

Golden Times

August 2018
Issue VIII

Find the



hidden inside this news-
letter. When you find
the dog, call the center
at 740-852-3001 by
Friday, August 17th and
tell us where it is located.
If correct, your name will
be entered into a drawing
to win 5 free lunches.
Last month the strawber-
ry was found on page 2.

Congratulations to Ruth
Sowers, the lucky winner!

The Center will be closed
Monday, September 3rd
in observance of



2018 Governing

Board Members

Donna Sheridan-President

Jerry Tompkins-Vice President

Shirley Witwer-Secretary

Jean King Eilene Duncan

Sharon Manion

Loretta Anthony

Steve Saltsman

Madison County Senior Citizens Center



Good gracious, has it ever been HOT! Come to the center and hang out, it is nice and cool. Come in and play some cards, do a little exercise, enjoy a nice lunch from the senior café, play some billiards and then Friday you can come in and enjoy a free movie with popcorn, in our nice air conditioned room.

Come on in and chill with your friends or come in and make new friends.

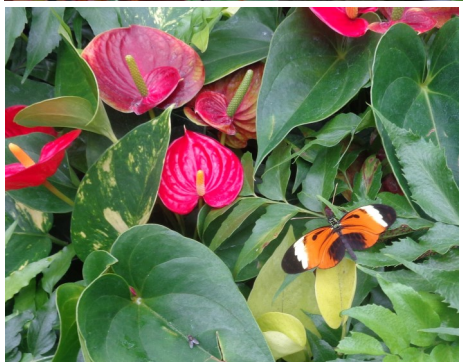
Mark your calendar and join us for a couple of center fundraisers. Our next Euchre tournament is, Saturday, August 18th at 1:00, the café will be open for lunch at 12:00. You can sign up and prepay or just come on the day we are playing. Please spread the word, invite your friends, the more people playing, the more we are paying. We also have the date for our next bingo event, Saturday, September 22nd at 1:00, the café will be open for lunch at 12:00, same, the more that play, the more we pay.

Every year we try to do a little sprucing up outside, it's important to keep our center looking very nice. This year we were very fortunate to have some young people representing the group Gospel Road of the Catholic Diocese of Columbus, volunteering their time to help clean up and paint our curbs and light posts. Those poor curbs and post take a beating every year, paint rubbed clean off in some places. I was trying to think of a better color than neon yellow to help make parking easier, but I don't know what it would be. But hey, on the "bright side" we will always know our members by the yellow marks on their tires as they drive through town, there is an upside to everything.

Just a little update on the side lot we purchased in June, we are not tearing the building down. We are cleaning it up so we can utilize the space for storage, which we desperately need. We aren't turning the whole lot into parking, just the top area and not right away. We aren't building a new building, although I know we could use a little more space. Some ideas are to use some of the space for outside activities, maybe a shelter house, some of you have asked for a shuffleboard area, maybe a couple horseshoe pits, you know on a nice day, you may want to come to the center for lunch, but maybe go outside for some fun activities. Maybe some goat yoga, it is really popular right now, we could use the goats to eat the grass, which would save on mowing costs and then you get a little goat to walk on your back during a really relaxing yoga class, I'll need to run this idea by Ruthie. Again, regardless of what we decide to do, it will take time and funds, which are limited, but we are always happy about any donations you want to send our way to help with our projects and services. You know, I am kidding about the goats; right? Or am I? LOL. So many ideas! Maybe you have some...

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

Misty



Above: Pictures from our trip to the Franklin Park Conservatory in June for Butterflies and Blooms. Hundreds of beautiful butterflies of all kinds!



July Mystery Lunch was held at Uncle Beth's BBQ outside of North Lewisburg. They are only open 3 days a week. The food was excellent!



The ADC celebrated John's 90th birthday in June!



We had a great group of kids from Gospel Road volunteer to scrape and paint our curbs. They did a really good job. It was hard work in the summer heat. The group is from Catholic high schools in and around Columbus.

Beat the heat!
Come play Euchre
at the Center,
Mondays at 1:00
p.m.



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

6-18-18 Wanda Fout 66

6-25-18 Tom Rutschling 88

7-2-18 Helen Stevens 77

7-9-18 Skip Fout 76

7-16-18 Cindy Shoemaker 77

High Bridge Score

6-20-18 Mardi Hanford 4170

6-27-18 Mary Andrix 4270

7-11-18 Evelyn Sullivan 4020



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

5:00 p.m.- Beginner Line Dancing **No line dancing**

6:00 p.m. - Advanced Line Dancing **August 7 and 14**

Wednesday:

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

9:00 a.m. - Chair volleyball

9:30 a.m. - Woodcarvers

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 August 2 and 16

Friday:

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

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

10:00 a.m.- Chimes August 3 and 17

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

Fitness room open everyday Monday through Friday

Rays of Hope for Seasons of Life Support Group

Author Unknown: Tears have a job—it is said they are miniature messengers; on call 24 hours a day to substitute for crippled words. They drip, drop and pour from the corner of our souls, carrying with them the deepest emotions we possess. When words are most empty, tears are most needed. If this speaks to you at this season please join the support group that meets every Tuesday at 1:30 p.m. Questions: call Donna Wharton 740-490-5936 or email: dmwharton342@yahoo.com.



UPCOMING DAY TRIPS!!



CIRCLEVILLE QUILT SHOW—Friday, August 3rd. Trip fee is \$5. You will pay your \$6 admission at the show. We will leave the center at 8:30 a.m. spend a couple hours at the show and then leave at noon. Ice Cream stop in Mt. Sterling on the way home.

MOTT'S MILITARY MUSEUM—Thursday, August 9th. Fee for this trip will be \$13 which includes van transportation and admission fee. We will leave the center at 9:15 a.m. and have lunch after our 10 a.m. tour. This is always an interesting guided tour of our nation's history. Some walking and standing involved.

AUGUST MYSTERY LUNCH—Wednesday, August 15th. Trip fee is \$5. Leaving the center at 10:15 a.m.

DRIVING MISS DAISY AT LACOMEDIA—Thursday, August 30th. Fee for this trip is \$65. We will leave the center at 9:15 a.m. Don't forget your server and driver tips!

COUNTRY LIVING FAIR—Friday, September 14th. Fee for this trip is \$18. This includes your admission. Deadline to sign up will be Friday, September 7th in order for us to purchase tickets. **No refunds after this date.** We will leave the center at 9:15. Lunch is on your own at the fair.

SEPTEMBER MYSTERY LUNCH—Thursday, September 27th. Fee for this trip will be \$5. We will leave the center at 10:00 a.m.

SNOOTY FOX TRIP—Friday, October 12th. Please pay your \$25 trip fee by September 1st. Seats not paid for will be open for those on the wait list. The motorcoach will leave the center at 9:00 a.m. Don't be late!

OCTOBER MYSTERY LUNCH—Thursday, October 18th. Fee for this trip is \$5. We will leave the center at 9:00 a.m.



WILSON FOOTBALL FACTORY—Thursday, October 25th. Trip fee is \$10, which includes your entry fee for the tour. The vans will leave the center at 9:15 a.m. Our tour is at 11:45. We will have lunch afterwards at Viva Marias in Ada. No open toe shoes or sandals allowed in the factory. This is a VERY interesting tour. This factory produces all of the footballs for the NFL and a lot of the work is done by hand! Walking and standing involved.

******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!!**

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 you have questions please contact Janisse at 740-852-3001.

Delightful Dining

Don't forget to sign up for Delightful Dining so we can make accurate reservations!
Ride the vans for \$5.00 per person while the seats last or you may drive and meet us there.

Monday, August 6, 2018

Red Lobster

1898 West First Street

Springfield, OH 45504

Vans leaving the center at 5 p.m. and arrive at the restaurant at 5:30 p.m. Thank you!

Tuesday, September 4, 2018

Spaghetti Warehouse

397 West Broad Street

Columbus, OH 43215

Vans leaving the center at 5 p.m. and arrive at the restaurant at 5:30 p.m. Thank you!

Overnight Trip Information

Pre departure Meetings for Philadelphia and the Canyonlands

Philadelphia Freedom Tour— September 5-8, 2018 - Tuesday, August 28th at 1 p.m.

Canyonlands Trip—September 10-18, 2018 -Wednesday, August 22nd at 1 p.m.

Oglebay Winter Festival of Lights and Dickens Victorian Village-November 26-27, 2018. We have an opportunity to join Source Point Senior Center for this 2 day, 1 night trip. Day 1 you travel to Steubenville for a guided tour of their murals, stroll through the Nutcracker Village. Then you are off to see the festival of lights at Oglebay and stay the night at their Wilson Lodge. Day 2, visit Cambridge to see the annual Dickens Victorian Village. Enjoy free time to shop and eat lunch. Later that evening you will see the Guernsey County Courthouse Holiday Music and Light Show. Cost-\$395 pp double, \$475 pp single. Requires \$75 deposit with the **balance paid by October 1st, 2018**. Travel insurance, 2 meals, tips for driver, guides and porters, lodging for 1 night, all included.

2019 Alaskan Cruise -September 9-18, 2019 Nine nights, 10 day tour & cruise. Includes a night in Seattle before the cruise and a night in Vancouver post cruise, flight from Columbus to Seattle and return from Vancouver, transfers in Seattle & Vancouver, all meals on board the Carnival Legend, cruise highlights include Tracy Arm Fjord, Skagway, Juneau, Ketchikan, choose your own excursions. **Estimated** flight, air and cruise \$2725 pp double interior, \$3425 pp double balcony, \$3625 pp single interior. If you are interested, please call the center and we can check to see if there is still room on the trip. **Final payment due by June 1, 2019.**

Medicare Questions?

The Ohio Department of Insurance (OSHIPP) will be here on Monday, September 17th at 11:30 a.m. to help. Call the center at 740-852-3001 to sign up.



Board Election

Applications for new board members for the Madison County Senior Citizens Center will be accepted beginning September 1st through the end of business day September 28th, 2018. Applications may be picked up at the Center front office Monday through Friday from 8:00 a.m. to 4:00 p.m.

The Board Election will be held on Wednesday, November 14th, 2018. In order to vote, your 2018 dues should have been paid 60 days before the election. Call the center office if you are not sure when you paid.

New board terms begin January 2019.

SCHOOL SUPPLY DRIVE

If you wish, please bring in your school supply donations by August 24th. This year we will send them to Jefferson Local Schools in West Jefferson.

Suggested items are-

Glue Sticks	#2 Pencils
Crayons 24 pk.	Colored Pencils
Wide Rule Paper	Rulers
Tissues	Paper Towels
Post It Notes	Index Cards
Pencil top erasers	
Zip Lock bags, sandwich, quart or gallon size.	

We will also donate **NEW** socks to the Raider Rack at London Schools. Any size, age 4 to age 18. They should be in store packaging when brought in. Thanks!!!

Free Popcorn!

Friday Cinema



August 3	Monster In Law-2005-PG-13	Comedy	Jennifer Lopez, Jane Fonda
August 10	Home Again-2017-PG-13	Comedy	Reese Witherspoon, Nat Wolff
August 17	Gifted-2017-PG-13	Drama	Chris Evans, McKenna Grace
August 24	Peter Rabbit-2017-PG	Comedy	James Corden, Rose Byrne
August 31	Laws of Attraction-2004-PG-13	Comedy	Pierce Brosnan, Julianne Moore

Movies subject to change due to availability

5th Annual Holiday Craft Bazaar

Saturday, November 3rd, 2018

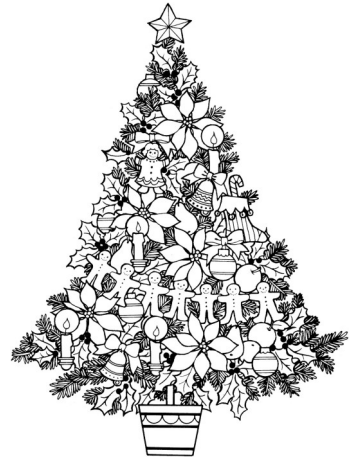
9:00 a.m. to 2:00 p.m.

Mark your calendars! If you like to do knitting or crochet, quilting, crafts of any kind, etc. you may want to consider being a vendor at our Craft Bazaar. It's a great way to make a little extra money around the holidays.

Senior Center members only pay \$15 per table space. Non members pay \$20. We do have vendors signing up already, so don't miss out!

Last year we had 185 people attend the bazaar. It's growing every year.

You can get more information at the Senior Center or call 740-852-3001 to have information mailed or emailed to you.



Greetings from the Adult Day Center!

Time sure does fly! Here it is August already! July was a tough month for us. It seems that everyone was ill the whole month! However, we made it.

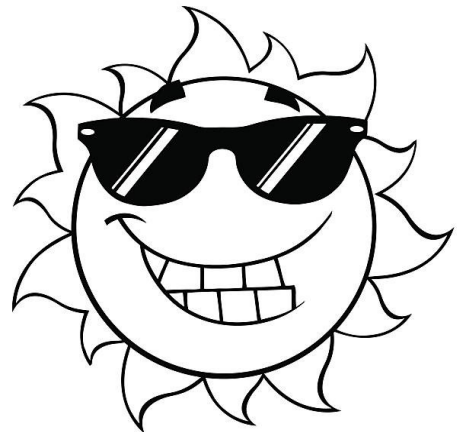
We would like to welcome a new member to our family, Victoree (Vicki).

This month we had several beautiful days to enjoy patio time which we love!

We would also like to thank Carolyn Wilson for making us some fidget pads and Linda Zimmerman for some delicious treats and everyone that has donated towards Bingo prizes. We could not do all this without your help!

Until next time, take care!

Day Center Staff-Beth, Pam and Jeanna



New Members!

Marcia Baker Patricia Hill Sally Rose Ruby Baker

Melonie Fisher Linda Ridenour Jessie Sexton

Becky and Ralph Lininger Minerva Miller



Healthy Living for Your Brain and Body

Wednesday, September 26th at noon

At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health. These habits may also help to keep our brains healthy as we age and possibly delay the onset of cognitive decline.

To help people age well, the Alzheimer's Association is offering the Healthy Living for Your Brain and Body: Tips from the Latest Research program. This workshop covers four areas of lifestyle habits that are associated with healthy aging:

Cognitive activity Diet and nutrition

Physical health and exercise Social engagement

In each area, we will discuss what we know, drawing on current research, as well as what we can do-steps to take now to improve or maintain overall health in each area.

Call the Center at 740-852-3001 to sign up for this informative class.

Cheese Chilitos

In the Kitchen with Joanna

I don't know if anyone remembers Zantigo's, but they had an item on their menu called Cheese Chilitos that was very good. It took me a long time to figure out what they used for being such a simple recipe. It's a good snack food or party food and only takes a few minutes to make.

- 1 can of Castleberry Hot Dog Chili Sauce
- 1 2 cup bag of shredded Colby-Jack cheese
- 1 Bag of flour tortillas

Warm tortillas so they are soft and pliable. About 30 seconds in an open gallon bag. Remove from bag and spread 1-2 tablespoons of chili sauce on the tortilla. Sprinkle generously with cheese. Roll them up, put on a cookie sheet and bake for 5-7 minutes or until cheese melts at 350 degrees. Serve with salsa or sour cream.

B	Judy Hastings	114	Bill Link	134	Carolyn Garver	150	Deb Weisman	67
O	Karen King	138	Larry Threlkeld	120	Beverly Evans	120	Barb Florence	89
w	Carl King	150	Paul Hackworth	155	Joe Brohard	120	Carol Nafzger	114
L	Barb Gordin	126	Charlie Johnson	120	Barb Cooper	91	Ray Sheridan	160
I	JR Venrick	155	John Conn	146	Cecil Herman	106	Ann Pickens	108
N	Barb Andrix	96	Gene Noble	109	Jim Harden	131	Jane Hackworth	77
G	Duane Glass	177	Valerie Mabra	120	Elizabeth Kitchen	120		



August Birthdays

Patron	Birthday	Patron	Birthday
Norris, Reba	08-02	Robinson, William	08-16
Dwyer, Sally	08-02	Chapman, Debra	08-16
Walker, Susan	08-02	Miller, Levi	08-17
Wickline, Carolyn	08-04	Darlington, Sandy	08-17
Hilsheimer, Bertha	08-04	Bates, James R.	08-17
Lynch, Mike	08-04	Thompson, Betty	08-18
Sessler, Virginia	08-05	Devore, Martha	08-18
Stewart, Shirley	08-05	Neff, Linda K.	08-18
Geesling, Bob	08-05	Salley, Robbye	08-18
Barker, Ruby	08-06	Hout, Jo	08-19
Reinhard, Mary	08-06	Feyh, Glenn	08-19
Ray, Mary E.	08-08	Kennedy, Sue	08-20
Goff, Cathy	08-08	Schickedantz, John	08-21
Peart, Mary	08-09	Denen, Gladys	08-22
McMunn, Charles	08-10	Earles, Melody	08-22
Shaw, Dorene	08-10	Thomas, Juanita	08-24
Maxwell, Debbie	08-10	Mitchell, Donnie	08-25
Lloyd, Joyce	08-10	Paysen, Anne	08-25
Johnson, Ruthanne	08-11	Laird, Terry	08-25
Kasten, Mary	08-11	Hill, Virginia	08-26
Conrad, Dwight	08-11	Leach, John	08-26
Gossard, Lamar	08-12	Pickens, Ann	08-26
Yoakum, Diane L.	08-12	Binns, Mary	08-26
Hartley, Patricia	08-12	Visser, Jack	08-26
Lowery, Diane	08-12	Feyh, Grace	08-27
Yutzy, Kathleen	08-12	Peters, Charlie	08-27
Evans, Teri	08-12	Hawkins, Alene	08-28
Samuels, Glenna	08-14	Hastings, Judy	08-30
Funk, Patricia	08-14	Wamer, Ken	08-31
Wisecup, Dolores	08-16	Boerger, Mike	08-31

1950s Trivia!

1. What is the name of the woman who refused to give up her seat on a bus in Montgomery, Alabama in 1955?
2. Who originally sang *That'll Be the Day* in 1957?
3. What famous cowboy of the 1950s was really named Leonard Slye?
4. What type of hat/cap did both Davy Crockett and Daniel Boone wear on TV in the 50s?
5. What piece of women's clothing, named after a dog, became popular in the 1950s?
6. Which aspiring rock and roll singer appeared on the Ed Sullivan show in 1956, but could only be shown from the waist up?
7. Who recorded *Rock Around the Clock* in 1955?
8. Which disease did Dr. Jonas Salk successfully create a vaccine for in 1952?
9. Which famous song sung by Doris Day was introduced in the 1956 Hitchcock thriller, *The Man Who Knew Too Much*?



Answers can be found on the puzzle page insert. Good Luck!


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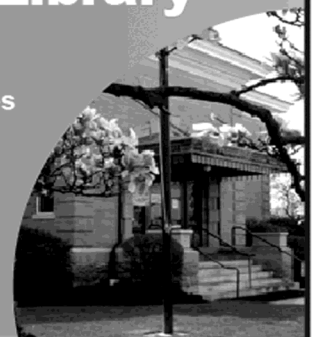
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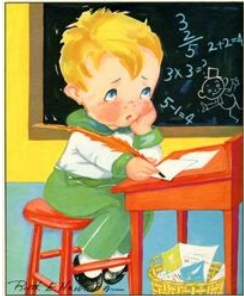
Timothy R. Stonecipher, Attorney 740-837-4967

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](#)



August 2018

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
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

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.