

Golden Times

May 2018
Issue V

Madison County Senior Citizens Center



Find the



hidden inside this news-
letter. When you find the
bee, call the center at 740
-852-3001 by Friday, May
18th 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
kitten was found on page
10.

Congratulations to
Barb Florence,
the lucky winner!

Closed

Monday,

May 28 for

Memorial Day

2018 Governing

Board Members

Donna Sheridan-President

Jerry Tompkins-Vice President

Shirley Witwer-Secretary

Jean King Eilene Duncan

Sharon Manion

Loretta Anthony

Steve Saltsman

Salutations!

Of course you know we celebrate our seniors every day, but the month of May is Older Americans Month, a month to recognize older Americans for their contributions to the nation. We are celebrating too, Tuesday, May 15th we are hosting our annual senior fair. It will be a very informative day. Janisse has something planned for the whole week, Merchants Bank is sponsoring the ice cream social on Friday, May 18th. Please mark your calendar and join us.

I have been here over four years now and in that time we have been very fortunate with our spring, summer weather. A couple weeks ago on a late night Tuesday, we had a weather event here in Madison County, pretty close to us and it brought to our attention that we are lacking a policy for a severe weather event, like a tornado. We, myself and the governing board, will be working on a policy expeditiously so we can inform our members of the safe places in the building for any severe weather events. Sadly with the type of building we are in, safe places are limited. The policy will also address when the center will close for severe weather, sometimes we forget that bad weather affects us all year round, not just closure levels for snow. What you need to know about me, I will always make a decision based on keeping you safe, you may not agree with my decision, but I will always error on caution and hope I am wrong, than take a chance and something tragic happen. The safety of every person in our center is of the utmost importance to us. We will be including the new policy information in the June newsletter and the safety zones and fire safety exit information will be updated and posted around the building. Dorothy had a happy ending in the Wizard of Oz, we aren't taking the same chances here, I'm not real sure I want to run into the lolly-pop guild anyway, don't even get me started on flying monkeys.

I wanted to take a moment to thank a few of our members for their recent donations to and for our exercise room. We had a nice couple donate a gently used elliptical, a very nice elliptical, much nicer than what we had and no more squeaking. We also had a couple donate a nice amount toward our new treadmill. Both couples wish to remain anonymous and I promised I would, we had a couple other members donate as well, also wishing to remain anonymous, but I wanted to let you all know how once again our great members came through for us. Sadly we don't get to see our favorite harmonica player much anymore, but Herb Markley was kind enough to donate toward our new treadmill as well, thank you Herb, we miss seeing you. We will need to raise a little more for a treadmill, so buy some tickets for our lottery tree, it is for a good cause and who knows, you could win big on a lottery ticket, and you're guaranteed \$50.00 in cash if you win...

Hang in there spring is coming. Thank you for the laughter I hear every day and to everyone that helps at the center every day!

Misty



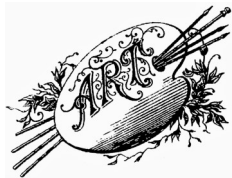
Pictures from our new Walking class. It is held Monday, Wednesday and Friday at 8:30 a.m. We would love to have you.



Above: Lisa Crain from Madison Correctional, right, presents Beth Dillion, Adult Day Center aide with walker and wheelchair utility bags. Clients can use them to easily carry personal items they may need.

Clayton and Mitchell from the Madison County DD student work program come several times a week to help with cleaning duties such as vacuuming, cleaning lunchroom tables, windows, taking out trash. We really enjoy having them here. This program is designed to teach the students skills that they may use after graduation.

The next time you come to the Center check out the new artwork on our inside entry doors! Local artist and previous Day Center staff member, Alice Kennedy, painted beautiful nature scenes with a 4 seasons theme. It really makes a difference on our black doors!





High Euchre Score

3-26-18 Larry Threlkeld 72

4-2-18 Tom Rutschilling 76

4-9-18 Bertha Hilsheimer 72

High Bridge Score

3-28-18 Barbara Tope 3670

4-4-18 Barbara Tope 4900

4-11-18 Betty Cummins 4110



Rays of Hope for Seasons of Life Support Group

May is often the most dramatic month of the year as the weather system changes. Our life is often like May, we can change our emotions hour by hour it seems, just like the weather. If you are concerned for your well-being and need a place to share life, consider this support group. Every word spoken is kept confidential. You will be asked to sign a form that I will keep on file. The Support Group meets every Tuesday at 1:30 p.m. unless the Senior Center is closed. Questions?

Call Donna at 740-490-5936 or email:

dmwharton342@yahoo.com

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.

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

6:00 p.m. - Advanced Line Dancing

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

1:00 p.m.- Yoga

2:00 p.m.- Diabetes and Weight Loss Support Group
meeting May 2, 16, 23, 30

Thursday:

9:00 a.m. - Chair volleyball

9:00 a.m.– Fun Bingo May 3, 17

Friday:

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

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

10:00 a.m.- Chimes May 4, 18

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



UPCOMING DAY TRIPS!!



MAY MYSTERY LUNCH-Friday, May 11th. **Note new date!!** Van fee is \$5. We will leave the center at 9:00 a.m. Besides lunch we will be visiting a bakery, Amish store and a stop for cheesecake.

WRIGHT PATTERSON AIR FORCE MUSEUM-Thursday, May 31st. Van fee is \$5. We will leave the center at 9:00 a.m. Something new—The B 17F Memphis Belle will be on display. Admission is free. Everyone will be on their own for lunch at the museum. We will plan to leave to come home at 1:30 p.m.

JUNE MYSTERY LUNCH—Thursday, June 7th. We will leave the center at 10:00 a.m. After lunch we will be stopping at an interesting grocery store. Fee for this trip is \$5 to ride the van.

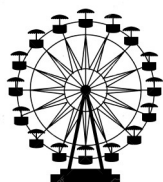
THE WILDS—Friday, June 15th. **Fee due by May 1st!!** See all the details on page 7 of this newsletter.



BLOOMS & BUTTERFLIES-Thursday, June 21st. Join us on the first day of summer to visit the Franklin Park Conservatory. Fee for this trip will be \$15. We will leave the center at 9:15 a.m. At the conservatory we will be on our own to browse through the gardens and tour the butterfly room. At 11 a.m. there will be a butterfly expert to answer questions and you will be able to watch some of the newest butterflies be released. Painted Lady caterpillars are available in the Gift Shop for you to take home and release when they hatch. Lunch will be at the Garden Café at the conservatory and there will be an ice cream stop on the way home.

ANNIE AND DRIVING MISS DAISY AT LACOMEDIA— July 5th and August 30th. Seats are still available! **We need more people to sign up in order to get our group rate for these shows.** Tell your friends! See page 7 for more details!

JULY MYSTERY LUNCH— Thursday, July 12th. Trip fee is \$5 and we will leave the Center at 10:30 a.m. We will plan an ice cream stop on the way home so bring extra money!



OHIO STATE FAIR—Tuesday, July 31st. Fee for this trip will be \$10 and includes van transportation and admission to the fair. We will leave the Senior Center at 9 a.m. and leave the fair at 2:30 p.m. to miss rush hour traffic. Deadline to pay will be July 2nd.

******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. 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, May 7, 2018

Starliner Diner

4121 Main Street

Hilliard, OH 43026

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

Monday, June 4, 2018

York Steak House

4220 West Broad Street

Columbus, OH 43228

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

Overnight Trip Information

Final meeting for Ark Encounter trip is Monday, May 7th at 1 p.m.

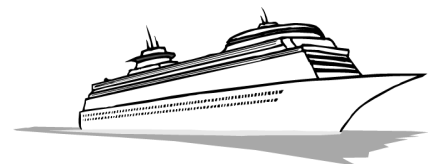
Canyonlands trip: We are having another informational meeting for this trip on June 6th at noon

The Ark Encounter— May 17-18, 2018

Philadelphia Freedom Tour— September 5-8, 2018 Three nights, 4 days, admission to Independence Hall, The Liberty Bell, American Revolution Museum, Gettysburg Battlefield tour, tour of Philadelphia and Amish Country, QVC Studio Tour, Flight 93 Memorial. Deposit is \$100 and half of balance due by April 1 and the **final payment due by July 1, 2018**. Double-\$749 pp, single-\$899 pp and triple-\$699 pp. Travel insurance available. Send your payments for this trip to Prime Tours, 7177 Dublin Road, Dublin, OH 43017.

Canyonlands of Arizona & Utah—September 10-18, 2018 Nine days, 8 nights, round trip air fare, motor coach & rail transportation, 11 meals, 8 nights hotel lodging, entrance fees and baggage handling, gratuities for local guides and porters. Deposit of \$250 by March 16, 2018 will reserve your seat with the balance due by June 8, 2018. \$2,599 pp/Double, \$2,549 pp/Triple, \$3,099 pp/Single.

2019 Alaskan Cruise 2019-September 9-18, 2019 Nine night, 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. Deposits were due by February 22nd. If you are still 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.



MADISON COUNTY SENIOR CITIZENS CENTER SENIOR FAIR

Tuesday, May 15, 2018 9:30 a.m.—1:30 p.m.

Attending Agencies and Vendors List

London City Police	Ohio Consumers Council	Springfield Masonic
Medigold	Dr. Paul Niswander, Audiologist	RSVP
Clear Caption	London Public Library	Rehab at Home
Ohio Department of Insurance	Veterans Administration	Aetna Better Health of Ohio
SUN Behavioral Columbus	Rails to Trails	Madison County EMD
Community Action	AVADA Hearing	London Rehabilitation
Bluebird Retirement	Employment for Seniors	Madison Senior Living
Lifecare Alliance	Arbors West	Blue Cross/Blue Shield
Madison Health	Columbus Veterans Admin.	
Madison Co. Health Dept.	Timothy Stonecipher, Attorney at Law	
Central Ohio Area Agency on Aging	Loving Care Home Health and Hospice	

Showcase Displays

For May Harry Croghan will have more amazing paintings from his art class he teaches at the prison. For the month of June I would like to have anyone that does embroidery, cross stitch or counted cross stitch, to bring in some of their finished pieces to share. Just bring them into the front office at the Center.

**Free
Popcorn!**

Friday Cinema



May 4—Sherlock Holmes-Robert Downey, Jr., Jude Law 2009 PG-13 Action

May 11—The Post-Tom Hanks, Meryl Streep 2017 PG-13 Drama

May 18—The Greatest Showman-Hugh Jackman, Zac Efron 2017 PG Musical

May 25—The Notebook-Ryan Gosling, Rachel McAdams 2004 PG-13 Romance

Movies subject to change due to availability

LaComedia 2018!

We are going to see a couple of great shows this year! We will be attending Annie on July 5th and Driving Miss Daisy on August 30th.

Annie is America's favorite cartoon sweetheart and is one of the most popular Broadway shows of all time. It is a delightful mix of villains, cute little girls, gangsters, presidents, billionaires, butlers and bums. Glowing with carefree dances, gentle humor and music such as It's the Hard Knock Life and its theme "Tomorrow".

Driving Miss Daisy is the 1988 Pulitzer Prize winner and highlights the unlikely relationship between an aging, crotchety white Southern lady and a proud, soft-spoken black man. The two become close in a humorous and beautiful journey of friendship when Daisy wrecks her car and must rely on the services of a chauffeur.

We have reserved a limited number of seating for each show. Cost per show is \$65 which includes motor coach transportation, a great show, and fabulous buffet lunch including dessert, coffee, tea and milk. Server and driver tips are not included.

Reserve your seat by putting \$35 down per show you wish to attend, with the balance due for Annie by May 25th and balance due for Driving Miss Daisy by July 23rd. Or you may, of course, pay in full at the time you sign up.

The Wilds! Friday, June 15, 2018

Open Air Safari Tour-\$55 or Zipline Tour-\$79 Due by May 1!!



Fees include motorcoach transportation

Come with us for an open air tour featuring giraffes, rhinos, ostriches, camels, cheetah, zebra and more! We will leave the center at 9:00 a.m. traveling by motorcoach. We will be doing the open air safari tour or you can choose a zip line tour. When you sign up you may order a sack lunch from our kitchen **for an additional \$5.** Please let us know if you would like turkey or ham sandwich. It will come with chips, cookie and water. We will be making a brief rest stop along the way at a McDonald's, so you may purchase food there if you like or you can pack your own lunch. We will eat our lunches on the bus. Our tour is scheduled for 12:30. Sign up soon!

Greetings from the Adult Day Center!

Spring has spring finally! We wish a big get well to Charlie our wonderful therapy dog. We celebrated Bonnie Radcliff's birthday in April. She was 39 again..... In May we will be celebrating again for Lystra, Misty, Connie and Rheta. Thank you to Mamie O'Connor for the Easter Bunnies she donated.

We are looking forward to a blooming month. Have a safe and happy Memorial Day.

Beth, Pam and Jeanna



Cabbage Roll Soup

In the Kitchen with Joanna

Brown 2 lbs. ground beef & 2 large onions, chopped. Drain well.

Add: 3 lbs. chopped cabbage

1/4 cup lemon juice

2 large cans of tomato sauce

2 large cans water

1/2 cup white sugar

1 14 oz. can beef broth

1 large can diced tomatoes

1/2 to 3/4 cups long grain white rice



Bring all to a boil, then simmer until rice and cabbage are done. Enjoy!



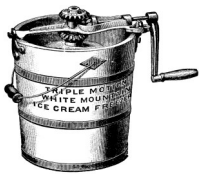
CELEBRATE SENIOR WEEK MAY 14-18

Monday: Bring a Friend for an Activity or Lunch! Everyone that buys a lunch that day will get their name put into a drawing for a lunch ticket with 5 lunches on it! Drawing at 1 p.m. Need not be present to win.

Tuesday: Senior Fair 9:30 a.m.-1:30 p.m. Come for the Fair and stay for lunch! Over 30 vendors will be in attendance with all kinds of information specific to Seniors. London City Police will be here as well to collect your unwanted/unused prescription drugs for disposal.

Wednesday: Come see our Senior Line Dancers and the Dulcimer group at the Center at noon.

Thursday: Wear Your Favorite Sports Team apparel.  or  Or whomever you like!



Friday: Home made Ice Cream Social at noon. Come in and enjoy home made ice cream with toppings of your choice. Made by some of our senior members!



B	Judy Hastings	117	Bill Link	134	Carolyn Garver	137	Brenda Gonzalez	120
O	Karen King	136	Larry Threlkeld	121	Beverly Evans	136	Barb Florence	96
w	Carl King	165	Paul Hackworth	154	Joe Brohard	109	Carol Nafzger	124
L	Barb Gordin	120	Charlie Johnson	150	Barb Cooper	89	Ray Sheridan	162
I	JR Venrick	161	John Conn	151	Cecil Herman	102		
N	Barb Andrix	101	Gene Noble	111	Jim Harden	139		
G	Duane Glass	180	Valerie Mabra	136	Elizabeth Kitchen	94		



May Birthdays

Patron	Birthday	Patron	Birthday
Reynolds, Elaine	05-01	Maharrey, Linda	05-17
Kinman, Patricia	05-01	Drenkow, Betty	05-18
Dillion, James	05-02	Tope, Barbara	05-18
Holland, Francis	05-04	Gilkey, Jim	05-18
Corson, John	05-04	Thum, Cathy	05-20
Evans, Patricia	05-04	Rolfes, Sr., James	05-21
Follrod, Jerry	05-05	Conrad, Ruby	05-21
McDonley, Dolly	05-06	Edwards, Ann	05-22
Duffy, William	05-06	Rings, Alvin	05-22
Rudolph, Carol	05-07	Baker, Christine	05-22
Johnson, Laura	05-07	Kennedy, Daisy	05-23
Seaman, Paul	05-07	Corson, Catherine	05-24
Anthony, James	05-08	Penix, Nancy	05-25
Justice, Bill	05-08	Markley, Eldon	05-26
Atalla, Ellen	05-09	Pass, Jeanette	05-27
Cowgill, Shirley	05-09	Kavy, Stanley	05-27
Murphy, Herbert	05-11	Fladt, Carl	05-27
Skinner, Sherry	05-11	Brennan, Michael	05-27
Johnson, Helga	05-11	Fout, Edward	05-28
Hart, Paul	05-12	Turner, Vernon	05-28
Noble, Cheryl	05-12	Cunningham, Joyce	05-29
McGuire, David A.	05-15	Dennewitz, Pamela	05-30
Pickens, Robert	05-15	Wilson, Linda	05-30

Happy Birthday!!



Welcome New Members!

Scott and Debbie Fetter

Ruby Cave

Steve and Debbie Maxwell

Michael and Sherry Southard

Lucille Baker

Kim Pagels

Michael Edwards

SIGNS!!!

In a Non-smoking area: "If we see smoke, we will assume you are on fire and will take appropriate action."

At a Car Dealership: "The best way to get back on your feet-miss a car payment."

Outside a Muffler Shop: No appointment necessary. We hear you coming."

On a Restaurant window: Don't stand there and be hungry, come on in and get fed up."

In the front yard of a Funeral Home: "Drive carefully. We'll wait."

Jokes

Teacher: What do you call a person who keeps on talking when people are no longer interested?

Pupil: A teacher.

A police recruit was asked during the exam, "What would you do if you had to arrest your own mother?" He said, "Call for backup."

Q: What do you call an Amish guy with his hand in a horse's mouth?

A: A mechanic

Late one night, a preacher was driving on a country road and had a wreck. A farmer stopped and said, "Sir, are you okay?" The preacher said, "Yes, the Lord was with me. The farmer said, "Well, you better let him ride with me, because you're gonna kill him."


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Parks & Trails**
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London, Ohio 43140
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E-mail FMCPT@columbus.rr.com

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Park District**

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BINGO AT THE CENTER!!



80 West High St., London

Saturday, June 23rd

5 p.m. Doors open at 4 p.m.

\$20 per player. The more that come, the more we pay! Door Prizes!! Senior Café opens at 4 p.m.!!

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Timothy R. Stonecipher, Attorney 740-837-4967

www.stonecipher.us.com

Madison County Senior Citizens Center

Dated Material

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 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

Jeff Bricker, 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.