

# Madison County Senior Citizens Center

## Golden Times

March 2017

Issue III

Find the



hidden

inside this newsletter.

When you find the basketball call the center at 740-852-3001 by Friday, March 10th 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 groundhog was found on page 10. The winner was Gary Walker. Congratulations Gary!!

### Dates to Remember

Friday, April 28th-

Volunteer Appreciation  
Dinner

By Invitation Only

\*\*\*\*\*

Tuesday, May 16th

Senior Fair

9:30 a.m.-1:30 p.m.

### 2017 Governing

#### Board Members

Larry Gessel-President

Sharon Manion-Vice President

Shirley Witwer-Secretary

Jean King Ron Cress

Donna Sheridan

Jerry Tompkins

Loretta Anthony

Eilene Duncan



## Happy St. Patrick's Day!

March is here, spring is just around the corner, although we have had very little to no winter this year; yes I am sad about that, remember I love snow. Although we have a new puppy in the Bradley house and those multiple early morning potting training lessons are little easier when you aren't freezing while standing there encouraging the new puppy to go potty...but I am still hoping for a little snow before winter is over, I am, seriously.

We are finishing up our annual audit, everything went very smoothly again this year. If you are doing what you are supposed to be doing, and we are, then things will go as they should.

We have been staying very busy here at the center, with activities, services and repairing things, the center is almost 17 years old now, well the building and the stuff in it and just like everything that ages, things start to fall apart. You know what I mean; right? Luckily we have planned for the repairs and equipment replacement, still not fun, but better to be prepared, then caught off guard. Just to bring you up to speed on the aging equipment, copier for the office, we are down to one paper tray we can use and it is adding some lovely art work to each copy, a steam table for the commercial kitchen and just recently added to the list, although we knew it was coming, new dishwasher for commercial kitchen. Surprisingly all of these items are around 16 years old or better, so the center definitely got its monies worth. Shameless plea, if you would like to donate to the cause, we are always extremely appreciative; enormously.

Thank you to everyone that helps at the center every day! *Misty*

**So in honor of one of my favorite holidays, after Christmas, I leave you with a couple more of my favorite Irish Blessings:**

As you slide down the banister  
of life, may the splinters never  
point in the wrong direction.

When Irish eyes are smiling, they're  
usually up to something.

*Sláinte!*



Diana Elam celebrated her birthday with the Adult Day Center.



Left: Donna Sheridan enjoying a delicious breakfast for lunch at the center.

Right: Mystery lunch at Henry's Diner.



We finally made it out to the bowling alley to get pictures of our senior bowlers! They were having a great time. Join them on Tuesdays at 10 a.m.



Left: Susan Schunatz works on a painting of a lighthouse in the Friday Painting Class.



The Singing Chicks traveled out to the Blue Bird Assisted Living on Valentine's Day to serenade the residents there.

The Adult Day Center enjoy a good game of kick ball!



Barb Cooper and Tina Huff take advantage of the fitness room here at the center. It's a great way to get in some exercise in the winter especially. Open Mon-Fri 8-4. Tuesdays open 8-7.





**Avada Audiology & Hearing Care**

A representative will be at the senior center  
once a month from 9 a.m. to 12 p.m.

Free hearing tests available.

Call 1-937-323-6129 for 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 Roger Morris at 740-852-3145.

**High Euchre Score**

1-30-17 Charles Peters 74

2-6-17 Rodger Baker 68

2-13-17 Betty Sebastian 78

**High Bridge Score**

2-1-17 Doug Pyles 5250

2-8-17 Mary Andrix 4510

2-15-17 Mary Andrix 4720

**YOGA CLASS!**

We will be starting an 8 week yoga class March 29th! We will meet on Wednesdays at 1 p.m. in the multi-purpose room. Poses can be done on a chair or mat (floor), or combination. Please bring a mat if you have one (to stand on or keep your chair from slipping). Hope to see you here!  
Ruth Kennedy

**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.– Photo Group—not meeting in March

**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:**

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

1:00 p.m.—Yoga starting March 29th for 8 weeks

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:**

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

10:00 a.m.- Chimes 1st and 3rd Friday

10:00 a.m.-Choir 2nd and 4th Friday

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.

### **Rays of Hope. For Seasons of Life Support Group**

March is here and we wonder where the time went. Some may feel stuck and do not have the same hope because they are dealing with tragedy, grief from various losses of all kind, isolation, and the loneliness never seems to go away, and they need a listening ear. Every Tuesday at the Senior Center you have the option to listen and eventually find safety to share life with people who do not go outside the Support Group and tell what was shared. You will be asked to sign a confidentiality form before the group starts. Tuesdays at 1:30 p.m. at the Senior Center

Donna Wharton, Facilitator & Care Counselor  
740-490-5936 or [dmwharton342@yahoo.com](mailto:dmwharton342@yahoo.com)

### **2017 MEMBERSHIP DUES**

Please remember to stop at the Center office or mail in your \$15 annual dues as soon as possible.

Cash or Check accepted

Our mailing address is:

Madison County Senior Citizens Center  
280 West High Street  
London, OH 43140

### **Welcome New Members!!**

Colleen Stough	Julia Corn
Millie Newman	Dale Friend
Nancy Hodosko	Barb Bennett
Delorise Williams	Mary Haskins
Pamela Dennewitz	Elinda Rees
Deborah Lambert	Tina Huff
Nanette Willard	Randi Crook
Darlene Shilling	Teresa Dickerson
Stanley Kavy	Mary Kay Day

Free

Popcorn!

## **Friday Cinema**



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

**March 3rd Manchester by the Sea (2016) rated R Drama starring Casey Affleck, Michelle Williams**

**March 10th Keeping Up with the Joneses (2016) rated PG-13 Comedy starring Zach Galifianakis, Isla Fisher**

**March 17th High Spirits (1988) rated PG-13 Comedy starring Peter O'Toole, Beverly D'Angelo, Liam Neeson**

**March 24th The Quiet Man Classic starring John Wayne and Maureen O'Hara**

**March 31st Oh Brother, Where Art Thou, rated PG-13 Comedy starring George Clooney and John Goodman**

**\*\*Movies subject to change due to availability**

## *Greetings from the Adult Day Center*

Where did February go? We had a nice month. We had a Pizza Party on Valentine's Day with many thanks to Marilyn Henry for providing the pizza and pop and quarters for Quarter Bingo that day also.

We want to wish a special get well to Sandy Darlington, Robert Puckett and Charlie the Therapy Dog.

Again, we greatly appreciate your generous donations for Bingo and all of our wonderful volunteers.

Here's to wishing for pleasant weather this month!

March 12th don't forget to spring forward (set clocks up 1 hour) and welcome Spring on March 20th! And may the Leprechauns surprise you with a pot of gold!

Till next month! Beth, Pam and Jeanna



## London High School Theatre Department

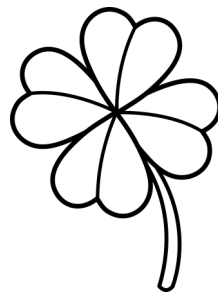
### Presents Bye, Bye Birdie

FREE performance/dress rehearsal for London's Senior Citizens on Tuesday, March 7, 2017 ONLY at LHS Auditorium. Complimentary refreshments at 6 p.m. and play at 6:30 p.m. Performances also on March 9, 10, 11 at 7 p.m.

I have a nice Irish soup for March since Saint Patrick's Day is on the 17<sup>th</sup>. Enjoy!, Joanna

## Irish Colcannon Soup

- 2        tablespoons of butter
- 4        cups of vegetable broth (I use water and vegetable base)
- 4        medium potatoes
- 1        cup of half and half or heavy cream
- 2        teaspoons of salt
- ¼        teaspoon of dill weed
- 1        tablespoon of chopped chives
- 1        medium onion, finely diced
- 2        ribs of celery, diced
- 1        tablespoon of lemon juice
- ½        teaspoon of hot pepper sauce
- 4        cups of coarsely chopped cabbage



In a large soup pot or Dutch oven, melt butter over medium heat. Add onion and cook until tender. Add vegetable broth, celery, 2 potatoes which have been pared and sliced; add parsley. Cover and simmer for 30 minutes.

Pour all cooked ingredients into a food processor. Cover and process until smooth. Return puree to pot. Pare the remaining potatoes and dice. Add to pot along with remaining ingredients. Simmer, covered for 20 minutes or until the cabbage and potatoes are tender. Makes 6 servings.



## UPCOMING DAY TRIPS!!



**LACOMEDIA PRESENTS THE CHURCH BASEMENT LADIES- Friday, March 10th.** We will travel to Springboro, leaving the center at 9:15 a.m. and we should be back around 4:15 p.m. Note that server and bus driver tips are not included with the fee you paid.

**THE HERITAGE CENTER MUSEUM IN SPRINGFIELD—Thursday, March 23rd.** Leaving the center at 9:30 a.m. Fee is \$5 to ride the van. Museum admission is free but a \$5 per person donation is appreciated. Lunch will be on your own at Frisch's.

**MARCH MYSTERY LUNCH— Wednesday, March 29th.** Leaving the center at 11:00 a.m. Van fee is \$5.

**APRIL MYSTERY LUNCH—Thursday, April 13th.** Leaving the center at 10:30 a.m. Van fee is \$5.

**SNOOTY FOX!! SHOPPING TRIP- Friday, April 21st.** We will leave the center at 9:00 a.m. sharp! Fee for this trip is \$25 for motor coach transportation. Lunch and bus driver tip are on your own. We are asking that you pay for your spot on the motor coach when you sign up. Seats are still available!!

**BCI TOUR—Thursday, April 27th.** This is a very interesting trip! We will leave the center at 9:45 a.m. Our tour is from 10 a.m. to 12:00 p.m. You may ride the van for \$5 or drive yourself. A maximum of 20 is allowed on the tour, so you do have to sign up at the center office whether you ride the van or not. Wendy's for lunch on your own. BCI address is: 1560 St. Rt. 56 SW, London, OH 43140 if you are driving yourself.

**MAY MYSTERY LUNCH—Thursday, May 4th.** Van fee is \$5 with lunch OYO. Leaving center at 10:30 a.m.

**SISTER ACT!! At LACOMEDIA—Friday, May 12th. See page 8 for more details!**

**AMISH COUNTRY DAY TRIP IN HOLMES COUNTY—Thursday, June 8th.** Motor coach will LEAVE the senior center at 7 a.m. Please arrive no later than 6:45 a.m. We will return to the senior center approximately 8:30 p.m. Fee for this trip is \$72. This includes motor coach transportation, guide, Walnut Creek Flea Market shopping, lunch in an Amish home, back country roads tour, Hersher's Bakery & Farmers Market, shopping at Troyer Country Market, cheese and sangria samples at Swiss Heritage Winery and Broad Run Cheese House, all applicable taxes and meal gratuity. Deadline to sign up and pay is Thursday, May 4th.  
**The bus is over half full!!!!**

Remember: Trips are subject to cancellation if the weather is bad. Call the center if you are in doubt.

\*\*\*\*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, March 6, 2017**

**Cappy's Pizza**

225 Lafayette Street

London, OH 43140

Please meet at the restaurant at 5:00 p.m.  
There will be no van transportation.

**Monday, April 3, 2017**

**Red Lobster**

1520 Georgesville Road

Columbus, OH 43228

We will leave the Center at 5:00 p.m. and  
arrive at the restaurant around 5:30 p.m.

## Overnight Trips

**New York City Trip, June 14-18, 2017**—Please make your 2nd payment as soon as possible if you have not already done so. Final payment due by April 1st. Plan to come Wednesday, March 22 at 1 p.m. for a NYC meeting if you have any questions or want help ordering tour or Broadway show tickets.

**Mountain Maryland Trip, October 17-19, 2017**—With a train ride, casino (with \$25 in free slot play), shopping and history this trip should be a whole lot of fun. There is still room on the motor coach! Contact the senior center office if you would like a brochure mailed to you or stop in and pick one up. This trip is \$549 per person double. A deposit of \$100 will hold your spot for the trip with the balance due by August 1st. We are having a meeting on Wednesday, March 8th at 1:00 p.m. for anybody that missed the original presentation or if you have any questions about the trip. Please call the center if you plan to attend this meeting.

**Christmas in Tennessee, November 28-December 1, 2017**—Capture the holiday spirit! Featuring Christmas shows, dining and shopping at Opryland Nashville and Pigeon Forge. One night stay at the Opryland Resort Hotel in Nashville, panoramic highlights of Nashville Tour, 2 nights at The Inn on the River in Pigeon Forge, 3 hot breakfasts and 3 dinners included.

Tickets/Admission to the following attractions: Diamond Rio Country Christmas Dinner Show at Opryland, ICE! Opryland's Christmas ice themed sculptures, Christmas at Dixie-Dolly Parton's Dixie Stampede Dinner Show, Titanic Pigeon Forge, Music Mansion Theater, Dollywood Smoky Mountain, Smith Morning Variety Show. Prime Tours will be here on Wednesday, March 22 at 1 p.m. to discuss this trip

Price for this trip is \$875 per person double, \$815 per person triple.

Save your spot with \$50 registration per person (fully refundable until August 31, 2017. Final payment due by October 1, 2017. Travel insurance available.

Call the Senior Center office at 740-852-3001 or stop in for registration forms or more details.

# SISTER ACT



Trip Fee is \$65 and includes motor coach transportation, buffet lunch and the show. Fee does not include driver and lunch server tips.

Motor coach leaves the center at 9:15 a.m. returning approximately 4:00 p.m.

Deadline to pay: Friday, April 7th.

Come with us to LaComedia Friday, May 12th, 2017 to see the feel-good musical comedy smash hit based on the 1992 film that has audiences jumping to their feet! Featuring original music by Tony and eight time Oscar winner, Alan Menken, this uplifting musical was nominated for five Tony Awards, including Best Musical.

When disco diva, Deloris Van Cartier, witnesses a murder, she is put in protective custody in the one place the cops are sure she won't be found: a convent! Disguised as a nun, she uses her unique disco moves and singing talent to inspire the choir and breathe new life into the church and community.



## Flower Planting with Jim Donohoe

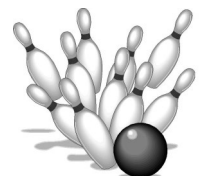
If you have any questions concerning the planting or care of vegetable or flower gardens, drop in the senior center April 20th at 1:30 p.m. and Jim will be there to answer your questions.

There will be discussion on plants from the seedling stage to planting in the garden. This will include the condition of nursery stock or seedlings you may have started yourself. Types of soil, sun or shade, watering, fertilizing and anything else that may be included in questions you may have.

Join us for an hour or so of gardening. Hope to see you there.

Please call the center at 740-852-3001 to sign up!

B	Judy Hastings	115	Bill Link	135	Skip Fout	158	Bertha Hilsheime	70
O	Karen King	138	Larry Threlkeld	124	Beverly Evans	132	Carolyn Garver	126
W	Carl King	165	Johnny Harden	106	Paul Hackworth	153	Dave Anders	153
L	Barb Gordin	116	Charlie Johnson	141	Ralph Stidham	120	Dan Anders	115
I	JR Venrick	165	John Conn	141	Cecil Herman	101	Sandy Anderson	127
N	Barb Andrix	103	Gene Noble	127	Jim Harden	118		
G	Carol Nafzger	126	Barb Cooper	85	Paul Stonerock	146		
	Gary Sollars	120	Duane Glass	189	Valerie Mabra	93		





## March Birthdays

Patron	Birthday	Patron	Birthday	Patron	Birthday
Kelso, Waveline	03-01	Hedges, Joan	03-10	Roberts, Robert	03-18
Williams, Beth	03-01	Hannah, Perry	03-10	Sebastian, Betty	03-19
Al-Khour, Maurea	03-01	Emrick, Maryann	03-10	Strine, Mary Louise	03-19
Cooper, Barbara J.	03-01	Kirby, Debbie	03-10	Smith, Ronald	03-19
Adelsberger, Linda	03-01	Dickerson, Teresa	03-11	Hackworth, Nancy	03-20
Mancini, Geraldine	03-02	Conway, Donna	03-12	Lowery, Marilyn	03-20
Stough, Colleen	03-03	Wiseman, Joann	03-12	Davis, Pete	03-20
Hayes, Carric	03-04	Foster, Debi	03-12	Ward, Brenda	03-20
Millford, Harry	03-04	Carter, Janet	03-13	Duncan, Bill	03-21
Hatfield, Roy	03-04	Clifton, Beverly	03-13	Justice, Ray	03-22
Russell, Martin	03-04	Hilliker, Charles	03-13	Finchum, Lonnie	03-22
Hodosko, Nancy	03-04	Morris, Tom	03-14	McKittrick, Nancy	03-22
Schneider, Sylvia	03-05	Gleich, Wendy	03-14	Hillard, Pam	03-22
Wright, Betty	03-05	Hunter, Billie Jean	03-14	Hutchins, Maxine	03-24
Saltsman, Steve	03-05	Stapleton, Gary	03-14	Zimmerman Charles	03-24
Welch, Joann	03-05	Carter, Vi	03-15	Haskins, Mary	03-25
Siemer, Norma	03-06	Gordon, Jennie	03-15	Saltsman, Donna	03-25
Fischer, Robert J.	03-06	Hysell, Betty	03-15	Thum, Fred	03-27
DeWitt, Emma Lee	03-06	Seipel, Marjorie	03-16	DeBord, Joan	03-27
Manion, Sharon	03-07	Kessler, Dixie	03-16	Jones, Sharon	03-29
Loveless, Laura	03-07	Finneran, Nancy	03-17	Vinson, Troy	03-29
Barton, Pat L.	03-08	Waples, Maureen	03-17	Eckstein, Mavis	03-30
Henry, Dorothy E.	03-08	Bricker, Wayne	03-17	Ferguson, Carole	03-30
Snyder, Nancy	03-08	Wendel, George	03-18	Brackett, Sharon	03-30
Welch, Brian	03-08	McKenzie, Juanita	03-18	Conway, Margaret	03-30
Stidham, William	03-09	Johnson, Sandra	03-18	Hochadel, William	03-31





### How to Gain Admittance to the Olympics

An Englishman, a Scotsman and an Irishman were without tickets for the opening ceremonies of the summer Olympics but hoped to be able to talk their way in at the gate. Security was very tight, however, and each of their attempts was met with a stern refusal.

While wandering around outside the stadium, the Englishman came upon construction site, which gave him an idea. Grabbing a length of scaffolding, he presented himself at the gate and said, 'Johnson, the pole vault, 'and was admitted.

The Scotsman, overhearing this, went at once to search the site. When he came up with a sledge hammer, he presented himself at the gate and said, 'McTavish, the hammer.' He was also admitted.

The Irishman combed the site for an hour and was nearly ready to give up when he spotted his ticket in. Seizing a roll of barbed wire, he presented himself at the gate and announced, 'O' Sullivan, fencing.'

\*\*\*\*\*

After the Americans went to the Moon, Paddy and Seamus announced that the Kerry Men would go one better and send a man to the Sun.

Murphy objected. 'If you send a man to the Sun, he will burn up!'

'What do you think we are, stupid?' Seamus replied. 'We'll send our man at night!'



  
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 County  
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### **London Public Library**

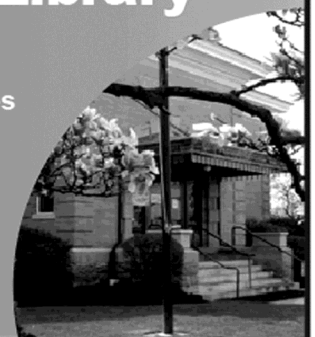
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**Public**

**Welcome!**

**Madison County Senior Citizen's  
 Center, Inc.**

**280 West High Street • London**

**Wednesday 7:00 p.m.**

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## Madison County Senior Citizens Center

280 West High Street

London, OH 43140

Phone: 740-852-3001

Fax: 740-852-3052

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We're on the Web!

[mcsenior.org](http://mcsenior.org) or on Facebook at

Madison County Senior Citizens Center

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Dated Material

March 2017



**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**

**Robert Puckett, Maintenance/Driver**

**Brenda Castle, Transportation Coordinator**

**Carolyn Wilson, Driver**

**Wayne Bricker, Substitute Driver**

**Betty Lawrence, Substitute Driver**

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, 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.

### **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.