



Madison County

Senior Citizens Center

280 W. High Street London, Ohio 43140
Golden Times

Golden Times
October 2016
Issue X

Find the

hidden inside this newsletter. When you find the fish hook call the center at 740-852-3001 by Friday, October 14th 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 rake was found on page 6. The winner was Laura Loveless.

Congratulations Laura!!

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



It is September 26th as I am writing this, yesterday, it was 85 degrees and I floated in the pool for a couple hours, today it is 70'ish, raining and I should have put on a little heavier sweater; welcome to fall in Ohio. I was in Wal-Mart Saturday and they have the Christmas trees up, now you all know I love Christmas, but really they should let us get through Halloween first. It is no wonder time seems to go by so quickly, we flip the calendar two months at a time (deep sigh) nothing to do about it, just try to ignore it and enjoy the beauty of fall.

I would like to thank everyone that came out for our Music on the Blacktop event on September 17th. The weather cooperated, I was a little worried about the rain, we had about 20 seconds of sprinkles, really 20 seconds, and the rest went around us and it turned out to be a very comfortable evening. We had a nice crowd, The Posse was very good, and I would like to once again thank Medigold for sponsoring the band. Also a generous member of the center and Merchants National Bank for sponsoring the food, thank you Tommy & Yvette Wilson for the great pulled pork and beef brisket sandwiches and Madison Senior Living for the desserts, really good brownies and thank you to the London Police department for letting us use their golf cart to transport folks to and from their cars, big help. I would also like to thank the staff and board members who volunteered their time to help with the event.

This is never a pleasant thing to do, but I need to make you aware of a change in a popular monthly trip, Delightful Dining. I am not sure why this has been free ride trip, we drive our vans (gas, insurance) our drivers are on the clock, and it is an expense for the center. Effective, January 1, 2017, there will be a \$5 charge to ride the vans for Delightful Dining, like all the other center trips. Thank you for your understanding.

We have a busy fall schedule, I hope you are able to join us on some of the activities, check your newsletter schedule, the trips fill up fast. One of my favorite's coming up, Snooty Fox-October 7th, I think we have a couple seats still available, check with the office. I get to take my first train ride this month on the Hocking Valley Train trip; I am super excited. I don't get to go very often, but I really enjoy spending time with you when I do.

Soon our volunteer snow birds will be flying the Ohio coop, we would sure appreciate some volunteers to fill in. If you would like to volunteer, please give Janisse a call. Thank you to everyone that helps at the center every day! Happy Fall!

Misty

This and That Around The Center

On Wednesday, September 7th a group from the Center visited the Hartman Garden and the Westcott House, both of which are in Springfield. The Hartman Garden is a fascinating little place full of flowers and items made with small stones like Noah's Ark, churches, castles, cottages and the White House! We also visited The Westcott House which is a Frank Lloyd Wright house. The tour guide was great and we learned a lot about the history of the house and Frank Lloyd Wright. Afterwards we went to Frisches for lunch, which was yummy! It was a fun and informative day!



Kicking up our heels in Ruth's exercise class!



We took a group to the Columbus Zoo on September 21st. We had a great time and saw lots of interesting animals. Above: Barb Gordin, left and Judy Paynter take a break for a photo and in the picture to the right, this colorful little guy was as interested in us as we were of him.



MEET THE CANDIDATES!

Wednesday, November 9th, 2016

At Noon in the Lunchroom

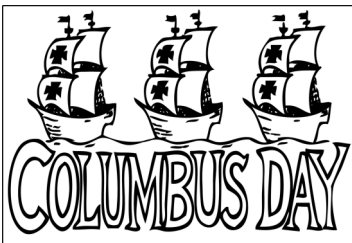
Candidates running for our Senior Center Board will introduce themselves and answer questions from the audience.

BOARD ELECTION

DATE: Thursday, November 17, 2016

Voting will be from 8:00 a.m.—2 p.m. at the Senior Center. There are 3 seats to be filled.

In order to vote, your 2016 dues should have been paid 60 days before the election. Call the office if you are not sure.



The Center will be closed Monday, October 10th for Columbus Day.



Senior Choir will resume Friday, October 21st at 10:00 a.m. The Choir meets every other Friday.

SAVE THE DATE!

Veterans Day Program

Friday, November 11, 2016

12:00 p.m.

At the Madison County Senior Center

COME TO A WREATH MAKING CLASS WITH JIM DONOHOE

November 9th, 2016

1:30 p.m.



Are you interested in creating your own holiday wreath or door swag? I will show you how to decorate a wreath for the holidays and make and decorate a door swag.

The procedure can be used for both Thanksgiving or Christmas. You will learn how to place decorations and ribbon according to your choice of decor. Make your own decorations or visit Hobby Lobby or Michaels and pick up a few things.

I will give as much instruction as I can in the time allowed and questions are welcome. If you wish to bring a wreath and material, I will assist you with the design and placement of decorations.

The instruction begins with the creation of a simple wreath frame to the finished product.

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.- Camera Group October 3rd

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:

8:00 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
 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:

8:00 a.m.- Trail Walking on the bike path
 9:00 a.m.- Painting Class with Harry Croghan
 10:00 a.m.- Chimes October 14th and 28th
 10:00 a.m.-Choir October 21st
 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

8-29-16 Charles Peters
 9-12-16 Dave Maharrey 69
 9-19-16 Tom Rutschilling 63

High Bridge Score

8-31-16 Betty Cummins
 9-7-16 Evelyn Sullivan 5170
 9-14-16 JoAnn Cordes 3810
 9-21-16 Betty Cummins 4520



Rays of Hope, For Seasons of Life Support Group

October finds us preparing for the holiday. However this year may be very different if you have had a loss in your life over the last few months or years. Often family members do not want to talk about the changes and we find ourselves in need of a listening ear. Please step out and attend Tuesdays at 1:30 p.m.

A support group just for you.

Questions answered by Donna Wharton,
 Facilitator & Care Counselor.

740-490-5936 or dmwharton342@yahoo.com

UPCOMING TRIPS



SNOOTY FOX UPSCALE THRIFT SHOPS—Friday, October 7th. 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. Bus driver tip and lunch will be on your own.

OCTOBER MYSTERY LUNCH—Thursday, October 13th. We will leave the Senior Center at 10:00 a.m. We will make a stop at the Tropical Fruit and Nut Company and then on to lunch! Fee for this trip is \$5 for van transportation. There is always a possibility of an ice cream stop too!!

CIRCLEVILLE PUMPKIN SHOW—Wednesday, October 19th. We will leave the Senior Center at 9:00 a.m. Fee for this trip is \$5. Lunch is on your own at the Pumpkin Show.

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. 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.**

SENIOR LIVING FESTIVAL-Friday, October 28th. Cost for this trip is \$5. We will leave the center at 9:30 a.m. and travel to Hollywood Casino for the Senior Living Festival put on by the Central Ohio Area Agency on Aging. There will be lots of freebies, health screenings, door prizes, music and of course gambling if you choose. Lunch will be on your own at the casino. The Epic Buffet will be \$13.99 or enjoy Zen Noodle or the O.H. Sports Bar. We will leave the casino at 1:30 p.m.

HONDA TOUR—Thursday, November 3rd. Fee for this trip is \$5, lunch on your own after the tour. We will leave the center at 8:15 a.m. We check in for our tour at 9:15 a.m. We will be touring the Heritage Center and the Auto Plant. You MUST bring a government issued ID, (drivers license or passport). The Auto Plant tour is physically demanding as it is 50 minute fast paced walk that may include some stairs. Wear comfortable walking shoes that TOTALLY cover your foot. No sandals. Skirts/Shorts must be knee length or longer for the tour. There will be some outside walking, so be prepared for inclement weather. Approximate total length of the tour is 2.5 hours.

NOVEMBER MYSTERY LUNCH-Monday, November 21st. We will leave the center at 11:00 a.m. Trip fee is \$5 and lunch is on your own.

A CHRISTMAS CAROL—Friday, December 2nd. We will travel to LaComedia for the classic, A Christmas Carol. Fee for this trip is \$65 which includes motor coach transportation, buffet lunch and a great show. We will leave the Senior Center at 9:15 a.m. Deadline to sign up and pay for this trip is October 27th.

CHRISTMAS SHOPPING AT TUTTLE MALL-Friday, December 9th. We will leave the Center at 9:30 a.m. Cost for this trip will be \$5 for van transportation. Lunch will be on your own at the mall. We will leave the mall at 1:30 p.m.

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, October 3, 2016

Tavern 42

5200 U.S. Highway 42 S.

Delaware, OH 43015

**We will leave the Center at 5:00 p.m. and
arrive at the restaurant around 5:40 p.m.**

Monday, November 7, 2016

Beer Barrel

2500 Roberts Court

Hilliard, OH 43026

**We will leave the Center at 5:00 p.m. and
arrive at the restaurant around 5:40 p.m.**

FLU SHOTS

Thursday, October 6th, 2016

11:00 a.m.—1:00 p.m.

At the Senior Center, given by nursing staff from Madison County Health Department.

Cost per shot is \$26 (Cash or Check) or MediGold,
Medicare Part B/Medicaid/Humana (bring insurance card). Most commercial insurances accepted.
Please remember to wear short sleeves or shirts that easily expose your upper arm.

Friday Cinema

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



October 7-The Imitation Game starring Benedict Cumberbatch, Keira Knightly. PG 13 (2014)

October 14-Larry Crowne starring Tom Hanks. PG 13 (2011)

October 21-The Meddler starring Susan Sarandon, Rose Byrne. PG 13 (2016)

October 28-Me Before You starring Emilia Clarke, Sam Claflin. PG 13 (2016)

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

FREE POPCORN!

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

Happy Fall!

It's hard to believe that Autumn is here already and Halloween will be here before you know it.

We were saddened to learn that we had lost one of our members, Robert Marcum. We will miss him greatly. We also would like to wish a "Get Well Soon" to Bob Radcliff, husband of Bonnie Radcliff, staff member and volunteer. Also "Get Well Soon" to Sandy Darlington, staff member and volunteer.

A big thank you for Bingo donations. We are always in need and some members choose prizes as gifts.

It is not said enough how much we appreciate our volunteers! And Robert Puckett for all the help he does for all the help he gives us in ADC, well actually all over this place!! Thank you Robert!! We are getting ready for the Craft Bazaar in November. Come visit us! Your support is welcome!

Have a great October! Beth, Pam and all our great volunteers.

Canned & Non-perishable food and Personal Care Items Drive

This year we will donate to Food Through Faith on Center Street in London.

Items most needed are canned corn or peas, saltine crackers, noodles, toilet paper and bar soap.

Last day for donations will be Wednesday, November 30, 2016. Please be sure to check expiration dates on each item.

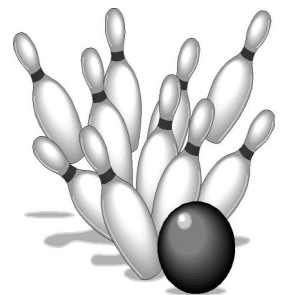
Thank you in advance for your generosity!



FEED THE HUNGRY

B O W L I N G

Judy Hastings	113	Bill Link	132	Susie Lindig	120	Skip Fout	146
Karen King	141	Larry Threlkeld	128	Beverly Evans	130	Brenda Gonzalez	120
Carl King	163	Johnny Harden	107	Paul Hackworth	151		
Barb Gordin	112	Charlie Johnson	141	Ralph Stidham	120		
JR Venrick	164	John Conn	137	Cecil Herman	100		
Barb Andrix	107	Gene Noble	122	Jim Harden	119		
Carol Nafzger	124	Barb Cooper	81	Paul Stonerock	149		
Gary Sollars	120	Duane Glass	191	Patty Paul	120		



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!!

Our trip is set for June 14-18, 2017 and it is 5 days/4 nights. We are traveling by motor coach and staying at the Wellington in Manhattan which is near Central Park and Broadway. You will have 2 full days to tour the city on your own and the 3rd day will be a guided tour including the Statue of Liberty and 911 memorial. Please call the center office for more details. Deposits of \$300 are due no later than October 31st, 2017. It's going to be fun!!

NOVEMBER SHOWCASE DISPLAY



Have you taken up the newest craze of Coloring Books for Adults? If you have, we would love to show off some of your creations! Please bring in your pictures for our display case by October 28th. We will take good care of them and return them to you the end of November.

Welcome New Members!!



Dick & Jeannette Hanna Gloria Mongold



Kay Leonard

Karen Horne

Vicki Holland

COOKS CORNER WITH JOANNA

Egg'n'Bacon Sandwich

2 eggs

1 teaspoon of skim milk (I prefer water with eggs, milk makes them rubbery)

¼ salt

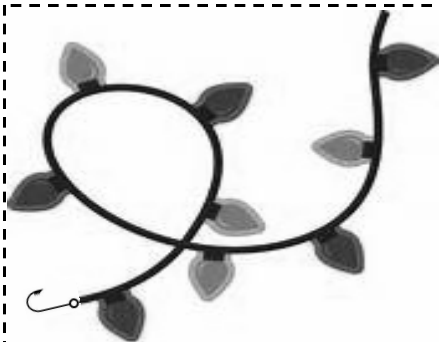
1/8 teaspoon pepper

2 slices of Canadian Bacon(1/2 ounce each)

1 English Muffin, split and toasted

2 tablespoon shredded low fat cheddar cheese

In a small bowl, whisk the eggs, milk, salt & pepper. Divide between 2 microwave-safe custard cups coated with cooking spray. Microwave, uncovered, on high for 20 seconds. Stir; microwave for another 20-25 second or until almost set. Place a slice of bacon on each muffin half; top with egg, sprinkle with cheese. Microwave, uncovered for another 10-13 seconds or until the cheese melts. Let stand for 20-30 seconds before serving. 179 calories



3RD ANNUAL HOLIDAY CRAFT BAZAAR

SATURDAY, NOVEMBER 12

9:00 A.M.—2:00 P.M.

We will have a wide variety of handcrafted items for sale, as well as vendors such as 31, Winghawk Jax, Avon, Kitt's Klost Doll Clothes and Old Tyme Crafts. Food will be available.

October Birthdays

Patron	Birthday	Patron	Birthday	Patron	Birthday
Bevens, James	10-01	Gerard, Richard	10-11	Hannah, Marsha	10-22
Scaggs, Edward Jay	10-01	Roberts, Marie	10-11	Wheeler, Rhonda	10-22
Doerfler, Margaret	10-01	Graham, Carolyn	10-11	Roberts, Juanita	10-22
Call, Greta	10-01	Zimmerman, Linda	10-11	Dunkle, Robert	10-23
Bryant, Erma	10-02	Cochran, Ada	10-11	Noble, Gene	10-23
Mark, William	10-02	Dhume, Beverly	10-12	Komives, Elaine	10-23
Conley, Marvin	10-03	Sheridan, Ray	10-12	Butterfield, Mable	10-23
Houston, Judith A.	10-04	McCafferty, Nancy	10-13	Pitts, John	10-24
Havens, Bev	10-04	Baker, Rodger	10-13	Martin, Ann	10-24
Smith, Rosalie	10-04	Jackson, Edwina	10-14	Bennett, Charlie	10-25
Forrest, Jane	10-05	Schafer, Robert	10-14	Loe, Angela	10-25
O'Donnell, Rebecca	10-05	Shoemaker, Cindy	10-15	Brown, Martha	10-26
Richey, Virginia	10-07	Price, Ted	10-15	Baynes, Bailey	10-26
Hubbard, Billy	10-07	McCombs, Robert	10-17	Shaffner, Betty	10-26
Blair, Lois	10-07	Henry, Don	10-17	Marshall, Susan	10-26
Estes, Sharon	10-07	Justice, Claudia	10-18	Edwards, Virginia	10-26
Armstrong, Stephanie	10-07	Dorn, Norman	10-18	Gregory, John	10-27
Carl, William	10-08	Dillion, Sharon	10-18	Lang, Sandra	10-27
Walls, Larry	10-08	Chenos, Pamela	10-18	Scott, Burt	10-28
Tompkins, Charlene	10-08	Farley, Sharon	10-19	Puckett, Helen	10-28
Beekman, Tim	10-08	Gummere, Brad	10-19	Cooper, Karen L	10-29
Smith, Doris	10-09	Kennedy, Mary Jo	10-20	Willis, Jean	10-29
Reeves, Walter	10-09	Wilson, Donald E.	10-20	McNeal, Dale	10-30
Nafzger, Carolyn	10-09	Hedges, Dee	10-20	Link, Charles W., Jr.	10-30
Marcum, William	10-09	Rixon, Michael	10-20	Hopkins, John	10-31
Haggit, Roy	10-10	Gatrell, Carol S.	10-21	Smith, Randall	10-31
Young, Joyce	10-10	Coomer, John	10-22		
Schunatz, Susan	10-10	Peters, Gary	10-22		
		Brackett, Joe	10-22		

*Happy
Birthday*

SPOOKY GRINS AND GIGGLES!

- Q. Why did the ghost go into the bar? A. For the Boos.
- Q. Why didn't the skeleton dance at the party? A. He had no body to dance with.
- Q. Why doesn't Dracula mind the doctor looking at his throat. A. Because of the coffin.
- Q. What tops off a ghost's ice cream sundae? A. Whipped scream.
- Q. What do you call two spiders that just got married? A. Newlywebbed.
- Q. Why are vampires like false teeth? A. They all come out at night.
- Q. What do they teach in witching school? A. Spelling.
- Q. Why don't mummies take vacations? A. They're afraid they'll relax and unwind.
- Q. What did the mother ghost say to her kids in the car? A. Fasten your sheet belts!





**Friends of
Madison County
Parks & Trails**
P.O. Box 308
London, Ohio 43140

Support:

**The Madison
County
Park District**

WWW.FMCPT.com
Memberships Individual \$10
Family \$20 Sponsor \$50
Registration Form on Website
E-mail FMCPT@columbus.rr.com

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
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





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www.BuckeyeRealtyGroup.com



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



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

October 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.