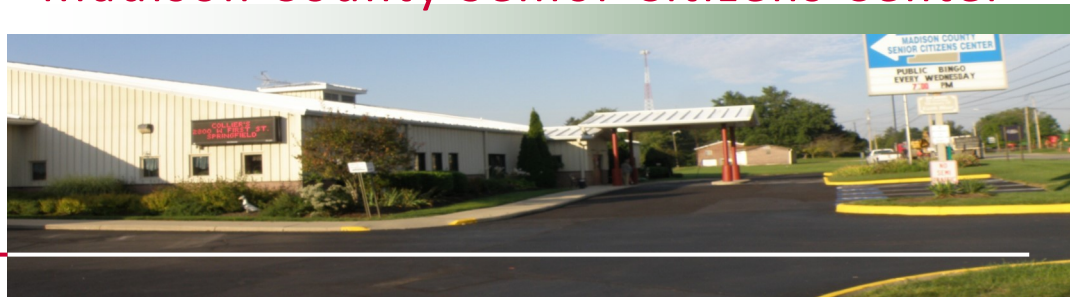


Golden Times

December 2019

Issue XII

Madison County Senior Citizens Center



Find the



hidden inside this newsletter. When you find the Christmas cookie call the center at 740-852-3001 by Friday, December 13th 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 football was on page 8.

Congratulations to Janet Laing, the lucky winner!

Merry Christmas

Well, here we are December 2019. Where did the year go? They say time flies when you're having fun, we must be having a blast! I can say 2019 has been a very active year and there has been a lot fun involved, which will only continue into the New Year!

Our Veteran's Day program was very nice, an informative program, great entertainment, a delicious lunch; it was a wonderful day. We had our sixth annual craft bazaar on November 2nd, in my opinion we had one of our best turn-outs this year, both attendance and vendors, a very positive event for the center, thank you Janisse for organizing everything, great job as always. Also another huge turn-out for our Thanksgiving Day lunch. A lot of time and preparation goes into the meal, thank you Joanna and Steve. Also, thank you to all the volunteers, staff and the Cedarville nursing students for helping us out again this year with serving and clean-up.

CLOSING

December 25th for
Christmas and
January 1st for New
Year's Day.



You may remember last month I mentioned starting a Tuesday morning breakfast club after the first of the year, just to see how much interest there may be. Well, I have about 12 gentlemen signed up to give it a try. If you are interested let me know, we may start it in March after the winter months, but I want to see how many are interested first. I will have details, menu, time and start date in the January newsletter. Stay tuned.

Just a reminder, the last two weeks of December the kitchen is closed. We use this time to remove everything from the kitchen and give it and the equipment a deep clean, I know it isn't convenient, but it is necessary. The center is still open, billiards room, work out room, but we really use the time for serious cleaning and any maintenance that needs to be done on/in the building. Although most of the regular activities are not scheduled during this time because the main room is being used to store equipment during maintenance. The only time the doors will be locked will be the days we are cleaning and waxing the floors. No late night Tuesday's during shut-down. Always best to call first during this time to check the schedule.

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

2019 Governing

Board Members

Donna Sheridan-President

Jerry Tompkins- Vice President

Shirley Witwer-Secretary

Eilene Duncan

Sharon Manion

Loretta Anthony

Steve Saltsman

Have a Merry Christmas!!! God Bless.

Misty



Above: Our Holiday Craft Bazaar went very well this year. Lots of beautiful crafts and interesting items for sale. Pictured is Bonnie Radcliff at the Adult Day Center table

Left: We had a good turn out for our Veterans Day Program. Dick and Jo Hout set up and did a reading for our Missing Man table in honor of those who served and are not able to attend.

Below Left: The London High School basketball team came on a chilly Saturday and helped move items from our garage over into our storage building. Many hands made light work. They worked hard for volunteer hours. The Center treated them to Taco Bell for lunch, their choice.

Below Right: Just part of our group that went to see the Great American Trailer Park Christmas. We had a wonderful time! It was very funny!



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

10-28-09 Bertha Hilsheimer 76

11-11-19 Roy Haggitt 62

High Bridge Score

10-30-19 Jerry Cummins 4530

11-6-19 Kay Majka 4650

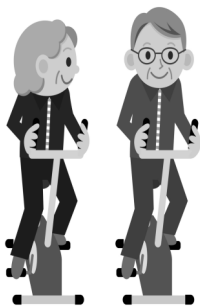
11-13-19 Kay Majka 5340



Margaret Hirsh

Donna Blentlinger

Debra Case



Our fitness room is open Monday through Friday whenever the center is open.

If you need any help with the machines, just ask at the front office.

WEEKLY SCHEDULE

Monday: December 2nd and 9th

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 December 3rd only

5:00 p.m.—Cards and Billiards

5:30 p.m.—7:00 p.m. Line Dancing

Wednesday:

8:30 a.m.— Indoor Walking/Exercise Class Dec.4th

9:00 a.m.—Chair volleyball Dec. 4th

10:00 a.m.—Pickleball at London Community Center

10:30 a.m.—Aerobics/Strengthening Class Dec. 4th

12:05 p.m.—Bridge

1:15 p.m.— Yoga No class in December

2:00 p.m.—Diabetes and Weight Loss Support Group

Thursday:

9:00 a.m.—Chair volleyball December 5th and 12th

9:00 a.m.—Fun Bingo December 5 and 12th

1:00 p.m.—Pickleball at London Community Center

Friday:

8:30 a.m.—Indoor Walking/Exercise Class Dec. 6 & 13

9:00 a.m.—Painting Class with Harry Croghan Dec. 6 & 13

10:00 a.m.—Chimes December 6

1:00 p.m.—Free Movie and Popcorn at the senior center. See what is playing on page 10.

UPCOMING DAY TRIPS!!

CHRISTMAS SHOPPING! - Monday, December 9th. Van fee is \$5. We will travel to Tuttle Mall in Columbus. The van will leave at 9:15 a.m. and we will leave the mall at 1:30. Lunch will be on your own at the mall.

DECEMBER MYSTERY LUNCH—Thursday, December 19th. Van fee is \$5. The vans will leave the Center at 10:30 a.m. You might want to bring a little shopping money.

HOLLYWOOD CASINO—Thursday, January 16th. Van fee is \$5. Weather permitting we will make a trip to the casino. The van will leave the Center at 9:00 a.m. and leave the casino at 1:00 p.m. Lunch will be on your own at the casino.

JANUARY MYSTERY LUNCH—Wednesday, January 22nd. Van fee is \$5. We will leave the Center at 10:30 a.m.

SNOOTY FOX CALL IN DATE!! - Tuesday, February 4th. You may call in starting at 8:00 a.m. to be put on the list for our May 1st shopping trip to Cincinnati to 5 Snooty Fox upscale thrift stores. If you have never gone, everyone loves this trip! We receive discounts all day long plus mimosas, wine, pastries, snacks, soda..... They treat us very well! The prices are very reasonable on clothing, home interior décor, purses, furniture. We often have people bring back furniture under the bus! So be sure and mark your calendar for the call in date! If the motorcoach gets full we will put you on our waiting list. **Fee for this trip is \$25 and we ask that you pay by March 2nd.** Those not paying by that date risk losing their seat to someone on the wait list!

THE KING AND I AT LACOMEDIA—Thursday, March 26th. Fee is \$65. Set in 1960's Bangkok, *The King and I* tells the story of the unconventional and tempestuous relationship that develops between the King of Siam and a British schoolteacher. The King brings her to Siam to teach his many wives and children. This is one of Rodgers and Hammerstein's finest works. **Please pay your fee by February 21st.** The bus will leave the Center at 9:30 a.m. Your fee includes motorcoach transportation, fabulous buffet lunch and the amazing musical! Driver and server tips not included.



Call the Center at 740-852-3001 for more information or to sign up!

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.

*****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!!**

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, December 2, 2019—Hickory Inn, 652 N. Limestone St., Springfield, OH 45503

Vans will leave the Center at 4:15 p.m. and arrive at the restaurant at 5:00 p.m.

Monday, January 6, 2020—Cappy's Pizza, 225 Lafayette St. London, OH 43140

There will be no van transportation for this trip. Meet us there at 4:00 p.m.

Christmas at the Biltmore

Our trip to the Biltmore will leave the Center on December 4th at 8:00 a.m. Please plan to arrive no later than 7:45 a.m. so that we can get all luggage loaded and leave on time. Please park in our new parking lot to the right of the Center. Don't forget to pack your I.D., medications and anything you may need while on the bus in your small carryon bag.

2020 Multi Day Trip Information

Mackinac Island and the Marvels of Michigan—June 22-25, 2020. \$959 per person, double, \$1,199.00 per person, single. Includes motorcoach transportation, 3 nights lodging, 3 breakfasts, 1 lunch and 2 dinners, all sightseeing & admissions, baggage handling tips for local guides and porters, tour manager, travel insurance. Visit Frankenmuth, Mackinac Island, the Grand Hotel and more! Deposit of \$100 per person secures your reservation, balance due by April 3, 2020.

Canada & New England Cruise—September 30—October 10, 2020 \$250 pp non refundable deposit holds your reservation. Pricing is approximately \$1281 pp Interior and \$1541 pp Ocean View. Call the Senior Center to get accurate pricing. The cruise starting in Baltimore, MD, where we board Royal Caribbean's Grandeur of the Seas. Cruise ports include: Boston, MA, Portland, ME, Bar Harbor, ME, St. John, New Brunswick and Halifax, Nova Scotia. We depart from Madison County Senior Center and travel by motorcoach to Baltimore, MD. Price does not include travel insurance, shipboard gratuities, excursions, specialty onboard dining, casino play, specialty drink packages, or other onboard activities that carry a surcharge.

Mid-Atlantic Rail Adventure and Washington D.C. Tour—October 20-23, 2020. \$999 per person, double, \$1,279 per person, single. This trip includes motorcoach transportation 3 nights lodging, 3 breakfasts and 2 dinners, all sightseeing & admissions, baggage handling, gratuities for city guides & porters, tour manager, travel insurance. Tour to Pittsburgh, the nation's largest port, Station Square, river cruise on the Gateway Clipper. Travel by train to Washington, DC. through the Allegheny Mountains into the Potomac Valley. Tour DC that afternoon and the next day seeing Capitol Hill, White House, The Mall, Washington Monument. Stops made at Lincoln Memorial, Roosevelt Memorial, Korean & Vietnam War Memorial, World War II Memorial, Arlington Cemetery, the National Shrine and more. Deposit of \$100 per person secures your reservation with the balance due by July 15, 2020.

Arthritis—A Joint Effort Part 2 Wednesday, December 4th

1:00 P.M.

Join Cedarville Nursing students for a presentation on arthritis at the Madison County Senior Citizens Center.

They will help you to apply your knowledge of arthritis in prevention, treatment and management solutions.

Come listen, play games and win prizes.



See you there!



Christmas Luncheon



Wednesday, December 11 11:00 a.m.

Don't forget to come in for our Christmas lunch! We are having Pork Chops with Stuffing with all the trimmings!

We will also have the group Jubilation singing for us starting at noon. One of our members, Ruth Mills, sings with them. It will be a lot of fun.

New Year's Eve Party



Tuesday, December 31st 11:00 a.m.

Join us for a New Year's Eve party! We will begin with lunch at 11:00 a.m. If your name begins with A—K bring a side dish. If your name begins with L—Z bring dessert.

The Center will provide shredded chicken sandwiches.

After lunch we have the Sclafani's, the great singing duo we had for our Volunteer Dinner. So come out and bring in 2020 with your friends at the Center! This party is for members only, thank you.

Foot Care by Everyday Divinity

Don't forget we offer foot care at our Senior Center. Once a month a state licensed, certified foot care nurse comes in. You can call the Center at 740-852-3001 to make your appointment. Fee for this service starting in January will be \$35. We have a lot of people come in for this and love it!

Ho—Ho—Ho! Merry Christmas!

It is amazing how fast the year has gone by. We all hope you had a wonderful Thanksgiving.

First of all thank you to everyone that supported the ADC at the Craft Bazaar. Not to leave out Sandy Darlington, Bonnie Radcliff and Ruth Kennedy for their baking donations for the sale too. Bonnie made beautiful wreaths. Bob Darlington (Sandy's son) made and donated Tin Men for the sale and we are very grateful for all this! If we forgot to mention anyone, it is not intentional. We could not get by without all of you! God Bless!

Santa and his Elf "sidekick" will be visiting us on December 11th for Christmas Dinner and celebration. Oh and by the way, Santa. If you happen to read this we ALL have been very, very good this year! Hint, Hint.....

As usual we will be on shut down the last 2 weeks of December.

Merry Christmas to EVERYONE and Happy New Year!

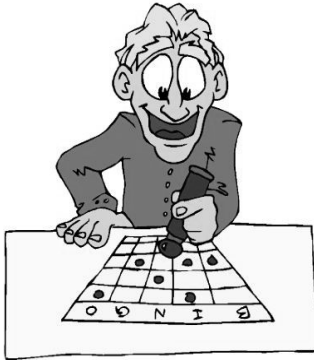
Beth, Jeanna and all of our wonderful volunteers



B O W L I N G	Andrix, Barb	96	Florence, Phil	120	Herman, Cecil	106	Potocki, Dave	141
	Cameron, Brenda	120	Garver, Carolyn	131	Johnson, Charlie	145	Ridolfo, Linda	144
	Cameron, Carol	133	Glass, Duane	184	King, Carl	165	Sheridan, Ray	176
	Cameron, Richard	120	Gordin, Barb	114	King, Karen	129	Threlkeld, Larry	120
	Conn, John	138	Hackworth, Jane	120	Link, Bill	136	Venrick, JR	151
	Cooper, Barb	98	Hackworth, Paul	146	McDonley, Dolly	85	Weisman, Deb	87
	Cwiekalo, Bert	137	Hardin, Jim	124	Noble, Gene	112		
	Florence, Barb	93	Hastings, Judy	121	Pickens, Ann	101		



WEDNESDAY NIGHT BINGO IS BACK!
WEDNESDAY, DECEMBER 4TH AT 7:00 PM
ORIGINAL FORMAT



\$15 PER PERSON/9 PACK -2 GAMES A SHEET
SPLIT THE POT
EXTRA COVERALL
HOG WILD PROGRESSIVE GAME
****No one under 18 allowed in the Bingo Hall**
DOORS OPEN AT 6:00 PM
SENIOR CAFÉ WILL BE OPEN

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740-852-3001 • mcsenior.org

15 Quotes About the Spirit of Christmas.

- 1. "Gifts of time and love are surely the basic ingredients of a truly merry Christmas." — Peg Bracken.
- 2. "We are better throughout the year for having, in spirit, become a child again at Christmastime." — Laura Ingalls Wilder.
- 3. "He who has not Christmas in his heart will never find it under a tree." — Roy L. Smith.
- 4. "Christmas waves a magic wand over this world, and behold, everything is softer and more beautiful." — Norman Vincent Peale.
- 5. "My idea of Christmas, whether old-fashioned or modern, is very simple: loving others ." — Bob Hope.
- 6. "One of the most glorious messes in the world is the mess created in the living room on Christmas Day. Don't clean it up too quickly." —Andy Rooney

3 Easy ways to support the Center!



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

All you have to do is go to the following address: **[https://](https://smile.amazon.com/ch/31-1195151)**

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.

Rays of Hope For Seasons of Life Support Group

Tuesdays at 1:30 p.m.

At the Madison County Senior Center

December 3rd will be the last group meeting for 2019. December 10th, 2019 will be our annual Christmas Party at Ann & Tony's. We will take a break until the beginning of February if weather permits. Watch for the notice.

Questions, call:
Donna Wharton Care Counseling
cell -740-490-5936
E-mail—dmwharton342@yahoo.com



In the Kitchen with Joanna

I thought I would switch it up this month to something that could be served for breakfast or dinner.

Hash Brown Waffles With Fried Eggs

5	Large Eggs	1	Small Onion, Finely Chopped
1/2	tsp. Salt	1/4	cup Chopped Green Chilies
1/2	tsp. Ground Cumin	2	tbsp. Salsa
1/2	tsp Black Pepper	3	tbsp. Vegetable Oil
1/4	tsp. Chili Powder	1/2	cup Shredded Colby-Jack Cheese
1 3/4	cups Refrigerated		

Shredded Hash Brown Potatoes

Optional Toppings: Salsa, Guacamole, Sour Cream, and Minced Cilantro

In a large bowl, whisk 1 egg, salt, cumin, pepper and chili powder. Stir in hash brown potatoes, onion, green chilies, and salsa. Bake in preheated waffle iron coated with cooking spray until golden brown and potatoes are tender (8-12 min.).

In large skillet heat the oil over medium heat. Break remaining eggs, one at a time, into the pan. Cook to desired doneness, turning after whites are set. Sprinkle with cheese and cover 3 minutes until cheese is melted. Serve with waffles and toppings of your choice.

2020 Membership Fees

Please pay your dues for 2020 by January 31st. You don't want to miss out on your monthly newsletter and miss something happening at the Center!

Dues are \$15 for individual membership and \$25 for married couple.

You may pay in person at the Center or mail dues in to:

Madison County Senior Center

P.O. Box 389, London, OH 43140

Help Us Update Our Records

We want to make sure that we have accurate contact information for you and also that your emergency contact person is up to date.

If you do not have your house phone anymore or if your phone number has changed, please call in and update it with us.

We will go over your emergency contact information with you at that time as well. Our phone number is 740-852-3001.

Free Friday Cinema at 1 p.m.

December 6	The Art of Racing in the Rain	Milo Ventimiglia, Amanda Seyfried	PG, 2019 Drama
December 13	The Man Who Invented Christmas	Dan Stevens, Christopher Plummer	PG, 2017 Drama
December 27	Love Actually	Hugh Grant, Emma Thompson, Liam Neeson	R, 2003 Comedy




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Madison County Senior Citizens Center

Dated Material

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



December 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, Adult Day Center Coordinator

Jeanna Bernard, Adult Day Center Aide

Bonnie Radcliff, Adult Day Center Aide/Substitute

Sandy Darlington, Adult Day Center Aide/Substitute

Jackie Cain, Homemaker

Joanna Sadler, Chef

Steven Wehrs, Cook

Brenda Castle, Transportation Coordinator

Wayne Bricker, Driver

Don Hawkins, 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.