



OLDER AMERICANS MONTH



COMMUNITIES OF STRENGTH: MAY 2021

Older Americans Month is an annual event dating back to 1963, when President John F. Kennedy designated May as Senior Citizens Month. It was later renamed Older Americans Month, honoring older Americans and celebrating their contributions to our communities and our nation.

This year in 2021 – the observation is even more significant because of the current pandemic we are all embroiled in. Unfortunately, the Coronavirus has affected our older population more than any other demographic so far. This means that honoring and treasuring our older Americans this month is especially important.

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.

It is April 21st as I am writing this, and there is snow on the ground...I believe Mother Nature is a little confused right now.

Still no release on the testing mandates from the Ohio Department on Aging. But we are going to continue with our trip plans and anything else we can do for you while our center doors remain closed. We are going to use our shelter house for an outside activity, the information is inside the newsletter. The increase in Covid numbers is not helping our situation, the staff has been vaccinated and I know several of you have too. It is terribly frustrating! Hang in there better weather is coming, and we are going to use the outside space that the Governor has suggested so many times. The tables in the shelter house are ready, please take advantage of any nice day and use it. Come for lunch and go over to the shelter house to eat, play cards or just visit.

AS SOON AS THE TESTING MANDATE IS LIFTED, WE ARE OPENING OUR CENTER!

I miss your laughter, and can't wait until we can be together again.

Stay safe and healthy, get your vaccination!

Misty

Find the tooth pick hidden inside this newsletter. When you find it call the center at 740-852-3001 by Friday, May 14th 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 seed packet was on page 9. Congratulations to Don Hysell, April's lucky winner!



Thank you so much to Sandy Bird and Cheryl Ellis for making shawls for Donate for Life. They will be given to families of patients waiting for transplants. The shawls are just beautiful!

There is still need for more shawls. You can drop them off at our Senior Center.

Dimensions are: Rectangle, 24-26" wide by 60" long. Triangle, No smaller than 60" wide.



Mother Nature sure was having fun with all of us in April!

Hot days, cool days, warm days, and even cold snowy days!

That wet snow really was weighing down the trees but it was beautiful. Hope it's the last though!



Senior Center member and Rails to Trails Ambassador, Dave Maharrey, volunteering his time to keep the grass trimmed in the camping area by the bike path. Very much appreciated!



Welcome New Members!

Sandra Hardman

Catherine Doran

Janice and Darryl Closser

Robert Bode and Lee Thompson

Michele and Steve Popovich

Dennis and Myra Caplinger





Park Walking Buddy Group

If you are interested in walking at Cowling Park on their paved path-way, call the Senior Center and we will try to get some of us together!

740-852-3001

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

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.

Painting Classes will be held in our Shelter House starting May 7th!! 9:00 a.m.

WEEKLY SCHEDULE

Classes in bold are now available

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 Join the Fun!

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 starting May 7th in our Shelter House!

10:00 a.m.—Chimes, first and third Fridays

1:00 p.m.—Free Movie and Popcorn at the senior center.

UPCOMING DAY TRIPS!!

May (Not a) Mystery Lunch—Friday, May 14th. Outside the Box Café, 10 South Main Street, Jeffersonville, OH 43128. We will meet at the restaurant at 11:00 a.m.

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.

Do You Like Flowers & House Plants? - Wednesday, May 19th we are taking a trip to **The Groovy Plant Ranch!** I know some of you are familiar with it but if you aren't let me fill you in! You can find just about any house plant, succulents, perennials, annuals, hostas, etc. at this place! They were featured in Better Homes and Gardens. As you can tell, once you visit, you love it.

We will be taking our 2 vans and we are only allowing 8 per van so there will be some spacing. It is \$5 to ride on the vans or you can follow us. It is in Marengo, about an hour away. We will be taking an extra van to haul your purchases. Lunch will be at The Legacy.

We will leave the Center at **9:00 a.m.** Call the Center to sign up at 740-852-3001.



Southern Ohio—Serpent Mound, Picnic and Amish Bakery—Thursday, June 17th. The Great Serpent Mound is a 1,348-foot-long (411 m), three-foot-high prehistoric effigy mound on a plateau of the Serpent Mound crater along Ohio Brush Creek in Adams County, Ohio.

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. There is a tower you can climb to get an even better view of the mound. 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.

When we are finished we will head back towards London with another rest stop in Hillsboro, if needed. *We still have seats available on this trip!*

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, May 3rd—The Willow Restaurant, 203 Glenn Avenue, Washington C.H., Ohio. Please meet at the restaurant at 5 p.m.

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

Trip Presentation for the Pennsylvania Rail Adventure

Thursday, May 20, 2021

1:00 p.m.

David Wendt will be here to answer questions and show us highlights of our upcoming trip! Please call the Center and let us know if you plan to come. Everyone is invited, whether you have signed up or not. Remember, if you have friends that would like to go they don't have to be a senior citizen or a member of our Center to go on overnight trips. Should be 21 and over though.

This will be held out in our new shelter house if we aren't able to open yet.

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.



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!!**



Threatened and Endangered Raptors

Tuesday, May 25th at 1:00 p.m. in our Shelter House

Educational ambassadors from Glen Helen Raptor Center will be here at the Center with 3 raptors for an informational program. Learn what challenges raptors face in the wild and what strategies they use to overcome them? How are people playing a role in species recovery? Learn how they adapt to an ever changing environment.

If you haven't heard of Glen Helen, it is a 1000 acre private nonprofit nature preserve with 15+ miles of trails, educational public programs & events, residential environmental education, & raptor rehabilitation near Yellow Springs, Ohio.

If you like, come grab lunch between 11:30 a.m. and 12:30 p.m. for \$5 and then stay for the program. Refreshments will be served. There is no charge to attend the program.



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 a list 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	102	Hardin, Jim	119	Pickens, Ann	113
	Cooper, Barb	95	Hastings, Judy	120	Potocki, Dave	120
	Cweikalo, Bert	144	Johnson, Charlie	120	Ridolfo, Linda	162
	Ernst, Terry	101	King, Carl	160	Shepler, Greg	159
	Florence, Barb	88	King, Karen	141	Sheridan, Ray	162
	Glass, Duane	183	Link, Bill	120	Threlkeld, Larry	117
	Goff, Terry	156	McDonley, Dolly	91	Weisman, Deb	101
	Hackworth, Paul	139	Noble, Gene	117		



Strawberry Whipped Sensation

It's almost strawberry pickin' time!



4 cups fresh strawberries, divided

1 (14 ounce) can sweetened condensed milk

1/4 cup lemon juice

1 (8 ounce) tub whipped topping, thawed, divided

8 chocolate sandwich cookies, finely chopped

1 tablespoon butter, melted

Line 9x5 loaf pan with foil, with ends of foil extending over sides of pan. Mash 2 cups of the strawberries in a large bowl. Add condensed milk, juice and 2 cups of the whipped topping; mix well. Pour into prepared pan.

Mix chopped cookies and butter. Spoon over whipped topping mixture. Cover with ends of foil and gently press cookie mixture into whipped topping mixture. Freeze 6 hours or until firm.

Invert dessert onto serving plate when ready to serve; remove pan and foil. Spread remaining whipped topping onto top and sides of dessert. Slice remaining 2 cups strawberries; arrange over dessert. Store leftovers in freezer.

**PANCAKE & SAUSAGE
BREAKFAST**

**SATURDAY
MAY 22, 2021**
SERVES UP FROM 8-10 AM

DRIVE-THRU!

**ONE PRICE!
ONLY \$7⁰⁰**

**PLUS
SILENT AUCTION!**
SUNDAY...
NOW ONLINE - FMCPT.COM

Madison County
Senior Citizens Center
280 W. HIGH ST. LONDON, OH

SILENT AUCTION 2021

A LITTLE DIFFERENT THIS YEAR

Due to the pandemic, we've moved our annual Silent Auction
to an online event running 6 weeks!

**Help support FMCPT & bid on new or gently used items
from April 1st through May 15th**

**Pick up items won when you pick up your Pancake &
Sausage Breakfast at the drive-thru May 22, 8-10A**

*Alternate pick-up day: Sunday, May 23 from 11A to 12 noon at the Senior Center - Sorry, we cannot ship or deliver.

ALL SILENT AUCTION PROCEEDS BENEFIT FMCPT*
Please help us help the wonderful parks & trails of Madison County

<https://www.charityauctionstoday.com/auctions/FMCPT-Silent-Auction-2021-21641>

May Birthdays!

Patron	Birthday	Patron	Birthday
Reynolds, Elaine	05-01	Tope, Barbara	05-18
Kinman, Patricia	05-01	Gilkey, Jim	05-18
Chatfield, Bonnie	05-02	Brock, Patricia	05-18
Dillion, James	05-02	Thum, Cathy	05-20
Daniels, Ron	05-03	Johnson, Connie	05-20
Corson, John	05-04	Rolfes, Sr., James	05-21
Oyer, Nell	05-04	Conrad, Ruby	05-21
Borukhovsky, Maya	05-04	Craig, Sandy	05-21
Evans, Patricia	05-04	Williamson, Julie	05-21
Follrod, Jerry	05-05	Edwards, Ann	05-22
McDonley, Dolly	05-06	Rings, Alvin	05-22
Duffy, William	05-06	Mason, Michael	05-22
Powell, Frank	05-07	Kennedy, Daisy	05-23
Seaman, Paul	05-07	Corson, Catherine	05-24
Anthony, James	05-08	Crabtree, Cheryl	05-24
Justice, Bill	05-08	Penix, Nancy	05-25
Atalla, Ellen	05-09	Terpening, Paula	05-25
Cowgill, Shirley	05-09	Markley, Eldon	05-26
Bower, Joyce	05-11	Pass, Jeanette	05-27
Skinner, Sherry	05-11	Kavy, Stanley	05-27
Hart, Paul	05-12	Southard, Michael	05-27
Noble, Cheryl	05-12	Fladt, Carl	05-27
Powell, Nancy	05-14	Brennan, Michael	05-27
Boggs, Phyllis	05-14	Fout, Edward	05-28
McGuire, David	05-15	Turner, Vernon	05-28
Pickens, Robert	05-15	Saul, Charlene	05-29
Law, Sandra	05-15	Cunningham, Joyce	05-29
Fordyce, Charles	05-16	Fischer, Sondra	05-30
Maharrey, Linda	05-17	Wilson, Linda	05-30
Drenkow, Betty	05-18		



It's Older Americans Month in May!



3 Easy ways to support the Center!

amazonsmile

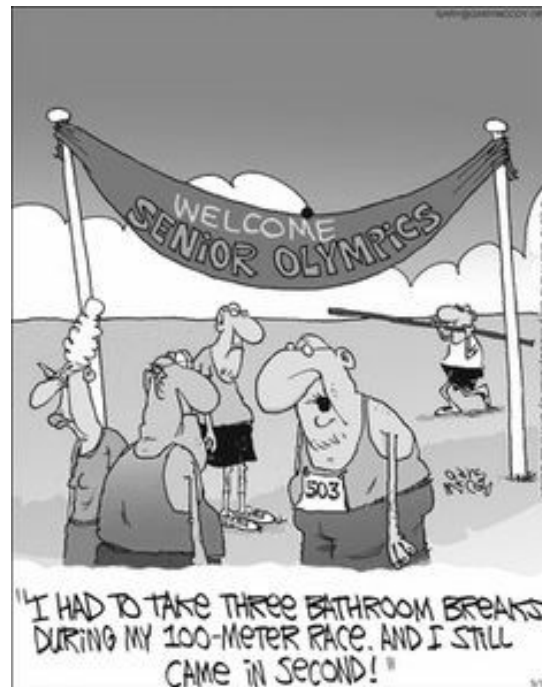
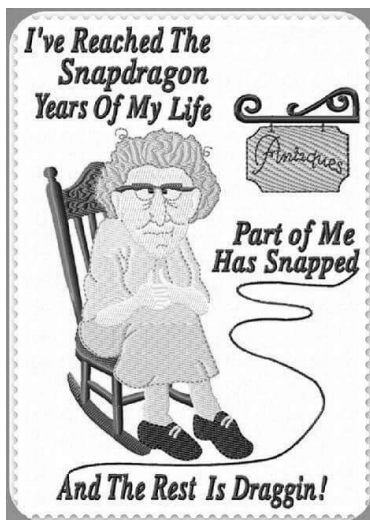
If you shop on **Amazon**, the Center can benefit.

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.





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, especially once the Center is able to reopen.

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

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**

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



CHANEY & THOMAS
Insurance



Deeann Blake

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

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**





“WINGS OF BEAUTY”

Butterflies from around the world.

Ruth Mills

gmills003@live.com

937-215-6669

Just when it thought

life was ending,

the caterpillar

became a butterfly.



MERCHANTS NATIONAL BANK

279 Lafayette Street

London, Ohio

740-852-4900

**“A REAL Community Bank,
with Real Customer Service”**



**MEMBER
FDIC**

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!

mcseior.org or on Facebook at Madison
County Senior Citizens Center

Dated Material



May 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.