

Golden Times

February 2019
Issue II

Madison County Senior Citizens Center



Find the



hidden inside this newsletter. When you find the cherries call the center at 740-852-3001 by Friday, February 15th 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 remote was found on page 2.

Congratulations to Barb Florence, the lucky winner!

The Center will be closed Monday, February 18th in observance of Presidents Day.

2019 Governing

Board Members

Donna Sheridan-President

Jerry Tompkins- Vice President

Shirley Witwer-Secretary

Eilene Duncan

Sharon Manion

Loretta Anthony

Steve Saltsman

The Center will close if the County declares a Level 2 emergency. If you are in doubt, just call the Center at 740-852-3001.



It is January 18th as I am writing this. Brrrrr...I was beginning to think we were going to skip winter this year but Mother Nature has decided we need a little snow and cold in Ohio. I love snow, so I am enjoying this right now. Remember to check on fellow seniors, make sure they are staying warm or just a "how are you doing" call. Winter can be a very lonely time.

It's back, we are starting slow, but bingo will be back the first Wednesday of each month, starting February 6th. Although the Saturday bingos in 2018 weren't a huge success, we wanted to give Wednesday evening bingo another try. This is an important source of revenue for the center and one of the reasons we cut back was because we were losing money instead of making it. The board has decided to give it another try, so we'll see how it goes. We have received several calls, I hope that's a good sign. Please spread the word and join us.

So last year at this time I shared a big dream of mine, paying off the mortgage early. No we haven't yet, but we are making some progress, our balance is \$520,000. I know that sounds like a lot but when I started here we were just under the \$1 million mark. So once again, I'll do a little begging, anytime you would like to make a donation to the center toward that cause or remembering us in your estate planning, we would sincerely appreciate it. Let me share the steps we have taken on this quest, the first year I was here, 2014, I contacted the bank and we did a rate reduction, an almost 2% reduction in the rate; huge. We kept paying the same payment amount, so that helps reduce even more the amount of interest we are paying the bank and big chunks out of the principal. Last year we increased the amount we are paying, just a little, remember we are on a very tight budget, but every little bit helps. Finally, also last year, we had a very generous member donate \$20,000, which we applied directly to the principal. The actual maturity date is October 2025, but I really hope to take a couple years off that. There is so much we could do, more services we could offer, if only we didn't have to make that mortgage payment every month. No, I'm not too proud to beg a little on the centers behalf. Thank you for your continued support of the center.

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

Misty



New Year's Eve Party!!

Everyone had a great lunch and enjoyed the music of Michael Rose. We served around 90 people, it was a packed house! Everyone brought side dishes and desserts.



Karen Horne helped us in the kitchen but took time out to show her dance moves. Several ladies became part of the show when Michael came around the room to serenade them.



Below: In January for Delightful Dining we met at Cappy's Pizza in London. We had 26 people, a nice size group! In the winter months we try to go to restaurants in Madison County.

Below left: Bailey Baynes brought in his collection of character pitchers for our display case. They were quite interesting. If you have any collections you would like to share with us for a month in the display case, call the Center at 740-852-3001.



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

1-7-19 Rodger I. Baker 70

1-14-19 Sharon Reynolds 66

High Bridge Score

1-2-19 Mary Locke 6100

1-16-19 Mardi Hanford 4730



Rays of Hope For Seasons of Life Support Group

As I write this we have snow and some ice. As always weather will determine if we meet. February 2019 will continue to bring us together as a support group. The Winter Blues are all around us as we deal with life. One good decision would be attending the next Tuesday group at 1:30, this is every week. If you are new please call the Madison Senior Center to make sure we will be meeting. They will always know if we are meeting.

Questions call Donna Wharton.

Donna Wharton Care Counseling

cell -740-490-5936

E-mail—dmwharton342@yahoo.com

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

5:30 p.m.- Line Dancing

Wednesday:

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

9:00 a.m. - Chair volleyball

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 No class February 13th.

Thursday:

9:00 a.m.. - Chair volleyball

9:00 a.m.- Fun Bingo February 7th and 21st

Friday:

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

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

10:00 a.m.- Chimes February 8th and 22nd

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

Fitness room is open Monday through Friday whenever the center is open.





UPCOMING DAY TRIPS!!



FEBRUARY MYSTERY LUNCH—Thursday, February 21st. Fee for this trip is \$5. We will leave the center at 10:30 a.m.

MARCH MYSTERY LUNCH—Thursday, March 14th. Fee for this trip is \$5 and we will leave the center at 10:30 a.m.

JOSEPH & THE AMAZING TECHNICOLOR DREAMCOAT—Friday, March 22nd. LaComedia presents this fun, upbeat adaptation of the biblical story of a young man sold into slavery by his own jealous brothers. His gift of interpreting dreams catches the eye of the Egyptian pharaoh and he eventually predicts and saves his country from a terrible famine. **Fee for this trip is \$65** and includes motor coach transportation, show ticket and a great buffet lunch at the theater. Server and bus driver tips are not included. We will leave the Center at 9:30 a.m. and should arrive back in London around 4:45 p.m. **Please sign up and pay in full by Friday, February 15th.**

SNOOTY FOX UPSCALE THRIFT STORES—**NOTE NEW DATE!! Friday, April 26th.** Trip fee is \$25. This trip is full. You may call in to be placed on the waiting list. **Please pay your fee by February 12th.**



If you have not paid by then, you may forfeit your seat to someone on the waiting list. Please be at the Center by 8:30 a.m. as we are leaving at 8:45 a.m. As usual, lunch will be on your own at one of our stops. Please remember we will be on a schedule, so you will need to be sure to be back on the bus on time at each stop.

****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.

Welcome New Members!

Gary Hayes	Bev Gaier	Ronald and Jane Callicoat	Phil Florence
Natalie Kitzmiller	Raymond Anthony	Jack Ray	Don and Terri Hawkins
Julie Williamson	Patricia Gammell	Robert Binns	Heidi and David Sorden
Paula Stonecipher	John and Annette Dellinger	Janisse and Jeff Williams	
Ronald and Jane Callicoat	Norma Scott	Irma Arbogast	

Delightful Dining

Sign up early! Sometimes late reservations cannot be accommodated at the restaurants.
Ride the vans for \$5.00 per person while the seats last or you may drive and meet us there.

Monday, February 4, 2019

Eat Greek!

275 East Main Street

West Jefferson, OH 43162

Vans leave the center at 5 p.m. and arrive at the restaurant at 5:15. p.m.

Monday, March 4, 2019

Los Mariachis

289 Lafayette Street

London, OH 43140

No vans for this trip.
We will meet at the restaurant at 5 p.m.

2019 Overnight Trip Information

Alaska trip meeting-Wednesday, February 13th 9 a.m.—11 a.m.



Please call the Center at 740-852-3001 if you want to come in on this day to pre-schedule your excursions, prepay gratuities, purchase beverage packages, etc. for the Alaska trip. Please bring your credit card and if you are able please set up an account on the Carnival webpage before coming in. **Check out and join our Facebook page for this trip-Carnival Legend Alaska September 10, 2019.** Trip final payment due by June 1, 2019.

2019 Tulip Time Festival in Holland, Michigan May 7-9, 2019. This trip is 3 days and 2 nights. It includes The Tulip Time Festival, Fiddle Fire Dinner and Show, Windmill Island, DeZwinn Windmill, Parade Klompen Dancing, Arts and Crafts Fair, Quilt Show, Dazzle Dinner Show. Tour Fare includes, motorcoach transportation, 2 nights lodging, 2 breakfasts and 2 dinners, all shows and admissions, tips for driver, guides and porters, tour manager. Double \$599 pp, Single \$749 pp. A deposit of \$100 per person is due to secure your reservation with the **balance due by March 1, 2019. Insurance is available and must be paid for at the time of your deposit. Insurance is \$34 per person/double and \$44 per person/single.**

Christmas at the Biltmore—December 4-7, 2019 Four days, 3 nights. Includes Biltmore House and Gardens, Biltmore Estate Winery, Blue Ridge Parkway, Candlelight Christmas Evening, Folk Art Center, Grove Arcade, National Gingerbread House Display, Biltmore Village, Asheville City Tour. Also motorcoach transportation, 3 nights lodging, 3 breakfasts, 3 dinners, all shows and admissions, baggage handling, tips for driver, guides and porters, professional tour manager, travel insurance. Double \$899 per person, Triple \$884 per person, Single \$1,099 per person. **Deposit of \$150 per person will secure your reservation with the balance due by September 15, 2019.**

PICKLE BALL!

At the London Community Center, 60 S. Walnut Street

Want to try a new sport? London Parks and Recreation is starting Pickle Ball Open Gym! Both men and women **age 40 and over** are welcome and the cost is FREE!

Pickle Ball is a paddle sport that combines elements of badminton, tennis, and table tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a Wiffle Ball, over a net.

Days: February 13th and 14th
February 20th and 21st
February 27th and 28th

Wednesdays 10 a.m. to 12 p.m.
Thursdays 1 p.m. to 3 p.m.

Friday Cinema

1 p.m.



Free Popcorn!

February 1	Skyscraper	Dwayne Johnson, Neve Campbell	PG-13	Action	2018
February 8	Unforgiven	Clint Eastwood, Gene Hackman	R	Western	1992
February 15	Destination Wedding	Keanu Reeves, Winona Ryder	R	Romantic Comedy	2018
February 22	Adrift	Shailene Woodley, Sam Claflin	PG-13	Drama	2018

Movies subject to change due to availability

Adult Day Center

We have had a very interesting January with all the crazy weather lately. Hope everyone is staying safe and warm.

The Adult Day Center was closed for Martin Luther King's birthday but we were glad to come back. We do enjoy being together! We have a good time.

Valentine's Day is just around the corner as well as Spring! We can't wait! Hope you have a happy Valentine's Day with those you love.

Have a great February!

ADC staff-Beth and Jeanna and our great volunteers

In the Kitchen with Joanna

February 5 is the celebration of Chinese New Year. We are entering the year of the Pig. In Chinese culture the Pig represents wealth and is the last symbol of the Chinese Zodiac.

Chow Mein

- 1 ½ pounds of round steak, cut into small bite size pieces.
- 3 boneless pork chops, cut into small bite size pieces.
- 2 medium size onions
- 4-5 ribs of celery
- 2 15 oz. cans of bean sprouts (or fresh sprouts)
- 1 can of sliced water chestnuts
- 1 can of sliced bamboo shoots
- 1 head of Bok Choy, or Napa Cabbage, or Regular Green Cabbage
- ½ cup of low sodium soy sauce
- ½ cup of white corn syrup
- ½ cup of chicken broth
- 2 tablespoons of corn starch



Cut onions coarsely, cut celery in diagonal slices. Brown meat, onions and celery in 2 tablespoons of olive oil, when browned add the bean sprouts, bamboo shoots, water chestnuts and cabbage that has been chopped. Add a shot of soy sauce and cook mixture for about 5 minutes or until tender. Mix in a bowl the ½ cup of soy sauce, chicken broth, corn syrup and corn starch, mixing well until starch is dissolved. Pour over the meat and vegetable mixture and stir. When the liquid mixture has thickened it is ready to serve over rice or Chinese rice noodles.

MADISON COUNTY AARP TAX SITE TO OPEN FEBRUARY 4, 2019



THE FREE TAX ASSISTANCE PROGRAM CO-SPONSORED BY AARP AND THE IRS WILL OPEN MONDAY, FEBRUARY 4TH IN LONDON. THE LOCATION IS THE SAME AS LAST YEAR – 271 ELM STREET (SR38) IN THE EMA (EMERGENCY MANAGEMENT AGENCY) BUILDING ACROSS THE STREET FROM ST. PATRICK SCHOOL. THE SITE WILL BE OPEN MONDAYS AND WEDNESDAYS FROM 9:00 AM TO 3:00 PM.

TAX COUNSELORS ARE AVAILABLE BY APPOINTMENT ONLY. CALL THE MADISON COUNTY SENIOR CENTER AT **(740) 852-3001** TO SCHEDULE AN APPOINTMENT. FOR ASSISTANCE WITH TAX RELATED QUESTIONS, STOP BY THE SITE DURING HOURS OF OPERATION. MEMBERSHIP IN AARP IS **NOT** REQUIRED, AND THERE ARE NO AGE RESTRICTIONS.

PLEASE BE PROMPT FOR YOUR APPOINTMENT. PLEASE BRING THE FOLLOWING INFORMATION:

SOCIAL SECURITY CARD FOR EVERYONE LISTED ON THE RETURN

PHOTO I.D.

PROOF OF MEDICAL INSURANCE

A COPY OF YOUR 2017 TAX RETURN

INCOME STATEMENTS (SOCIAL SECURITY, W-2'S, 1099'S, ETC.)

MEDICAL EXPENSES (TOTAL BY PREMIUMS, CO-PAYS, PRESCRIPTIONS, MILEAGE, ETC.)

ITEMIZED DEDUCTIONS (REAL ESTATE TAXES, MORTGAGE INTEREST, CONTRIBUTIONS)

TO SAVE TIME PLEASE OPEN ALL ENVELOPES AND SORT PAPERS BEFORE YOUR APPOINTMENT.

MOST RETURNS (FEDERAL, STATE AND SCHOOL) WILL BE E-FILED.

B	Judy Hastings	117	Bill Link	149	Carolyn Garver	139	Deb Weisman	76
O	Karen King	139	Larry Threlkeld	122	Barb Florence	93	Jane Hackworth	74
W	Carl King	163	Paul Hackworth	148	Ann Pickens	98		
L	Barb Gordin	118	Barb Cooper	88	Ray Sheridan	162		
I	JR Venrick	157	John Conn	144	Cecil Herman	97		
N	Barb Andrix	96	Gene Noble	113	Jim Harden	128		
G	Duane Glass	182	Linda Ridolfo	162	Joe Fuchala	113		





WEDNESDAY NIGHT BINGO IS BACK!
1ST WEDNESDAY OF EACH MONTH
STARTING WEDNESDAY, FEBRUARY 6th AT 7:00 PM
ORIGINAL FORMAT
\$15 PER PERSON/9 PACK - 2 GAMES A SHEET
SPLIT THE POT
EXTRA COVERALL
HOG WILD PROGRESSIVE GAME

DOORS OPEN AT 6:00 PM
SENIOR CAFÉ WILL BE OPEN

MADISON COUNTY SENIOR CENTER
280 WEST HIGH STREET • LONDON • 740-852-3001 • mcseior.org

GETTING TO KNOW YOU FEATURING GARY PETERS

Gary says the person who influenced him the most was Dr. Bacon.

The happiest moments of his life were when he got married and when his 2 children were born.

He is a veteran of the Navy and says that it made him older.

In school he played the trumpet.

The world events that had the most impact on him were the Cuban Crisis and the Dominican Crisis.

He is most proud of the work he performed for the State of Ohio and for working with the Shriners Club.

He wants to be remembered as a person who tried to make London a better place.

QUOTES!

"You only live once, but if you do it right, once is enough." - **Mae West**

"A day without sunshine is like, you know, night." - **Steve Martin**

"So many books, so little time." - **Frank Zappa**

"Outside of a dog, a book is man's best friend. Inside of a dog it's too dark to read." - **Groucho Marx**


"Never put off till tomorrow what may be done day after tomorrow just as well." - **Mark Twain**

"I'm not afraid of death; I just don't want to be there when it happens." - **Woody Allen**

"All you need is love. But a little chocolate now and then doesn't hurt." - **Charles Schultz**

"Women and cats will do as they please, and men and dogs should relax and get used to the idea." - **Robert A. Heinlein**

"The person, be it gentleman or lady, who has not pleasure in a good novel, must be intolerably stupid." - **Jane Austen**



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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



February 2019

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

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

Don Hawkins, Substitute Driver

Luther Dolby, Maintenance

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.