

Madison County Senior Citizens Center

280 W. High Street London, Ohio 43140
Golden Times

Golden Times

June 2016

Issue VI

Find the 

hidden inside this newsletter. When you find the flip flops call the center at 740-852-3001 by Friday, June 10th to tell us where it is located. If correct, your name will be entered into a drawing to win **5 free lunches**.

Last month the bike was found on page 5. The winner was Paul Dillard.

Congratulations Paul!!

CONTACT US.....

Phone 740-852-3001.

Visit us on the web at mcsenior.org or on our Facebook page, Madison County Senior Citizens Center.

2016 Governing Board Members

Larry Gessel-President

Sharon Manion-Vice President

Shirley Witwer-Secretary

Jean King Ron Cress

Ada Cochran Dave Deck

Donna Sheridan

Jerry Tompkins



It is May 20th as I am writing this. Of course we celebrate our seniors every day, but this is the last day of our senior week celebration at the center. So, several of you know what that means, time for the Spring Chickens to kick the staff's rear ends in a little chair volleyball. I have it figured out, it isn't that the staff is really bad at the game, it's just the Chickens get to practice all the time and the staff, well we are the staff, and we have to work all the time, so no practice time. Working is a serious disadvantage for us...

I would like to thank a few people – A huge thank you to Janisse for organizing another very successful senior fair, we had one of our best attendance numbers this year. Thank you to the center staff and board members for helping with the set up and take down, we have a great team here at the center. Thank you to the spring chickens for the delicious treats during their annual bake sale, it was a huge success and they were kind enough to donate all proceeds to our Adult Care Program. Thank you to “the member who would like to remain anonymous” for buying lunch for everyone during senior fair day. Thank you to the EMS for allowing us to use their golf cart to transport people from the side lot and rails to trails parking area. Thank you to Medigold for sponsoring and serving ice cream at our ice cream social this year. It was an excellent week.

Don't forget movie Fridays, come in for the air conditioning this summer, keep cool and enjoy a good movie and free popcorn.

Join us for Wednesday evening public bingo, the progressive game pots are still growing, you could have a really fun summer if you hit one of them. Well, that's all for now. Thank you to everyone that helps at the center every day.

Misty

Fun At The Senior Center



Marvin Conley and his butterfly quilt he hand stitched. Beautiful and such precise stitches! Amazing!



We are very pleased that our Friday morning Painting class has really grown. Very talented people!



The 3 pictures above are of artwork by our senior members on display in the front hallway. Everything from quilted pieces, wood-working, painting, floral arrangement, needlework and crafting on display.



Senior Choir on Birthday Monday!



The 2016 Senior Fair was a big success. We had 241 people attending and 210 stayed for the great spaghetti lunch. The Bake Sale made over \$300! Thanks to all that purchased their goodies. We had a good variety of vendors with lots of good information for us. Many nice door prizes were given away thanks to the vendors' generosity.

Staff vs Spring Chickens. Guess who won.....?



Adult coloring books are a lot of fun!



Weekly Activities

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.- Photography Class June 20th only

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
 4:30 p.m. - Tai Chi
 5:00 p.m. - Cards
 5:00 p.m.—Beginner Line Dancing June 7th & 14th only
 6:00 p.m. - Advanced Line Dancing June 7th & 14th only

Wednesday:

7:00 a.m.—Trail Walking on the bike path **New Time
 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
 2:00 p.m.—Diabetes and Weight Loss Support Group will meet June 1st, 15th and 22nd.
 7:00 p.m. - Public Bingo (over 18 years of age.)

Thursday:

9:00 a.m. - Chair volleyball
 9:00 a.m.— NO Fun Bingo until the end of June.

Friday:

7:00 a.m.- Trail Walking on the bike path **New Time
 9:00 a.m.- Painting Class with Harry Croghan
 10:00 a.m.- Chimes June 10th and 24th
 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.

Bulletin Board

Avada Audiology & Hearing Care

A representative will be at the senior center once a month from 9am –12pm.
 Call 1-800-553-8663 to schedule 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 Dick Hughes at 740-852-9646

Euchre and Bridge Scores

High Euchre Score



4-25-16 Sharon Reynolds 78
 5-2-16 Carol Rogers 74
 5-9-16 Sharon Reynolds 74
 5-16-16 John Henry 88

High Bridge Score

4-27-16 Bob Majka 3810
 5-4-16 Bob Majka 4720
 5-11-16 Kay Majka 3750
 5-18-16 Clarabel Littler 4330



Rays of Hope, For Seasons of Life Support Group

This is a support group for all ages and may make a difference for you in the following: emotionally, in friendships, and positive approach to life. Hope you were able to introduce yourself during the health fair. On Tuesdays come and eat lunch with friends and stay for the meeting.

Every Tuesday in the Conference Room from 1:30 pm.-3:00 p.m.

Questions answered by Donna Wharton, Facilitator & Care Counselor.

740-490-5936 or dmwharton342@yahoo.com

Hocking Valley Autumn Train Ride!

Friday, October 21, 2016

If you were one of the lucky ones on the waiting list that got the call to join us, please pay as soon as possible.

Fee: \$40 total for motor coach transportation and train ticket. Lunch will be on your own on the way to or in Nelsonville, most likely at a fast food establishment or you may pack a sack lunch.

Departing the Madison County Senior Center at 9:00 a.m.

This is a 2 hour train ride going from Nelsonville to Logan and back. There are no bathrooms on the train however there are some at the train depot. The train cars are heated as necessary but you will want to dress in layers depending on the temperatures outside.

UPCOMING TRIPS



WRIGHT PATTERSON AIR FORCE MUSEUM—Thursday, June 9th. Fee is \$5. Lunch is on your own at the museum. Leaving the center at 8:30 a.m. The Camera Group has organized this trip for anyone that would like to go. If you need help with photos or your camera they will be available to help.

LACOMEDIA—Thursday, June 16th we will be going to see Grease! Bus driver and server tips are on your own. We will be leaving the center at 9:15 a.m., please be at the center by 9:00 a.m.

JUNE MYSTERY LUNCH & BOB MCDORMAN AUTO MUSEUM—Thursday, June 23rd. \$5 to ride the van. We will leave the center at 10:00 a.m. Lunch is on your own & the museum fee will be \$7 per person.

SHOPPING AT TUTTLE MALL—Thursday, July 7th. \$5 to ride the van. We will leave the center at 9:30 a.m. We know some people like to shop in Columbus but aren't comfortable with driving there. So this is your chance to shop at Macy's, J.C. Penney, Sears and all the smaller shops at the mall. Lunch will be on your own. We will leave the mall at 1:30 or before if everyone has finished up.

JULY MYSTERY LUNCH & WEST LIBERTY TOUR!- NOTE NEW DAY!!Thursday, July 28th. Fee is \$8 and includes van transportation and admission to the Freshwater Fish Farm. We will also visit Marie's Candies, The Market Place, Mad River Farm Market and the Ice Cream Shop. We will have coolers on the vans in case you purchase fish, cheese, meat or ice cream. Leaving the center at 9:45 a.m.

OHIO STATE FAIR—Tuesday, August 2nd. Fee for this trip is \$10 and includes fair admission and van transportation. This year's free entertainment at noon is the music of Henry Mancini featuring Mac Frampton, Cecil Welch and The Moon River Orchestra. Deadline to sign up for this trip is June 29th. We will leave the center at 8:30 a.m. and leave the fair at 2:45 p.m.

CIRCLEVILLE QUILT SHOW— Thursday, August 4th at the Ohio Christian University. Cost for this trip will be \$5 to ride the van. We will leave the center at 9:00 a.m. Your admission and lunch will be on your own at the quilt show.

SNOOTY FOX UPSCALE THRIFT SHOPS—Friday, October 7th. Fee for this trip is \$25, which includes transportation to 5 of their stores. We will be leaving the center at 9:00 a.m. sharp so please be here no later than 8:45 a.m. We should return by approximately 6:00 p.m. Lunch will be on your own. Call soon to sign up before the 2 buses are full. Deadline to pay is August 1st.

GREETINGS FROM THE DAY CENTER

A big shout out and thanks to the Spring Chickens chair volleyball players! They donated the proceeds of their Senior Fair bake sale to the Adult Day Center. Thanks too to the Center staff who donated baked goods for the sale, and to the many people who stopped by and gave a donation. The sale was very successful and the proceeds will go towards our annual Christmas party for the Day Center.

Thank you to all that have helped with donations for Bingo as well. Members enjoy the Bingo prizes! May has been a busy month and we are about to plant our tomatoes (donated by Crickett Lindsey) and will be hanging our birdfeeders and planting flowers also.

Have a safe and happy Memorial Day, *Beth, Pam and all of our great volunteers.*

Do you know.....????

1. Who Painted "The Scream"?
2. Who is Sherlock Holmes' landlady?
3. What was the name of Henry VII's first wife?
4. Which composer wrote *The Water Music*?
5. Which metal comes from bauxite?
6. Who wrote *Out of Africa*?
7. Who wrote Johnny Cash's "A Boy Named Sue"?

Answers can be found on page 9.

Shoes 4 Diabetics

Wednesday, June 22nd, 2016

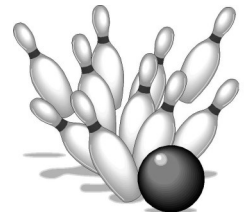
12:30 p.m.

At the Madison County Senior Citizens Center

Offering diabetic shoes for people that are covered by Medicare and private insurance. Medicare will cover the cost of one pair of therapeutic shoe inserts for people with diabetes every calendar year. Medicare payment for therapeutic shoes is subject to the requirement of your physician's authorization. You must have your insurance and physician information available at the clinic. Please call the center and sign up, 740-852-3001.

B O W L I N G

Judy Hastings	115	Bill Link	138	Susie Lindig	114	Skip Fout	163
Karen King	135	Larry Threlkeld	121	Beverly Evans	123	Brenda Gonzalez	91
Carl King	154	Johnny Harden	103	Paul Hackworth	153		
Barb Gordin	115	Charlie Johnson	150	Ralph Stidham	143		
JR Venrick	167	John Conn	143	Cecil Herman	103		
Barb Andrix	106	Gene Noble	127	Jim Harden	125		
Carol Nafzger	130	Barb Cooper	80	Paul Stonerock	159		
Gary Sollars	90	Duane Glass	177	Patty Paul	116		



Caregivers Support Group

For caregivers trying to meet the needs of a frail, elderly or physically or mentally impaired person at home or in placement. Please come for supper and support on the first Thursday of the month at 6:00 p.m. at the Madison Senior Living Club House, 351 Keny Blvd., London.

Delightful Dining

Don't forget to sign up for Delightful Dining so we can make accurate reservations!

Ride the vans while the seats last or you may drive and meet us there.

Monday, June 6, 2016

Starliner Diner

4121 Main Street

Hilliard, OH 43026

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

Monday, July 11, 2016

York Steak House

4220 West Broad Street

Columbus, OH 43228

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

Friday Cinema

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

FREE popcorn!

June 3rd– Unforgiven (western) Clint Eastwood, Morgan Freeman

June 10th– the Ugly Truth (comedy) Gerard Butler & Katherine Heigl

June 17th– Under the Tuscan Sun (romance-comedy) Diane Lane

June 24th Dirty Dancing (drama) Patrick Swayze, Jennifer Grey

****Movie subject to change due to availability**



Lunchtime!!

We love having our lunch crowds here Monday through Friday. Everyone gets a good, home cooked meal and gets to see their friends and meet new people as well.

We would like to ask that, if possible, you try to not pay with \$20 bills or larger. We don't always have extra change in the front office. We do start our with a good amount of fives and ones, but they go quickly.

So thanks for helping us out with this and see you in the lunch room!

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.

2016 (Farmer's Market) Coupon Distribution Information

The Senior Farmers' Market Nutrition Program (SFMNP) allows low-income seniors in Central Ohio to obtain produce from local farmers.

Eligibility for the program

Applicants must be 60 years of age or older on the day they apply, a resident of a county in the local SFMNP area and have an annual income of 185% of poverty or less. Please see income guidelines:

1 person in household with income of \$0 - \$ 21,978

2 persons in household with income of \$0 - \$29,637

3 persons in household with income of \$0 - \$37,296

4 persons in household with income of \$0 - \$44,955

5 persons in household with income of \$0 - \$52,614

6 persons in household with income of \$0 - \$60,273



The application is available below. However, please read the distribution information carefully.

Distribution information:

Do NOT mail in applications this year – Mailed applications will not be accepted. We will be holding distribution days in each county. Coupons will be distributed on a first come, first served basis, and applications will not be accepted before the distribution day.

Applicants can designate a person shopper (proxy) on their application. The proxy must come to the distribution with the application signed by the participant. The proxy must also bring identification. A person can be a proxy for a maximum of two individuals.

Fayette County: Thursday, June 16 from 9:00 – 11:00am at Community Action Agency of Fayette County, 1400 US Route 22 NW in Washington Court House.

Madison County: Saturday, June 18 from 10:00am – 12:00pm at the Madison County Farmer's Market, located in London in front of Tractor Supply on Lafayette Street (Route 42).

You may pick up an application at the Madison County Senior Citizens Center, 280 West Main Street or print an application online at <http://www.lifecarealliance.org/senior-farmers-market.html>.

June Birthdays

Patron	Birthday	Patron	Birthday	Patron	Birthday
Weiner, Jackie	06-02	Al-Khoury, Hikmat	06-11	Byerly, Roberta	06-23
Ernst, Terry	06-02	Weimer, Dorothy	06-11	Sparks, Wilma	06-23
Cox, Bertha	06-02	Pass, Gene	06-12	Bond, Joyce	06-23
Nichols, Shelby	06-03	Ricketts, Rita	06-12	Andrix, Barbara	06-24
Ridenour, David	06-03	DeWitt, Thomas L.	06-14	Sparks, Kathryn	06-24
McDowell, Sue	06-03	Harley, Jean	06-15	O'Donnell, Donald	06-24
Rogers, Robert	06-03	Isaacs, Jean	06-16	Johnson, Joseph	06-25
Reeves, June	06-04	Gross, Florence	06-16	Troyer, Patricia	06-25
Witwer, Jim	06-05	Orban, Janet	06-16	Waggoner, Carol	06-25
McMillin, Randall	06-05	Littler, Clarabel	06-17	Daugherty, David	06-25
Bryant, Wilbur	06-05	Graves, Mary	06-17	Wilson, Paul	06-25
Widen, Jane	06-07	Miller, Virginia	06-17	Mitchell, Roy Lee	06-25
Mastin, Betty J	06-07	Castle, Rex	06-17	Wiseman, Kim	06-25
Byerly, Grace	06-07	Hout, Richard	06-18	Albright, Gloria	06-26
Schellhaas, Marilyn	06-08	Simpson, Dwight	06-18	Collins, Thelma	06-26
Peters, Ruth	06-08	Deck, David	06-18	Phillips, Julianne	06-26
Perry, Elvin	06-08	McClelland, Sue	06-18	Seaburn, Janice	06-27
Gonzalez, Brenda	06-08	Keen, Ruth	06-19	Cordes, Robert	06-28
Ferrell, Janice	06-09	Sheridan, James	06-19	Majka, Robert J.	06-28
Lane, Martha J.	06-09	Dever, Nancy L.	06-20	Rickard, Virginia	06-28
Rutschilling, Thomas	06-09	Smith, Lou Ann	06-20	Blain, Jean	06-29
Shrewsbury, Cathy	06-09	Lindig, John	06-21	Graves, Karen	06-29
Gregg, William	06-10	Meade, Carol	06-21	Barnes, Joe	06-29
Adams, Carol	06-10	Cowne, Patricia	06-21	Finney, Kenneth	06-30
		Simpson, Mary			
Kennell, Jane	06-10	Kay	06-22	Wiseman, Kenneth	06-30
Barnes, Linda	06-10	McCarty, Roberta	06-22	Morgan, Marsha	06-30
Stapleton, Betty A.	06-11	Headings, Clara	06-23		
Elbin, Helen Z.	06-11	Stuthard, Tony	06-23		

**remembering you
on your special day..
happy birthday !!**

CONTACT THE CENTER AT 740-852-3001

Cooks Corner with Joanna

I have read many diet cookbooks over the years, in fact I read a lot of cookbooks period. But Weight Watchers recipes have always impressed me for many reasons. The food looks good, it tastes good and it is good for you. It is diabetic friendly as well as weight loss friendly. This is a really good appetizer for parties as well.

Stuffed Summer Squash

- 2 Large (1/2 pound) yellow or zucchini squash
- ½ teaspoon salt
- 1 ½ teaspoon canola oil
- ¾ pound of ground sirloin or ground round
- ½ cup of chopped onion
- 3 cloves of fresh garlic
- ½ teaspoon of Italian seasoning
- ¼ cup of chopped black olives
- ¼ cup of fat-free sour cream
- 3 tablespoons of plain dried bread crumbs

Cut each squash in half lengthwise. With a small spoon, scoop out and discard most of the flesh, leaving a ¼ inch border all around. Place the squash halves on a microwavable plate, sprinkle the insides with salt and cover loosely with plastic wrap. Microwave on high for 2-3 minutes until squash is tender but still holds its shape, set aside.

Meanwhile, preheat the broiler and line a baking sheet with foil. Heat the oil in a large nonstick skillet over high heat. Add the beef, onion, garlic, and Italian seasoning and cook, breaking up the meat, until no longer pink, about 4 minutes. Stir in the olives, sour cream and 2 tablespoons of the dried bread crumbs.

Mound the beef mixture in the squash halves and sprinkle the tops with the remaining bread crumbs. Broil 5 inches from the heat until the tops are browned, about 2 minutes.

Per serving: (1 squash half per serving) Calories 201, Fat 8 grams, 3 gram saturated fat, no trans fat, 49 milligrams Cholesterol, 465 mg of sodium, 13 grams of carbohydrates, 19 grams protein, 75 milligrams of Calcium. And if you follow Weight Watchers point system, Point Value is 4.

Care and Use of Cut Flowers

Tuesday, June 21, 2016 9:30 a.m.

At the Madison County Senior Center

Summer is drawing near and the flower gardens will soon be teeming with flowers. There will be plants to repot and cut flowers ready to adorn the interior of our homes.

My name is Jim Donohoe and I have spent over 30 years as a florist which includes approximately 15 years of greenhouse work. I am offering to share this information and experience with the members of The Madison County Senior Center.

For more information or to list your name for attendance, contact the office at the center, 740-852-3001.



Welcome New Members

Larry & Susan Gessel	Joan DeBord
Marsha Hannah	Marsha Morgan
Doug Morgan	Richard Payne
Richard Day	Willie Coburn

Answers to Do You Know??? On page 5

- | | |
|------------------------|---------------------|
| 1. Edvard Munch | 5. Shel Silverstein |
| 2. Mrs. Hudson | 6. Aluminum |
| 3. Catherine of Aragon | 7. Karen Bixen |
| 4. Handel | |

SNIGLETS: ANY WORD THAT DOESN'T APPEAR IN THE DICTIONARY BUT SHOULD!

Yotate-To allow a yo-yo to unwind itself.

Vacation Elbow-A condition that suddenly develops in a father's arm during a vacation trip that allows him to reach out and slap you from incredible distances.

Tubswizzle-To slide oneself back and forth in the bathtub in order to mix the too hot water with the cooler water.

Spudrubble-Unclaimed French fries at the bottom of a fast food bag.

Grins and Giggles

Q: What do you call a French guy in sandals?

A: Phillipe Phloppe



Our first day at a resort my wife and I decided to hit the beach.

When I went back to our room to get something to drink, one of the hotel maids was making our bed.


I grabbed my cooler and was on my way out when I paused and asked, "Can we drink beer on the beach?"

"Sure," she said, "but I have to finish the rest of the rooms beforehand."

Our two year old cousin scared us one summer by disappearing during our lakeside vacation. More than a dozen relatives searched the forest and shoreline, and everyone was relieved when we found Tommy playing calmly in the woods.

"Listen to me, Tommy," his mother said sharply. "From now on when you want to go someplace, you tell Mommy first, okay?"

Tommy thought about that for a moment and said, "Okay, Disney World."



Madison County Senior Citizen's Center, Inc.
280 W. High St., London

Tobacco Free Facility
(Smoking Break Outside)

Wednesday 7:00 PM
Coverall Jackpot
Progressive Games
Smokin 888



Public Invited.

London Public Library
Remember the Library on Election Day!

Visit www.mylondonlibrary.org/ballot

- Educational Events for all Ages
- Online Services/Computers
- Summer Concert Series
- Newest Books
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9 East First St., London, Ohio 43140
Office: (740) 852-6446 - Fax: (740) 852-6445



**Friends of
Madison County
Parks & Trails**
P.O. Box 308
London, Ohio 43140

WWW.FMCPT.com
Memberships Individual \$10
Family \$ 20 Sponsor \$50
Registration Form on Website
E-mail FMCPT@columbus.rr.com

Support:

**The Madison
County
Park District**

GET INVOLVED



You won't **know**
if you don't **go**.

Schedule a mammogram and
**fight for
your health.**

CURE
YOUR FEARS

Schedule your annual mammogram at no
out-of-pocket cost. **Call and make your
appointment today: 740-845-7100.**

madisoncountyhospital.org

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280 West High Street
London, Ohio 43140
740-852-3001

June 2016

Dated Material



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
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
Ben Gilliam, Substitute Driver

Or Current Resident

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.

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.

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.