

Golden Times

January 2020

Issue I

Find the

hidden inside
this newsletter.

When you find the toboggan call the center at 740-852-3001 by Friday, January 17th 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 Christmas cookie was on page 2.

Congratulations to Beverly Harrison, the lucky winner!



CLOSED

January 20th

**In honor of
Martin Luther
King, Jr. Day**



**2020 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



Happy New Year!

It is December 17, 2019, as I am writing this, another Christmas at our door, and the beginning of another year following close behind. I hope your holidays were blessed with family and friends and the true meaning of Christmas. I realize this more and more as I get older, life is indeed short and goes by very quickly, but I am always thankful for the blessing of a new day and a New Year. I believe 2020 will be another great year for the center, it is also a Levy Renewal year, remember to get the word out about your center and how important it is. We are continuing the bingo program, it will be the first Wednesday of each month. We are still struggling with volunteers and instant ticket sales, so we are going to continue with just once a month for 2020.

Janisse is hard at work on new trips and scheduling some of your favorite trips. We always appreciate your thoughts and ideas, so please share them. It seems we are taking more day trips than we did when I first started, as well as multi-day trips. I am so happy we have so many active people, there are so many cool places to see in Ohio and abroad, our members are always ready for a road trip. Here's to new adventures in 2020!

I would like to thank everyone for their patience and understanding during our shutdown. It is a big job to clean and repair things in the building, everything was moved out of the kitchen, it was scrubbed and sanitized, floor to ceiling. All of the main floors were scrubbed and waxed, carpets and furniture were cleaned. It is always nice to start the New Year fresh and clean. Of course we have Luther to keep the place sparkling all year, but an annual deep clean is always beneficial.

Several of the members took matters into their own hands during shutdown and met up for lunch and breakfast. So although the center may not be on a regular schedule during shutdown, our members still know how to have fun together. I was able to join them for the mystery lunch, I always enjoy myself when I am able to go on the trips. I wish I could go more often, but my schedule doesn't allow it, busy, busy, so it is even more special when I do get to go.

Great news! We are going to start the Tuesday morning breakfast club, March 3rd at 8:00 a.m., watch for the menu in the March newsletter. We had several people sign up interested in the idea, so we are going to give it a try.

If you would like to volunteer, give Janisse a call. Thank you for the laughter I hear every day and to everyone that helps at the center every day!

*In the New Year, may your right hand always be stretched out in friendship,
but never in need.*

God Bless You All – Happy New Year!

Misty



The Adult Day Center group with Beth Dillion, ADC coordinator, front left and Jeanna Bernard, ADC aide, front right. They had a good visit with Santa and Mrs. Santa and received some special gifts.



Above: Marvin and Pat Conley and her sister, Imogene Pacine, enjoy our Christmas luncheon. The food was very good, especially the pork chops! We served 190. We also enjoyed singing by the quartet, Jubilation. They even brought hand bells and some of the audience played them by following charts held up for their corresponding bell color. It was really neat!



Below: Beth got coal from Santa!!



Our Christmas at the Biltmore trip was really interesting. The mansion is amazing. Just think how many people it took to take care of the fireplaces, upkeep, meals! There were Christmas trees in every room! Below are the three fireplaces in the dining room. Just beautiful!



Below center: The Grand Prize winner at the Asheville gingerbread house competition. It looked like a beach shack.

Below right: The Basilica of St. Lawrence in Asheville. We had great guides for this and the Asheville city tour.



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

11-18-19 Burt Scott 79

11-25-19 Dave Maharrey 78

12-2-19 Linda Ridolfo &
Helen Stevens 72

12-9-19 Ruth Sowers 66

High Bridge Score

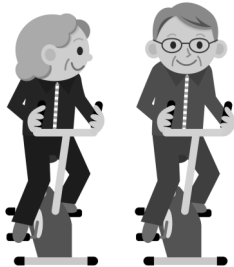
11-20-19 Jerry Cummins 3900

12-4-19 Bob Majka 5100

12-11-19 Mary Locke 6010



Terry Goff
Betty Nibert
Joyce Bower



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:

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 not meeting until February

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

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

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

Thursday:

9:00 a.m.—Chair volleyball

9:00 a.m.—Fun Bingo Cancelled until March 5th

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 Jan. 3rd and 17th

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

UPCOMING DAY TRIPS!!

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 really 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!

FEBRUARY MYSTERY LUNCH—Thursday, February 20th. Van fee is \$5. We will leave the Center at 10:30 a.m.

PHOENIX BATS FACTORY TOUR—Thursday, February 27th. Van fee is \$5. You will pay your \$10 tour fee at the factory. We will leave the Center at 11:00 a.m. and have lunch first, on your own, at Bluescreek Café in Plain City. Our factory tour is at 1:30 p.m. Phoenix Bats is located just outside of Plain City. It began in a small wood shop and now produces wooden baseball bats out of a state of the art, custom wood bat manufacturing shop. Their bats are now being swung by pro players, softball teams, hitting coaches, vintage leagues and little leaguers.

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. **Deadline to pay your fee is 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, 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.

Monday, February 3, 2020—La Caretta Mexican Restaurant, 1092 Eagleton Blvd, London, OH 43140. There will be no van transportation for this trip. Meet us there at 4:00 p.m.

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.

FRANK & ERNEST



MADISON COUNTY AARP TAX SITE TO OPEN FEBRUARY 3, 2020

The free tax assistance program co-sponsored by AARP and the IRS will open Monday, February 3rd in London. The location is the same as last year—271 Elm Street (St. Rt. 38) 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 a.m. to 3:00 p.m.

Tax Counselors are available by appointment only. Call the Madison County Senior Center at (740) 852-3001 **AFTER January 6th** 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 2018 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.



"You gave away 60 billion toys and didn't get one receipt?!"

TAX PREPARATION SERVICE



"Here's one my cat threw up on. Here's one I used to wipe my nose. And here's one with a blood stain. These are the only gross receipts I could find."

B O W L I N G	Andrix, Barb	97	Florence, Phil	120	Herman, Cecil	105	Potocki, Dave	142
	Cameron, Brenda	120	Garver, Carolyn	134	Johnson, Charlie	145	Ridolfo, Linda	148
	Cameron, Carol	134	Glass, Duane	184	King, Carl	165	Sheridan, Ray	177
	Cameron, Richard	120	Goff, Terry	132	King, Karen	130	Threlkeld, Larry	118
	Conn, John	140	Gordin, Barb	117	Link, Bill	136	Venrick, JR	151
	Cooper, Barb	100	Hackworth, Paul	146	McDonley, Dolly	89	Weisman, Deb	89
	Cwiekalo, Bert	138	Hardin, Jim	124	Noble, Gene	112		
	Florence, Barb	94	Hastings, Judy	120	Pickens, Ann	101		

One Winter In Alaska It Was So Cold.....

We had to stop eating with metal cutlery. Some people waked around for days with spoons or forks stuck to their tongues!

The optician was giving away a free ice scraper with every new pair of eyeglasses!

Kids were using a new excuse to stay up late. "But Mom, my pajamas haven't thawed out yet!"

Richard Simmons started wearing pants!

I chipped a tooth on my soup!

The dogs were wearing cats!

Starbucks starting serving coffee on a stick!

The rats were bribing alley cats for a snuggle!

We had to chop up the piano for firewood—but we only got two chords!

We had to carry around hammers and chisels so we could get out of our parkas!

When we milked the cows, we got ice cream!

When we milked the brown cows, we got chocolate ice cream!

Words froze in the air! If you wanted to hear what someone said you had to grab a handful of sentences and take them in by the fire!

The Husky Association was making emergency service calls to get the dog teams started.

When we parked the sled we either had to plug in the dogs—or keep them running in place!



Adult Day Center



Happy New Year to all. Our ADC family hope to have a bright and happy 2020!

In December a new member joined our ADC—Richard Wilhelm and we welcome this witty man.

Our Christmas Dinner and Party was so very nice. Thank you to Santa and Mrs. Claus, Sandy Darlington, Bonnie Radcliff, Ruth Kennedy, Marilyn Henry, Linda Rankin, Evelyn Sullivan. Shirley Witwer, Cricket Lindsey, Jo Hout, Debbie Rowland, Carol Boysel, all the Quilters and so many others that we may have not listed. Your help, donations and support mean so much to us. You all are so kind.

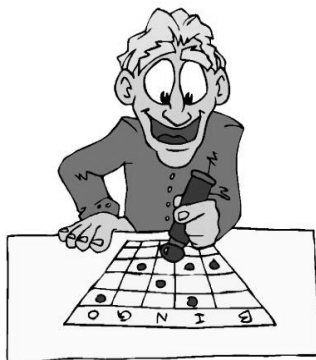
We missed our Elf this Christmas. We hope he is feeling better.

Welcome January and mother nature please be kind!

Beth, Jeanna and all of our wonderful volunteers!



WEDNESDAY NIGHT BINGO IS BACK!
WEDNESDAY, FEBRUARY 5TH 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

Stay Warm This Winter!

1. Don't skimp on heat

Any temperature lower than a thermostat set at 68 degrees in a poorly insulated house can be dangerous for Seniors, especially during fall and winter months. Drops in body temperature often cannot be felt, so a Senior may not know that they are too cold or be able to take proper action before it's too late. Seniors should keep the thermostat at a minimum of 68-70 degrees and should take care to properly insulate drafty windows and doors. For those who are concerned about heating costs, state assistance may be available to specifically help Seniors with these bills.

2. Avoid heating dangers

It's tempting to want to stay warm by use of space heaters, fires or electric blankets, but Seniors should take extra care when using these amenities. Space heaters should always be in a well-ventilated space and at least two feet away from furniture, walls or other flammable objects. It's best to use a space heater that has a timer, as well, just in case turning it off is forgotten. Be careful of any cords, and never rest or hang clothing or other objects on heaters.

3. Wear layers

During colder months, Seniors should wear several layers of clothing. Start with a layer that lies a little closer to the body and made of a fabric that wicks away moisture. For outer layers, wool, flannel or thick sweatshirt material is ideal.

4. Bundle up when going outdoors

Seniors should be careful to bundle up when heading outdoors during colder months. Wear a coat or jacket and pay careful attention to also cover the head (where the most heat escapes), the neck and hands. Wear waterproof or weatherproof shoes or boots to keep feet warm and dry. Seniors often have trouble regulating temperatures in their extremities and can lose blood circulation to hands and feet quickly. So warm, dry gloves, socks and boots are a must when venturing outside.

5. Eat well and exercise

Some Seniors struggle with nutrition, not for lack of wanting to eat well, but because changes to their bodies, medications or ailments can cause appetites to wane. Some also have trouble cooking or struggle making meals for one, and may opt for less nutritious options throughout the year. Eating good, whole, nutritious food in the winter months can go a long way in helping Seniors regulate their body temperatures and stay warm. Try hearty soups, roasted vegetables or casseroles during cold months. For Seniors who may not want to (or lack the ability to) cook, several services can provide regular nutritious food, like Meals on Wheels.

Exercise is also a great way to increase body temperature and appetite for Seniors who are able to participate. Check out our exercise options here at our Center.

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.

On a break until February, weather permitting

Watch for the notice in the newsletter

At the Madison County Senior Center

Questions, call: Donna Wharton, Care Counseling
cell –740-490-5936

In the Kitchen with Joanna

Someone had requested the Carrot Cake recipe that we had for Thanksgiving lunch, so here it is.

Carrot Cake

- | | |
|------------------------------|---|
| 2 1/2 cups all purpose flour | 4 eggs |
| 2 tsp. baking soda | 1 1/2 tsp. vanilla |
| 2 tsp. cinnamon | 1 lb. carrots, peeled and grated. |
| 1/2 tsp. salt | 1 8 oz. can. crushed pineapple, drained |
| 1/2 tsp. ground nutmeg | |
| 1/4 tsp. ginger | |
| 1 cup sugar | |
| 1 cup packed brown sugar | |
| 1 cup buttermilk | |
| 3/4 cup vegetable oil | |



Combine first 6 ingredients in a medium bowl, set aside. Combine sugars, buttermilk, vegetable oil, eggs and vanilla in a large bowl. Stir until all ingredients are well mixed; add flour mixture, carrots, and pineapple, stirring until well blended.

Grease 3 8 inch round cake pans, lining the bottom with parchment paper, grease and flour paper. Pour batter into pans. Bake at 350 degrees for 30 minutes or until a wooden pick inserted in center comes out clean. Cool in pans for 10 minutes; loosen cake layers from edges of pan with a sharp knife and invert on wire racks. Peel off paper and cool completely. Spread cream cheese frosting between, on top of layers and side. Refrigerate overnight before cutting.

Cream Cheese Frosting

- | | |
|-------------------------------------|---|
| 1 stick butter, softened | Combine butter and cream cheese in a large mixing bowl, beat until light and fluffy. Add sugar and vanilla, mix well. |
| 1 8 oz. pkg. cream cheese, softened | |
| 1 lb. powdered sugar | |
| 1 tsp. vanilla | |

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.

January 3	Woman Walks Ahead	Jessica Chastain, Michael Greyeyes	2018 R Real Life Drama
January 10	Can You Ever Forgive Me	Melissa McCarty, Richard Grant	2018 R Crime Drama
January 17	The Intruder	Michael Ealy, Meagan Good	2019 PG 13 Thriller
January 24	The Peanut Butter Falcon	Chia LaBeouf, Dakota Johnson	2019 PG 13 Action Adv.
January 31	Downton Abbey	Jim Carter, Hugh Bonneville	2019 PG Drama


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 WWW.FMCPT.COM

Membership Individual \$15
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 E-mail FMCPT@columbus.rr.com

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**The Madison
County
Park District**

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- Online Services/Computers
- Newest Books
- Latest DVDs
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- Wifi Hotspot
- Audiobooks



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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



January 2020

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.