

Golden Times

October 2019

Issue X

Find the

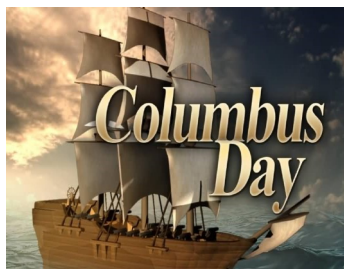


hidden inside this newsletter. When you find the candy corn, call the center at 740-852-3001 by Friday, October 11th and tell us where it is located. If correct, your name will be entered into a drawing to win 5 free lunches. Last month the baseball was on the insert with the scarecrow.

Congratulations to Juanita Thomas, the lucky winner!

CLOSING

The Center will be closed on Monday,
October 14



2019 Governing

Board Members

Donna Sheridan-President

Jerry Tompkins- Vice President

Shirley Witwer-Secretary

Eilene Duncan

Sharon Manion

Loretta Anthony

Steve Saltsman

Madison County Senior Citizens Center



hello october,
please be good.

It is September 20th as I am writing this, it appears we are having the same weather pattern we've had the last couple years, and it feels like we are saying hello summer instead of hello fall, 90 degrees this weekend, in the last week of September!

We just had a group return from their Alaska cruise this week, I know they had a really good time and have posted several amazing pictures on our Facebook page. If you want to join the fun, there are trips coming up and trips being planned, don't miss out. There are also several day trips coming up, we keep very active around here, lots of fun stuff. No sitting around in rocking chairs here, not our golden agers, they stay very active and are enjoying life. That's why the center is here after all. I would like to add one of my favorite quotes, I keep it at my desk, in my line of vision. "In the end, it's not the years in your life that count, it's the life in your years." Abraham Lincoln

I have a big trip coming up myself, I will tell you all about it when I get back, I don't travel often, or ever really, my last real vacation was on my honeymoon, 20 years ago; seriously. So you all behave while I'm gone, LOL!! Yea, right, just like my Husband is going to make the bed while I'm gone, probably not going to happen either.

So, our bingo audit was good, I have another audit coming up next week, I am confident it will be fine also. Other than that not a whole lot going on right now, a calm period before we enter the last quarter of 2019, hard to believe, the year has flown by, again. We have some new folks in our ADC program, we are very happy about that, but we still have a couple spots available if you know any families needing our help with some respite care services have them contact me.

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

Happy Fall!!! *Misty*

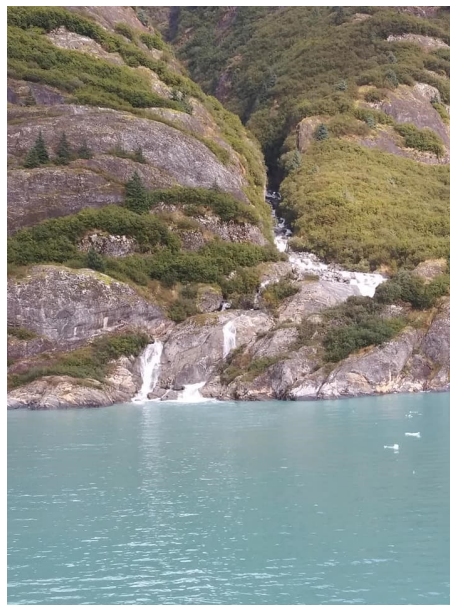


Left: The Knit, Crochet and Needle crafts group filled our display case with beautiful creations.

Right: Cedarville nursing students having a great time with our chair volleyball players!



The Reds game was a winner! The weather was perfect and we stopped for ice cream afterwards!



Alaska was amazing! Clockwise starting with a beautiful blue iceberg chunk, then a picture of most of our group in Stanley Park in Vancouver, next is Ketchikan which was a very nice town, lots of salmon in a creek there. Next is an Orca whale tail! Some of us went whale watching and saw a lot of them! Lastly is a waterfall coming down the side of a mountain. We all had a good time with each other enjoying Alaska and the cruise.



Look for more Alaska pictures in our display case soon!



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

8-26-19 Carol Rogers 74

9-9-19 Roy Haggitt 68

9-16-19 Carol Rogers 81

High Bridge Score

8-21-19 Mary Andrix 3270

8-28-19 Jerry Cummins 4950

9-4-19 Mardi Handford 5520

9-11-19 Bob Majka 4990

9-18-19 Evelyn Sullivan 4430



Rays of Hope For Seasons of Life Support Group

Tuesdays at 1:30 p.m.

At the Madison County Senior Center

October and November we will share the experiences of Grieving, it is not a stranger to any of us. Most people would like to be equipped to handle emotions that we do not understand are normal. We need to lean into loss of any kind to come out emotionally healthy for our self and others.

Questions, call:

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.- 7:00 p.m. Line Dancing

No evening activities
on October 29th

Wednesday:

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

9:00 a.m. - Chair volleyball

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

10:30 a.m. -Aerobics/Strengthening Class

12:05 p.m. - Bridge

1:15 p.m.- Yoga No class October 9th

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

Thursday:

9:00 a.m.. - Chair volleyball

9:00 a.m.- Fun Bingo October 3rd and 17th

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

Friday:

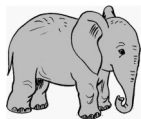
8:30 a.m. -Indoor Walking/Exercise Class

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

10:00 a.m.- Chimes October 4th and 18th

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

UPCOMING DAY TRIPS!!



COLUMBUS ZOO—Tuesday, October 1st. We will leave the Center at 9:00 a.m. Trip fee is \$5. You will pay your zoo admission when we get there. On Tuesdays Seniors get in for half price, so your admission should be \$8.50. Lunch is on your own at the zoo. You can pack a lunch if you want but you will need to carry it with you. We will leave the zoo at 2:00 p.m.



SNOOTY FOX UPSCALE THRIFT SHOPPING! - Friday, October 11th. Fee for this trip is \$25 which is for your motor coach transportation. Lunch and driver tip not included. The bus will leave the Center at 9:00 a.m. Lunch is on your own at one of our stops.



PUMPKIN SHOW—Wednesday, October 16th. Trip fee will be \$5. Lunch is on your own at Pumpkin Show. We will leave the Senior Center at 9:00 a.m. and leave the Pumpkin Show at 1:00 p.m.

OCTOBER MYSTERY LUNCH—Monday, October 21st. We will leave the Center at 9:00 a.m. Fee for this trip is \$5. Lunch is on your own at this restaurant with a great view. Ice cream stop on our way home!

NOVEMBER MYSTERY LUNCH—Wednesday, November 13th. We will leave the Center at 9:45 a.m. Trip fee is \$5.

LITTLE THEATER OFF BROADWAY—Thursday, November 14th we will travel to Grove City to see the Great American Trailer Park Christmas Musical. Fee for this trip is \$18. That pays for your show ticket and your van fee. We will leave the Center at 5:00 p.m. and have dinner at Planks before the show which starts at 7:30 p.m. NOTE: This show does have adult humor and language that may not be your cup of tea.



COLUMBUS BLUE JACKETS! - Tuesday, November 19th. Join us as we watch our Columbus Blue Jackets take on the Montreal Canadiens at Nationwide Arena. Enjoy an Italian dinner at Buca di Beppo on your own. Your fee of \$99 includes your game ticket, transportation and driver gratuity. We will leave the Center at 3 p.m. and return around 11 p.m. Sign up and pay by October 19th! Tickets are extremely limited!

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.

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, October 7, 2019—Fazoli's, 1520 Hilliard Rome Road, Hilliard, OH 43026

Vans will leave the center at 4:30 p.m. and arrive at the restaurant at 5:15 p.m.

Monday, November 4, 2019—Werner's BBQ, 11396 Allen Road, Jeffersonville, OH 43128

Vans will leave the Center at 4:30 p.m. and arrive at the restaurant at 5:00 p.m.

Multi Day Trip meetings

Mackinac Island and Mid-Atlantic Rail Adventure. Friday, October 25th, Josh Wendt of Wendt Tours will be here at 10:00 a.m. with information about the Mackinac Island trip for June 22-25, 2020 and the Mid-Atlantic Rail Adventure and Washington D.C. Tour.

Biltmore trip final meeting is Tuesday, November 12th. Josh Wendt will be here at 9:30 a.m. Call the Center at 740-852-3001 if you will not be able to attend.

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.

This trip is almost full!!!! Canada & New England Cruise—September 16-26, 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 Fellowship Baptist Church in Columbus 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.

Veterans Day Program

Monday, November 11
 Noon at the Senior Center
 Come and help us honor them!

Veteran's Photos

We would love to have in our display case for the month of November photos of our seniors that are veterans. This can be a recent picture or a picture of when they were in the service. Please bring them in by October 30th.

Flu shots

Thursday, October 3rd
 10:30 a.m.—12:30 p.m.
 Madison County Senior Center
 280 West High Street
 London Ohio
 No appointment necessary



Adult Day Center

Happy Fall!

We would like to welcome our new members. Betty Crosbie, who just celebrated her birthday on September 22. Happy, happy birthday Betty. Also welcome to Natalie Kitzmiller. Both are wonderful ladies and are fun to be around.



Please visit us on November 2nd at the Holiday Craft Bazaar here at the Center. Proceeds from our ADC table items will benefit our ADC members.

Some of our volunteers have had mishaps with falling down at home. We wish them all a speedy recovery and we want to let them know how much they are missed.

Thank you to all that donate to us and for all the helpful and wonderful volunteers.

From Beth, Jeanna and all of our wonderful volunteers!

| | | | | | | | | |
|--|------------------|-----|-----------------|-----|------------------|-----|------------------|-----|
| B O W L I N G | Andrix, Barb | 95 | Florence, Phil | 120 | Hastings, Judy | 121 | Pickens, Ann | 103 |
| | Cameron, Brenda | 120 | Fuchala, Joe | | Herman, Cecil | 100 | Ridolfo, Linda | 147 |
| | Cameron, Carol | 135 | Garver, Carolyn | 130 | Johnson, Charlie | 144 | Sheridan, Ray | 183 |
| | Cameron, Richard | 120 | Glass, Duane | 184 | King, Carl | 165 | Threlkeld, Larry | 121 |
| | Conn, John | 142 | Gordin, Barb | 115 | King, Karen | 133 | Venrick, JR | 154 |
| | Cooper, Barb | 98 | Hackworth, Jane | 120 | Link, Bill | 141 | Weisman, Deb | 81 |
| | Cwiekalo, Bert | 138 | Hackworth, Paul | 153 | McDonley, Dolly | 90 | Wilson, Susan | 120 |
| | Florence, Barb | 93 | Harden, Jim | 121 | Noble, Gene | 111 | | |

6th Annual Holiday Craft Bazaar

Saturday, November 2, 2019 9 a.m.—2 p.m.

Mark your calendars for this fun event at the Senior Center! So far we have vendors with quilts, candles, glass block items, jewelry, baked goods, bibs, butterflies, Christmas items, romantic mystery books (the author will be here), musical CDs, embroidered items, sports memorabilia, crocheted items, hand sewn items, hand painted items, Color Street Nail products, Avon and more to come!



All of our table spaces have been rented. If you want to participate, call the Center to be on the Wait List.

Our Café will be open with delicious breakfast and lunch goodies.

Also we will once again have our FREE raffle drawings throughout the day! You do not have to be present to win. Last year we had 250 people in attendance, so come early for best selection!

Welcome New Members

Jerry and Phyllis Boggs

Sharon Bowman

Virginia Woods



© DaveCoppenter

"...and just when I had begin to understand Medicare, Part D."

Get your Medicare questions answered!

Are you new to Medicare or thinking about changing your Part D prescription plan? Need help understanding your options? The Central Ohio Area Agency on Aging provides free information and assistance that can help you sort out the details and make informed decisions.

Schedule a one-on-one appointment at the Center office for Thursday, October 10th between 10:30 a.m. and 12:30 p.m.
Call 740-852-3001.

A Joint Effort

Understanding Arthritis

Join Cedarville Nursing students for a presentation on arthritis at the Madison County Senior Center on October 9th at 1:00 p.m.

They will be discussing identifying and living with arthritis, as well as ways to get connected with the arthritis community via the Arthritis Foundation.

Come, complete an arthritis assessment and receive a free gift!

Hope to see you there!



HEALTHY U CLASSES

Living with Chronic Illness

Madison County Senior Center

THURSDAYS October 3-November 7th

1:00 p.m. to 3:30 p.m.

Do you have a chronic health condition that affects your everyday life? Then **Healthy U** is for YOU!

Healthy U is a free, six-session self-management workshop that has been proven to help people manage their symptoms better every day. If you have a condition such as diabetes, arthritis, asthma, heart disease, chronic pain, or other chronic conditions, you know the challenges.

During the series of six 2.5-hour sessions, participants learn to:

- Communicate with your doctor and family members about your condition
- Be more physically active
- Eat better
- Deal with negative emotions
- Set achievable goals

Attendance is required at all six sessions. Registration for Healthy U workshops is required. Call the Center at 740-852-3001 to sign up by September 23rd. Space is limited.



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.

3 Easy ways to support the Center!

amazonsmile

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

All you have to do is go to the following address: **https://**

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.



WEDNESDAY NIGHT BINGO IS BACK!
WEDNESDAY, OCTOBER 2ND AT 7:00 PM
ORIGINAL FORMAT

\$15 PER PERSON/9 PACK - 2 GAMES A SHEET

SPLIT THE POT

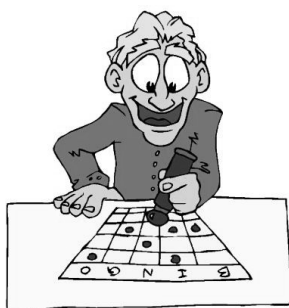
EXTRA COVERALL

HOG WILD PROGRESSIVE GAME

****No one under 18 allowed in the Bingo Hall**

DOORS OPEN AT 6:00 PM

SENIOR CAFÉ WILL BE OPEN



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

In the Kitchen with Joanna

Simple Hamburger Soup

- 2 lbs. ground beef, cooked and drained
- 1 28 oz. can of diced petite tomatoes
- 2 14 oz. cans beef broth (or use equivalent water and beef soup base)
- 1 10 oz. bag of gumbo soup vegetables (or raw okra, onion, celery, carrots, and green peppers)
- 1/2 cup of uncooked pearl barley
- 1 tsp. Italian seasoning

Combine all ingredients in a slow cooker, Add water to cover. Cover, cook on high for 3 to 4 hours or until barley and vegetables are tender.



OSU Raffle

Starting October 1st we will be raffling off some very nice framed Ohio State pictures and a cute Ohio State purse.

Tickets are 1 for a \$1 and 6 for \$5. Tickets will be sold in the front office. A raffle ticket will be drawn for each item. Raffle items would make great Christmas gifts for those Buckeye fans!

The raffle will end on Friday, November 15th!



Free Friday Cinema at 1 p.m.

| | | | | |
|------------|--------------------|-----------------------------------|------------|---------|
| October 4 | Five Feet Apart | Haley Lu Richardson, Cole Sprouse | 2019-PG 13 | Drama |
| October 11 | Mr. Holland's Opus | Richard Dreyfuss, Olympia Dukakis | 1995-PG | Drama |
| October 18 | The Hustle | Anna Hathaway, Rebel Wilson | 2019-PG-13 | Comedy |
| October 25 | The Sound of Music | Julie Andrews | 1965-G | Musical |

(This Movie Starts at Noon)



Movies subject to change due to availability


**Friends of
Madison County
Parks & Trails**
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 London, Ohio 43140
 WWW.FMCPT.COM

Membership Individual \$15
 Family \$25 Sponsor \$50+
 Individual Lifetime \$250
 Registration Form on Website
 E-mail FMCPT@columbus.rr.com

Support:

**The Madison
County
Park District**

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Deeann Blake

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- Latest DVDs
- Video Games
- Wifi Hotspot
- Audiobooks



20 E. First Street, London Ohio





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Timothy R. Stonecipher, Attorney 740-837-4967

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



October 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

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.