our entertainment was Gary and Linda Sclafani singing classic favorites and some of their own original music.

Whole lot of dancing going on at the Volunteer Appreciation Dinner! Go ladies!

Thanks again to our Volunteers for all that they do!



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.



High Euchre Score

3-18-19 Gary Walker 73

3-25-19 Linda Ridolfo 73

4-1-19 Karen Shaw 75

4-8-19 Karen Shaw 85

High Bridge Score

3-20-19 Mardi Hanford 5260

3-27-19 Phil Florence 3700

4-3-19 Bob Majka 4500

4-10-19 Bob Majka 4440



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

1:30 p.m.- Rays of Hope for Seasons of Life Support Group

5:00 p.m. - Cards and Billiards

5:30 p.m.- 7:00 p.m. Line Dancing

Wednesday:

8:30 a.m. Indoor Walking/Exercise Class

9:00 a.m. - Chair volleyball

10:00 a.m.—Pickleball at London Community Center

10:30 a.m. -Aerobics/Strengthening Class

12:05 p.m. - Bridge

1:15 p.m.- Yoga

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

Thursday:

9:00 a.m.. - Chair volleyball

9:00 a.m.- Fun Bingo May 2nd and 16th

1:00 p.m.—Pickleball at London Community Center

Friday:

8:30 a.m. Indoor Walking/Exercise Class

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

10:00 a.m.- Chimes May 3rd and 17th

1:00 p.m.- Free Movie and Popcorn at the senior center. See what is playing on page 4.

Rays of Hope For Seasons of Life Support Group

The Senior Fair will be on May 14th and the support group will not meet on that Tuesday. We always have room and encourage all to attend the group. We will make room for you and the fellowship will lighten your day; plus understand that you are not alone in the trials you face. Sometimes it is two steps forward and three back but learning to lean into the pain will bring hope for a better tomorrow.

For questions call:

Donna Wharton Care Counseling
cell -740-490-5936

E-mail—dmwharton342@yahoo.com



**Our fitness room is open
Monday through Friday
whenever the center is open.**



UPCOMING DAY TRIPS!!



SHOPPING AT JEFFERSONVILLE OUTLET MALL—Thursday, May 2nd. Trip fee is \$5. We will leave the Center at 9:00 a.m.. We will meet up at 11:30 and go for lunch at Wendy's.

MAY MYSTERY LUNCH AND MORE—NOTE NEW DATE IS MAY 24TH. Fee for this trip is \$5. We will leave the Center at 9:30 a.m. Just like the April trip, we will have a few extra stops with yummy treats and other fun and interesting items to see or purchase.

OHIO CAVERNS TOUR AND UNCLE BETH'S BBQ—Thursday, May 30th. Fee for this trip is \$5. You will pay your own \$12 admission when we get to the caverns and lunch is on your own afterward at Uncle Beth's. We will leave the Center at 8:15 a.m. You may want to bring a sweater or jacket as it is cool in the cave.

JUNE MYSTERY LUNCH—Thursday, June 13th. Fee for this trip is \$5. We will leave the center at 10:00 A.M. You may want to plan on doing some shopping for interesting foods while we are there..... We will bring coolers for your cold purchases.

WATER FALL TOUR OF COLUMBUS—Thursday, June 20th. Fee for this trip is \$5. Did you know that there are waterfalls in Columbus? We will be visiting 2 of them. The vans will leave the Center at 9:00 a.m. After we see the first falls we will grab lunch at BJ's Restaurant. This trip has moderate walking and some stairs.

OHIO STATE FAIR—Tuesday, July 30th. Fee for this trip will be \$10 which includes van transportation and admission to the fair. Lunch is on your own. Deadline to sign up and pay is June 19th. We will leave the Center at 9:00 a.m. and leave the fair at 2:30 p.m.

ON GOLDEN POND AT LACOMEDIA—See the details on page 6. You don't want to miss this one!



Christmas in July Trip

July 15, 2019 \$107

Deadline to pay is June 10th



We will travel to the Cleveland area and our first stop will be in Cleveland's Tremont neighborhood to tour Ralphie Parker's house as featured in scenes of the 1983 film, A Christmas Story.

Afterward we travel to Castle Noel which is America's largest, year round, indoor, Christmas entertainment attraction. See New York City animated Christmas windows, Hollywood Christmas movie props and collectible toys. We will enjoy an old-fashioned Christmas dinner with turkey and all the trimmings. Your meal is included in the price of the trip.

This trip does require moderate amounts of walking. There will be time to rest on the motorcoach and between attractions. Your fee of \$107.00 includes transportation, all admissions, lunch, snack on motor coach, and driver tip. We will leave the Center at 7:00 a.m. and return at approximately 6:30 p.m. Also there is a short registration form to fill out, so be sure to do so when you come in to pay. **Sign up early so you don't miss out!**

Delightful Dining

Sign up early! Sometimes late reservations cannot be accommodated at the restaurants.
Ride the vans for \$5.00 per person while the seats last or you may drive and meet us there.

Monday, May 6, 2019

Ruby Tuesday

4065 Marlane Drive

Grove City, OH 43123

Vans will leave the center at 4:30 p.m. and arrive at the restaurant at 5:15 p.m.

Monday, June 3, 2019

Colonial Pizza

98 N. Main Street

Cedarville, OH 45314

Vans will leave the center at 4:30 p.m. and arrive at the restaurant at 5:00 p.m.

Memorial Tournament Practice Round

We are being given 20 tickets for the May 29th practice round. If you would like to go you would only pay \$5 to ride the van and lunch is on your own.

The vans will leave the Center at 8:30 a.m. Call soon before tickets run out! 740-852-3001.



2019 Overnight Trip Information

Tulip Time Festival in Holland, Michigan May 7-9, 2019. We will be leaving the Center at 8:00 a.m. so please plan to be there no later than 7:45 a.m.

Alaska Cruise September 9-18, 2019— Check out and join our Facebook page for this trip-

Carnival Legend Alaska September 10, 2019. If you are signed up and have questions or need help with booking excursions or paying for prepaid items on the cruise, call Janisse at the Center, 740-852-3001. **Trip final payment due by June 1, 2019.**

Christmas at the Biltmore—December 4-7, 2019 Four days, 3 nights. Includes Biltmore House and Gardens, Biltmore Estate Winery, Blue Ridge Parkway, Candlelight Christmas Evening, Folk Art Center, Grove Arcade, National Gingerbread House Display, Biltmore Village, Asheville City Tour. Also motorcoach transportation, 3 nights lodging, 3 breakfasts, 3 dinners, all shows and admissions, baggage handling, tips for driver, guides and porters, professional tour manager, travel insurance. Double \$899 per person, Triple \$884 per person, Single \$1,099 per person. **Deposit of \$150 per person will secure your reservation with the balance due by September 15, 2019.**

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 or by a deadline stated in the newsletter. If



Tecumseh!

Thursday, August 15, 2019

\$97 per person

Travel with the Madison County Senior Center to Chillicothe, Ohio to the Sugarloaf Mountain Amphitheater to witness the epic life story of the legendary Shawnee leader as he struggles to defend his sacred homelands in the Ohio country during the late 1700's.

We will have a backstage tour by cast members and learn about the drama's historical setting, weaponry, and production techniques.

A Frontier Dinner Buffet is included featuring a wide selection of wholesome American foods. You won't walk away hungry! Explore the grounds after dinner and visit the prehistoric Indian mini-museum. Browse for souvenirs at the Tecumseh Trading Co. Gift Shop. Then sit beneath the stars and experience Tecumseh! Sheer spectacle will surround you with a herd of galloping horses, live military cannons in action and the most dazzling battle sequences.

Save your seat on the motorcoach with \$50 down. Balance is due by Monday, July 8th.

We will leave the Center that day at 2 p.m. and return approximately at midnight. Expect small amounts of walking with time to rest on the coach and between attractions.

On Golden Pond at LaComedia \$65 Friday, August 23, 2019

This classic American comedy/drama is every bit as touching, warm and witty today as when it debuted on Broadway in 1979.

The Academy Award winning 1981 film adaptation starred Henry Fonda, Katherine Hepburn and Jane Fonda.

Ethel and Norman are retired and spend every summer at their home on Golden Pond. Their adult daughter visits, along with her fiancé's teenage son. The turbulent relationship between father and daughter, the generation gap between young and old and the difficulties facing a couple in the twilight years of a long marriage make for a moving play.

Your \$65 fee includes motor coach transportation, a delicious buffet lunch with dessert and drink, and the play. Server and driver tips not included. Please sign up by pay by July 16th.

The motor coach will leave that morning at 9:30 a.m.

Friday Cinema at 1 p.m.



Free Popcorn!

May 3	A Dog's Way Home-2019-PG Family	Ashley Judd and Bryce Dallas Howard
May 10	Green Book-2018-PG-13 Real Life Drama	Vigo Mortensen and Mahershale Ali
May 17	Second Act-2018-PG13 Comedy	Jennifer Lopez and Leah Remini
May 24	Instant Family-2018-PG-13 Comedy	Mark Wahlberg and Rose Byrne
May 31	Mary Poppins Double Feature starting at Noon	

Original Mary Poppins (1964) with Julie Andrews and Dick Van Dyke & Mary Poppins Returns (2018) with Emily Blunt and Lin-Manuel Miranda.

Movies subject to change due to availability

Baby Shower!

Twice a year the Madison County Health Department holds a baby shower for low income women that may not otherwise have one.



If you like to knit, crochet, quilt or sew you are welcome to donate new blankets, baby clothes, hats, bibs, quilts, etc. to the shower.

The next shower will be May 14th. If you would like to help by donating some of the above items, please bring them in to the Senior Center by May 1st.

Thanks to everyone that has donated so far!



Senior Week is May 13th to 17th

Monday-Bring a friend for lunch or a class

Tuesday-Senior Fair 9:30 a.m. to 1:30 p.m. See page 10 for more details.

Wednesday-Games during Lunchtime! Prizes!

Thursday-50's Day! Dress up in 50's style! Ice cream floats!



Friday-Ice Cream Social at noon sponsored by Merchants National Bank.

Adult Day Center

April showers will be May flowers! Oh do they and weeds too!

First we would like to say thanks for all the generous donations we have received towards Easter and Bingo. We do appreciate all of the donations and sometimes it's hard to keep track of everything. Our program is so blessed!

We also want to wish our ADC member Connie a Happy Birthday on May 9th!

We were able to enjoy our patio on some days in April. We hope to enjoy more in May.

Don't forget the Senior Fair is coming up on May 14th.

We would like to send out a thank you to all of our Volunteers that help us! A special thank you to Karen Cooper for coming to play for us for sing alongs.

From our ADC family to yours-Have a safe and happy Memorial Day!

Right: Diana, with ADC coordinator, Beth Dillion behind her, in front of their huge chalk board. It is used mainly for posting daily activities and lunch. Misty recently got them brightly colored chalk, which they love to use.



GETTING TO KNOW YOU FEATURING..... Rita Ricketts

The people that influenced Rita the most in life were her parents.

The happiest moment of her life was when her son was born.

Rita's earliest memory was when her brother had a hoe and almost cut off 2 of his toes!

Her favorite thing to do is being with friends and people she likes here at our Center.

In school she remembers that in sewing class she got a B+ in dress making.

The world event that had the most impact on her was September 11, 2001 when the Trade Center tragedy happened. It was a very bad day.

Rita is most proud of being able to take care of herself.

Her favorite thing about the Senior Center is all the wonderful people and friends at this great center.

Rita would like to be remembered as a great mother and friend. She says she has had a great life and time in her 76 years.

Welcome New Members

Ann Hackett

Bill Hackett

Donna Ramey

Joe and Venus Bee

Mary Quinn



Phone Buddies needed

Do you live alone? Maybe you live with someone but don't have any family nearby? Sometimes it's just good to have someone check in with you and have a friendly voice to talk to.

We are going to try to start up a volunteer Phone Buddy program. Whether you want to call people or you want to be called, just let us know. Call the Center at 740-852-3001 and we will get you set up. You decide how often you want to be called.

B	Judy Hastings	119	Bill Link	149	Carolyn Garver	139	Deb Weisman	81
O	Karen King	140	Larry Threlkeld	121	Barb Florence	95	Jane Hackworth	74
W	Carl King	163	Paul Hackworth	150	Ann Pickens	99	Dolly McDonley	78
L	Barb Gordin	120	Barb Cooper	91	Ray Sheridan	163	Phil Florence	89
I	JR Venrick	159	John Conn	145	Cecil Herman	99	Brenda Cameron	127
N	Barb Andrix	96	Gene Noble	113	Jim Harden	125	Richard Cameron	138
G	Duane Glass	180	Linda Ridolfo	162	Joe Fuchala	113	Charlie Johnson	151



WEDNESDAY NIGHT BINGO IS BACK!

1ST WEDNESDAY OF EACH MONTH

WEDNESDAY, May 1st AT 7:00 PM

ORIGINAL FORMAT

\$15 PER PERSON/9 PACK - 2 GAMES A SHEET

SPLIT THE POT

EXTRA COVERALL

HOG WILD PROGRESSIVE GAME

****No one under 18 allowed in the Bingo Hall**

DOORS OPEN AT 6:00 PM

SENIOR CAFÉ WILL BE OPEN

MADISON COUNTY SENIOR CENTER

280 WEST HIGH STREET • LONDON • 740-852-3001 • mcsenior.org

In the Kitchen with Joanna

I would like to thank everyone for the get well wishes, cards and visits during my convalescence after my knee surgery. I greatly appreciated it and it lifted my spirits tremendously.

Pistachio Cake

1 yellow cake mix

1 small package of instant pistachio pudding mix

4 eggs

1 1/2 cups of water

1/4 cup vegetable oil

1/2 tsp. almond extract

7 drops of green food coloring

Preheat oven to 350 degrees. Grease and flour a 10 inch tube or bundt pan. In a large bowl mix together cake mix and pudding mix. Make a well in the center and pour in eggs, water, oil, almond extract and food coloring.

Blend ingredients for 2 minutes on medium speed. Pour into prepared pan. Bake for 50-55 minutes or until cake springs back when lightly pressed. Cool in pan for 15 minutes. Turn out onto rack and cool completely.

Dust with powdered sugar and serve.

Senior Fair Tuesday, May 14th


9:30 a.m. to 1:30 p.m.

Senior Fair side will not be open until 9:30 a.m. so that vendors have time to set up completely. London City Police will be taking your unused or expired drugs. Madison County EMS will be doing a CPR refresher. Madison Co. Health Dept. will be doing blood pressure checks. Madison Senior Living is setting up their fun photo booth again this year.

Thanks to: Clear Caption and London Health and Rehab for sponsoring lunch and Loving Care Home Health and Hospice for providing dessert.

Vendors Attending

Clear Caption	Ohio Consumers Council	Madison County EMS
London Health and Rehab	Loving Care Home Health & Hospice	Buckeye Health
COAAA	London Public Library	Rails to Trails
OSHIIP	Hospice of Miami Valley	Home Instead
Bridges Community Action	Madison Co. Health Dept.	Medigold
Bluebird Retirement	Medical Mutual	Lifecare Alliance
London City Police	Madison Senior Living	Springfield Masonic
Madison Health	Aetna Better Health of Ohio	United Healthcare
Arbors of West Jefferson	Donate For Life	



**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

FREE HEARING SCREENING

**Mention this
ad and receive:**

- ▶ FREE Hearing Screening and Consultation
- ▶ FREE Video Ear Inspection

- ▶ FREE Cleaning and Checkup
- ▶ Financing Available

DHL#GDDA

419-464-7664



Avada
Audiology & Hearing Care

1905 West North Street
Springfield, OH 45504

Taunya Hough, Licensed Hearing Instrument Specialist

avada.com

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

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



CHANEY & THOMAS

Insurance



Deeann Blake

104 Lafayette Street
London, Oh 43140
(740) 852-2323

London Public Library

Your Everyday Library!

Visit www.mylondonlibrary.org

- 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





www.BuckeyeRealtyGroup.com

**Buckeye Realty
Group**

740-852-~~OHIO~~ (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

MERCHANTS NATIONAL BANK

279 Lafayette Street

London, Ohio

740-852-4900

"A REAL Community Bank,
with Real Customer Service"



MEMBER
FDIC

Stonecipher Law LLC

"Because you love *someone*- don't leave a mess"

- Time-tested solutions for probate, probate avoidance, trusts, LLCs, Medicaid, Veteran's Benefits
- Trusted Planning Partners



Timothy R. Stonecipher, Attorney 740-837-4967

Madison County Senior Citizens Center

Dated Material

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



May 2019

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

Jeanna Bernard, Daycare Aide

Bonnie Radcliff, Daycare Aide/Substitute

Sandy Darlington, Daycare Aide/Substitute

Jackie Cain, Homemaker

Joanna Sadler, Chef

Steven Wehrs, Cook

Brenda Castle, Transportation Coordinator

Carolyn Wilson, Driver

Wayne Bricker, Substitute Driver

Betty Lawrence, Substitute Driver

Don Hawkins, 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.