

Golden Times

January 2021
Issue I

Madison County Senior Citizens Center



It is December 22, 2020, as I am writing this, another Christmas at our door, and the beginning of another year following close behind, prayers it is a better year for our Country, for the World. I hope your holidays were blessed with the true meaning of Christmas, it was definitely different, not being with family and friends. I realize 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 think 2021 is going to start out pretty much the same as 2020, (huge sigh) but I am hopeful with the vaccines, things will turn around very soon, and we can get back to some type of normalcy. Normal, conforming to a standard; usual, typical or expected. Sounds dull and boring, but, we sure do miss it; normal.

You have probably noticed our shelter house is moving along, almost finished, well it will be finished by the time you are reading this. I am so excited for all of the activities we will be able to use it for. I am even more excited about how many local businesses and contractors helped us build this shelter house, it didn't cost the senior center anything, they donated money, they donated their time, they discounted or provided free material. There will be a plaque in their honor posted on the shelter house so no one forgets the kindness shown to our center, by our community; even during a pandemic.

We have also been blessed with some unexpected grant funding opportunities, giving us the ability to update and fix some things in our center. I have said this several times, and so have other agencies in our area, we have grant funding we apply for every year so we can provide services, we haven't been able to use all of those funds in this "unprecedented" year, so the government gave us more. Folks, I am not complaining, we are going to improve our center for you, so many things I have wanted to do since I've been blessed to be your director, and now we can do it. I have paid attention, thinking outside of the box, applied on a few and we have been approved, so in this year of negatives, we have tried to make as many positives as possible for our center. I think you will be pleased.

What we are still doing for our seniors in Madison County, transportation, in-home respite services, meals - grab-n-go, meal deliveries, including our ADC members, assistance with utility payments, rent payments. We are waiting on "normal" to return, so we can get back to doing more...I miss your laughter, and can't wait until we can be together again. Stay safe!

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

2021 Governing Board Members

Donna Sheridan-President

Jerry Tompkins- Vice President

Shirley Witwer-Secretary

Loretta Anthony Eilene Duncan

Steve Saltsman Sharon Manion

**The Center will
be closed Dec.
31st, Jan. 1st
and Jan. 18th..**



Find the snowflake hidden inside this newsletter. When you find it call the center at 740-852-3001 by Friday, January 15th 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 reindeer was on page 1.

Congratulations to John Corson, December's lucky winner!

Thank You Misty!

All of the board, staff and volunteers would like to thank Misty for all her efforts and dedication to the Senior Center during these trying Covid months since March, 2020.

She has attended many video conferences, made phone calls, emails, etc. all in the effort to keep our Center going as much as possible with services for our senior citizens in Madison County.

Nobody, not even the staff, can begin to know the hours of research she has done to find and apply for grants, so that we can deliver meals to seniors unable to come out to the Café to eat. And to help seniors financially with utility bills, as we can with limited funds.

We were able to set up our Drive Through Lunch program, which is growing and growing with the word getting out about our great meals for \$5! Every week we have new seniors calling in to order.

Misty also was able to purchase, with grant money, supplies so that when we are able to open, we can do so safely with touch free thermometers, sanitizing products, plexiglass dividers, touch free soap dispensers, paper towels, and much more.

We couldn't have done it without you Misty!



Above: Misty, her husband, Marlin and Marilyn Lowery decorated our building for Christmas.



We had our own Elf on a Shelf. Adult Day Center Coordinator, Beth Dillion, dressed up one of the days she and aide, Jeanna Bernard were delivering meals to the Adult Day Center clients. I'm sure they got a kick out of her outfit!

The new shelter house is almost under roof as of Dec. 22nd.

Our volunteer elf, Tom Lawrence and Santa and Mrs. Claus (aka Dick & Jo Hout).



January craft. Go to page 6 for instructions. Email a picture of your finished snowman to j.williams@midohio.twcbc.com.



2021 Dues

Membership dues should have been paid by December 31st in order to keep receiving your newsletter. They are \$15 for one person or \$25 for a married couple. Mail to:

Madison County Senior Center

P.O. Box 389

London, Ohio 43140

Those age 90 and up no longer have to pay dues to the Center.

Thank you to those that have sent theirs in!



Maxine McSavaney

Debbie Dunlap

Darryl and Lisa Hayes

Donna Quilter

Monica Leimeister

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.

Classes & Activities not available at this time.

WEEKLY SCHEDULE

SUBJECT TO CHANGE



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.—6:30 p.m. Line Dancing

6:30 p.m.—7:00 p.m. Couples 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

7:00 p.m.—Bingo. To be announced

Thursday:

9:00 a.m.—Chair volleyball

9:00 a.m.—Fun Bingo first and third Thursdays

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, first and third Fridays

1:00 p.m.—Free Movie and Popcorn at the senior center. See what is playing on page 5.

UPCOMING DAY TRIPS!!

The decision has been made to not take the trip vans out even with limited passengers. Hopefully this will change soon, but for January and February no vans will be in use for trips.

January (Not a) Mystery Lunch—Wednesday, January 20. Sis's Restaurant, 2 West Pleasant Street, Catawba, OH 43010. Let's meet at the restaurant at 11:00 a.m.

February (Not a) Mystery Lunch—Friday, February 12th. The Meadows, 4105 East National Road, Springfield, OH 45505. Let's plan to meet at the restaurant at 11:00 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 4th—LaCarreta Mexican Restaurant, 1092 Eagleton Plaza, London, OH 43140. We will meet at the restaurant at 5 p.m.

Monday, February 1st—Eat Greek, 275 East Main Street, West Jefferson, OH 43162. We will meet at the restaurant at 5 p.m.



FRANK & ERNEST



Two elderly ladies had been friends for many decades. Over the years they had shared all kinds of activities and adventures. Lately, their activities had been limited to meeting a few times a week to play cards. One day they were playing cards when one looked at the other and said, "Now don't get mad at me....I know we've been friends for a long time.....but I just can't think of your name! I've thought and thought, but I can't remember it. Please tell me what your name is."

Her friend glared at her. For at least three minutes she just stared and glared at her. Finally she said, "How soon do you need to know?"

A funeral service is being held for a woman who has just passed away. At the end of the service, the pall bearers are carrying the casket out when they accidentally bump into a wall, jarring the casket. They hear a faint moan. They open the casket and find that the woman is actually alive! She lives for ten more years, and then dies. Once again, a ceremony is held, and at the end of it, the pall bearers are again carrying out the casket. As they carry the casket towards the door, the husband cries out, "Watch that wall!"

How many seconds are there in one year?

12 of them: January 2nd, February 2nd, March 2nd, April 2nd, May 2nd, June 2nd, July 2nd, August 2nd, September 2nd, October 2nd, November 2nd, December 2nd.

4. What do you call a snowman with a six pack?

An abdominal snowman.

5. What do you call a snowman that tells tall tales?

A snow-fake!

6. What do you call a snowman party?

A snowball.

7. What did the snowman eat?

Icebergs with chilli sauce.

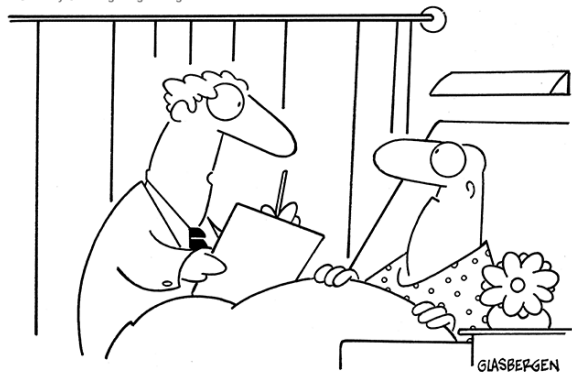
8. What did the snowman and his wife put over their baby's crib?

A snowmobile!

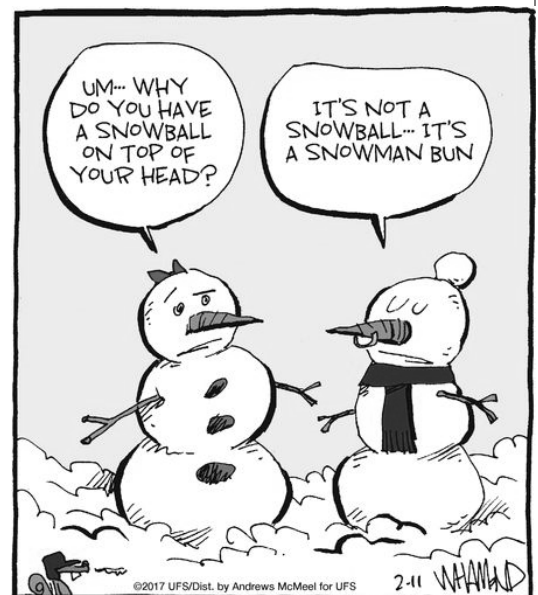
9. What do Snowmen call their offspring?

Chill-dren.

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"I think today is Wednesday, but I'll need to run some tests to be sure."



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2-11 WAMMD

Breakfast Quesadillas for Two

Ingredients

- 3 large eggs
 - 2 flour tortillas (8 inches)
 - 1/2 cup shredded fontina cheese
 - 2 bacon strips, cooked and crumbled
 - 1 green onion, thinly sliced
- Sour cream and salsa, optional

1. In a small bowl, whisk the eggs. Coat a large skillet with cooking spray. Add eggs; cook and stir over medium heat until completely set.
2. Place tortillas on a griddle. Spoon eggs over half of each tortilla; sprinkle with cheese, bacon and onion. Fold over and cook over low heat for 1-2 minutes on each side or until cheese is melted. Serve with sour cream and salsa.

January Craft

SOCK SNOWMEN

Materials Needed

- Large white sock
- Fuzzy sock
- Rice
- Orange & Black construction paper
- Hot glue gun or Elmer's glue
- Black sharpie
- Twine or Yarn

INSTRUCTIONS

Cut the large white sock a little above where the heel goes. Fill with some rice.

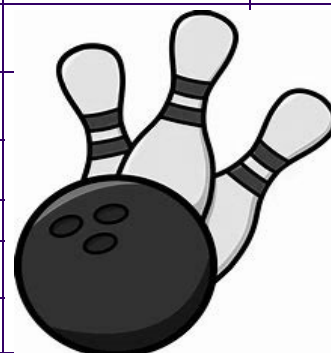
1. Tie a knot at the top of the sock.
2. Use a piece of twine and tie it around the sock so it creates 2 parts to the snowman. A head and a body.
3. Cut the fuzzy sock on the end for the hat. Put it on top of the rice sock and tie twine around the tip to make a pom pom type hat. Cut a strip for the scarf with the fuzzy sock.
4. Cut 2 tiny pieces of black construction paper, put a dot of hot glue on the snowman's face and stick them where you want the eyes. Repeat. Cut a small piece of orange construction paper for the carrot nose. Glue and stick on.
5. Use a sharpie and make the snowman's mouth. Tie the scarf around the neck. Glue on buttons.

See picture of finished Sock Snowman on page 2.

Email a picture of your finished snowman to j.williams@midohio.twcbc.com. We will put some of them in the next newsletter.



B O W L I N	Andrix, Barb	103	Goff, Terry	157	McDonley, Dolly	89	Weisman, Deb	101
	Burdett, Diane	120	Hackworth, Paul	120	Noble, Gene	113		
	Cameron, Brenda	120	Hardin, Jim	119	Pickens, Ann	112		
	Cameron, Carol	132	Hastings, Judy	120	Potocki, Dave	120		
	Cooper, Barb	95	Johnson, Charlie	120	Ridolfo, Linda	161		
	Cwiekalo, Bert	138	King, Carl	160	Shepler, Greg	159		
	Florence, Barb	120	King, Karen	141	Sheridan, Ray	162		
	Glass, Duane	186	Link, Bill	120	Threlkeld, Larry	115		



Puzzler #1

See if you can figure out what these seven words all have in common.

1. Banana
2. Dresser
3. Grammar
4. Potato
5. Revive
6. Uneven
7. Assess

Look at each word carefully. You'll kick yourself when you discover the answer.

No, it is not that they all have at least 2 double letters... the answer is on page 9.



Puzzler #2

Can you solve these challenging puzzlers?

1. How much tea is in the average size tea kettle?
2. What gets wetter as it dries?
3. How far can a dog run into the woods?
4. How many animals of each kind did Moses bring aboard the ark?
5. The letters of what number, 1-50, are in alphabetical order?
6. What number's letters are in reverse alphabetical order?
7. Ed had 5 apples and ate all but 3. How many did he have left?
8. "King, are you sorry you are King?" What's unusual about this sentence?
9. The letter that comes right after AB in the alphabet is E. How so?
10. How do you make a pear disappear?

Answers are on page 9



January Birthdays!

Patron	Birthday	Patron	Birthday
Quinn, Mary	01-01	McCafferty, Joyce	01-16
Leimeister, Monica	01-01	Garver, Betty	01-16
Lawrence, Betty	01-02	Manning, Kay	01-17
Conley, Patricia	01-03	Lipps, Alice	01-18
Ward, Nancy	01-04	Reed, Helen	01-19
Hutchins, Charles	01-05	Lindsay, Shirley	01-20
Williams, Jeffrey	01-05	Crabtree, Shirley	01-20
Stringfellow, Norma	01-06	Case, Debra	01-21
Sowers, Ruth	01-06	Newman, Millie	01-22
Castle, Brenda	01-06	Chamberlain, Patsy	01-22
Young, Margaret	01-08	Callicoate, Ronald	01-23
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	Spahn, Doris	01-25
Zimmerman, Diane	01-09	Kavy, Diana	01-26
Cowne, Gary	01-10	Pitts, Shirley	01-27
Little, Roberta	01-11	Parks, Beauetta	01-28
Gaier, Tony	01-12	Radcliff, Bob	01-28
Ell, Gordon	01-12	Schickedantz, Cheri	01-28
Wilson, Joyce	01-12	Weisman, Deborah	01-28
Thornber, Sandra	01-12	Maharrey, David	01-29
Colwell, Patricia	01-13	Dillion, Beth	01-29
Gordin, Barbara	01-13	Slagle, Elsie	01-30
Dillard, Paul	01-15	Cummins, Betty	01-31
Harrison, Beverly	01-15	Link, Peggy	01-31
Mason, Dana	01-15	Rolfes, Dorothy	01-31

Happy
Birthday!



Answer to Puzzler #1

In all of the words listed, if you take the first letter, place it at the end of the word, and then spell the word backwards, it will be the same word.

Answers to Puzzlers #2

1. How much tea is in the average size tea kettle? None, there is water in a tea kettle, not tea!
2. What gets wetter as it dries? A towel.
3. How far can a dog run into the woods? Halfway. After that it is running **out** of the woods!
4. How many animals of each kind did Moses bring aboard the ark? 0. Noah brought the animals aboard the ark, not Moses!
5. The letters of what number, 1-50, are in alphabetical order? forty
6. What number's letters are in reverse alphabetical order? one
7. Ed had 5 apples and ate all but 3. How many did he have left? 3!
8. "King, are you sorry you are King?" What's unusual about this sentence? It's a palindrome—it reads the same forward as backward.
9. The letter that comes right after AB in the alphabet is E. How so? In the word "alphabet" "e" follows "ab"!
10. How do you make a pear disappear? To "pear", append in front "disap"!



Fun Facts about Chuck Norris

1. Chuck Norris can divide by zero.
2. Chuck Norris can kill two stones with one bird.
3. Chuck Norris can strangle you with a cordless phone.
4. The quickest way to a man's heart is with Chuck Norris's fist.
5. When Chuck Norris does a pushup, he isn't lifting himself up, he's pushing the Earth down.
6. Chuck Norris is the only man to ever defeat a brick wall in a game of tennis.
7. Chuck Norris destroyed the periodic table, because Chuck Norris only recognizes the element of surprise.
8. Chuck Norris once went skydiving, but promised never to do it again. One Grand Canyon is enough.
9. Chuck Norris once ordered a steak in a restaurant. The steak did what it was told.
10. Chuck Norris mind is so sharp that he once wrestled with a riddle and accidentally killed the answer.

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.

January Quotes

If I had my way, I'd remove January from the calendar altogether and have an extra July instead. *Roald Dahl*

If January is the month of change, February is the month of lasting change. January is for dreamers...February is for doers. *Marc Parent*

Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home. *Edith Sitwell*

Every man should be born again on the first day of January. Start with a fresh page. *Henry Ward Beecher*



Public
Welcome!!

Madison County Senior Citizens Center, Inc.

280 West High Street, London

To Be Announced

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

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- Online Services/Computers
- Newest Books
- Latest DVDs
- Video Games
- Wifi Hotspot
- Audiobooks



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Just when it thought

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



January 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

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.