

Golden Times

November 2019

Issue XI

Madison County Senior Citizens Center



Find the



hidden inside this newsletter. When you find the football call the center at 740-852-3001 by Friday, November 15th 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 candy corn was on the front page.

Congratulations to Cheryl Crabtree, the lucky winner!

CLOSING

The Center will be closed November 28th and 29th for the Thanksgiving

Holiday.

**HAPPY
THANKSGIVING!**



2019 Governing

Board Members

Donna Sheridan-President

Jerry Tompkins- Vice President

Shirley Witwer-Secretary

Eilene Duncan

Sharon Manion

Loretta Anthony

Steve Saltsman

Happy Thanksgiving

Salutations! It is October 23rd^d as I am writing this and we have a very busy November ahead of us, so get your calendars out, here we go. First up we're hosting our 6th annual Holiday Craft Bazaar on Saturday, November 2nd, 9:00 a.m. to 2:00 p.m., our Veteran's Day program on Monday, November 11th, our annual Thanksgiving Lunch on Wednesday, November 20th. Whew busy month...Remember the center is closed on November 28th & 29th for Thanksgiving.

I have an idea for the New Year to run by you, I would appreciate some feedback. I would like to start a Tuesday morning breakfast club for the gents. The ladies already meet here in the mornings for exercise and a little social time after, of course the men are always invited to participate in those activities too, but I don't see many of you so I am trying to come up with another morning activity so our members can use the center more often. Of course ladies you are invited as well. It would be every Tuesday at 8:00 a.m., we would serve a different breakfast menu and will provide a monthly menu in the newsletter for you, the price will depend on the menu for that day, and it will never be over \$5.00. I would like your thoughts on the time and menu ideas or are you even interested in this idea.

Well how nice does the side lot look!! We had liver & onions at the café, on birthday Monday, along with a billiards tournament going on, euchre on Monday's and the mystery lunch trip, my point is, it was a busy place and the additional parking sure came in handy. Some have asked how we paid for the new parking area, well we used bingo funds, and we had a generous \$5000 donation from a long time member to help with toward the cause. As I have mentioned so many times, we couldn't do what we do without our members continued support and generosity. I can never say thank you enough.

Our volunteer snow birds are 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!

And I can't believe I am saying this already, but I am...Blessings to you and your families as we start the holiday season.

Misty



Lots going on here in October! Above we have the Adult Day Center and the cute scarecrow craft they made. Also above is the ADC with a visiting puppy! So cute! Thanks to Kevin Summers for bringing it in.

Below left we have the Cedarville Nursing Students and their presentation on Arthritis. We had a lot of folks come in for this class. We love the Wednesdays when Cedarville students are here.

Photos below center and right are from our Snooty Fox shopping trip. There were 50 women and 1 husband. So much fun and a lot of great bargains found. Watch the newsletter for the date you can call in to sign up for the next Snooty Fox trip! We have been doing this trip twice a year for at least 6 years and always fill the bus.



Left: The Health Department came and administered flu shots to over 40 people. This is Marvin Conley way over reacting to his injection! He did survive!

Right: Senior Center member and Vietnam veteran Richard Hout (left) traveled with Honor Flight on October 19th. This picture was taken at John Glenn's grave in Arlington Cemetery. Thank you to all veterans for their service!



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-

High Euchre Score

9-23-19 Burt Scott 71

9-30-19 Karen Shaw 67

10-7-19 Skip Fout 61

10-21-19 Dave Maharrey 78

High Bridge Score

9-25-19 Evelyn Sullivan 2830

10-2-19 Betty Cummins 5020

10-9-19 Betty Cummins 6210

10-16-19 Mary Locke 4890

10-23-19 Jerry Cummins 4240



Welcome New Members

Tim and Regina Bogenrife

Mary Locke Ruth Jones

David Kellough

Sally Blair

Andy Anderson

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

Wednesday:

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

9:00 a.m.—Chair volleyball No volleyball November 20

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

10:30 a.m.—Aerobics/Strengthening Class No class Nov. 20

12:05 p.m.—Bridge

1:15 p.m.— Yoga No class November 20

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

Thursday:

9:00 a.m.—Chair volleyball

9:00 a.m.—Fun Bingo November 7th and 21st

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

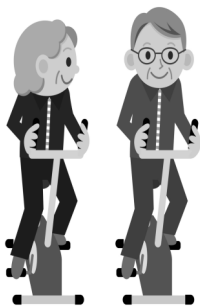
Friday:

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

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

10:00 a.m.—Chimes November 1st and 15th

1:00 p.m.—Free Movie and Popcorn at the senior center. See what is playing on page 10. NO movie on November 1st



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.

UPCOMING DAY TRIPS!!

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. The \$18 fee you paid goes for your show ticket and your van fee. Dinner is on your own before the show at Planks. We will leave the Center at 5:00 p.m.



COLUMBUS BLUE JACKETS! - Tuesday, November 19th. Columbus Blue Jackets take on the Montreal Canadians 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.

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

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

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, 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.

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

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

Multi Day Trip meetings

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. We will be going over departure time for the trip and many other details.

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.

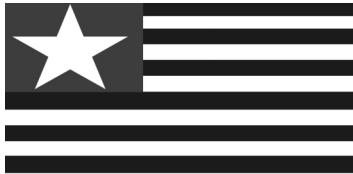
Mid-Atlantic Rail Adventure and Washington D.C. Tour—October 20-23, 2020. \$999 per person, double, \$1,279 per person, single. This trip includes motorcoach transportation 3 nights lodging, 3 breakfasts and 2 dinners, all sightseeing & admissions, baggage handling, gratuities for city guides & porters, 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.

Veterans Day Program

Monday, November 11

Noon at the Senior Center

Come and help us honor them!



Veteran's Photos

Check out our November display case for pictures of our senior Veterans.

If you haven't brought in a picture it's not too late. Just bring them to the Center's front office.

Madison Co. Senior Citizens Center 6th Annual Holiday Craft Bazaar

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

Free Admission

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!

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



Get your Medicare questions answered!

November 21st

Call the Center for an appointment at 740-852-3001

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 will be at the Center and will provide free information and assistance that can help you sort out the details and make informed decisions.

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

1:00 P.M.

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

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

Come listen, play games and win prizes.

See you there! 😊



Why I Like Retirement!

Question: How many days in a week?

Answer: 6 Saturdays and 1 Sunday

Question: When is a retiree's bedtime?

Answer: Two hours after falling asleep on the couch

Question: How many retirees does it take to change a light bulb?

Answer: Only one but it might take all day.

Question: What's the biggest gripe of retirees:

Answer: There is not enough time to get everything done.

Question: Why don't retirees mind being called Seniors?

Answer: The term comes with a 10% discount.

Question: Among retirees, what is considered formal attire?

Answer: Tied shoes

Question: What is the best way to describe retirement?

Answer: The never ending Coffee Break

Question: Why are retirees so slow to clean out the basement, attic or garage?

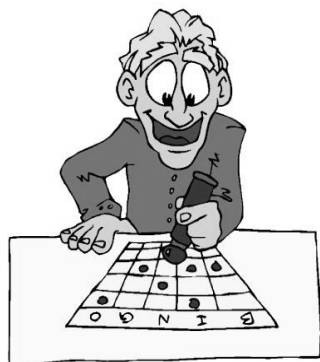
Answer: They know that as soon as they do, one of their adult kids will want to store stuff there.



B O W L I N G	Andrix, Barb	98	Florence, Phil	120	Herman, Cecil	105	Potocki, Dave	149
	Cameron, Brenda	120	Garver, Carolyn	131	Johnson, Charlie	147	Ridolfo, Linda	148
	Cameron, Carol	131	Glass, Duane	184	King, Carl	165	Sheridan, Ray	178
	Cameron, Richard	120	Gordin, Barb	116	King, Karen	129	Threlkeld, Larry	119
	Conn, John	141	Hackworth, Jane	120	Link, Bill	136	Venrick, JR	154
	Cooper, Barb	99	Hackworth, Paul	150	McDonley, Dolly	87	Weisman, Deb	87
	Cwiekalo, Bert	135	Hardin, Jim	124	Noble, Gene	111		
	Florence, Barb	93	Hastings, Judy	122	Pickens, Ann	103		



WEDNESDAY NIGHT BINGO IS BACK!
WEDNESDAY, NOVEMBER 6TH 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

Adult Day Center

In October we celebrated 2 birthdays, Natalie Kitzmiller and Betty Crosbie.

Our Holiday Craft Bazaar on November 2nd is approaching fast. Please come to visit us at our table. All of our proceeds benefit the Adult Day Center. Thank you in advance.

As always we appreciate your support and donations. Thank you Cricket Lindsey for the donation of mesh for the Craft Bazaar. We have been making some really nice crafts for fall and having fun doing so. See page 2 for an example.

Have a safe and happy Thanksgiving.

From Beth, Jeanna and all of our wonderful volunteers!



3 Easy ways to support the Center!



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

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

smile.amazon.com/ch/31-1195151.

Use your usual Amazon login and it will automatically send 0.5% of your purchases to the Center.

Planned Giving—What is it about? It means you are planning to give a gift later. It is a plan that you put in your will, an item that is worked out with your family and attorney. From time to time, the Senior Center receives such gifts. Whether these amounts are small or large, they are extremely important.

If you would like more information, please contact Misty Bradley, Executive Director, at 740-852-3001. Your call or meeting is strictly confidential. This is one of the easiest ways to leave a legacy to the Senior Center.

Required Minimum Distribution from your IRA—If you are 70 1/2 or older and have an IRA, you know that each year you must take your Required Minimum Distribution (RMD). But did you know that you can make a transfer directly from your IRA to a charity of your choice and the contribution is not taxed? You can give up to \$100,000 from your IRA to a charity and it will be counted towards your RMD but isn't included in your adjusted gross income. If you want further information on how you can make a gift to the Senior Center from your IRA, please contact your financial advisor.

Rays of Hope For Seasons of Life Support Group

Tuesdays at 1:30 p.m.

At the Madison County Senior Center

With thankful hearts the support group meets and love to be with those of like minds. Often when a loved one dies we need to find new friends, this is one way to fulfill that need. There will be some times in November and in December that will find the group shut down. If you are unsure feel free to call the Center at 740-852-3001. More will come later as we approach a new year. Spend time thinking about what you might try to help the isolation and lonely days.

Questions, call:

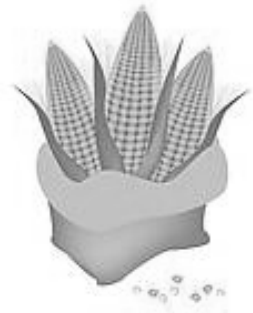
Donna Wharton Care Counseling

cell -740-490-5936

In the Kitchen with Joanna

Cajun Corn Soup

- 1 cup chopped onion
- 1 cup chopped green pepper
- 1/2 cup vegetable oil
- 1/2 cup flour
- 3 cups water
- 2 packages (10 oz.) frozen corn
- 1 1/2 lbs. smoked sausage, sliced into coins
- 3 cups fully cooked ham, diced
- 1 16 oz. can stewed tomatoes
- 2 cups of chopped fresh tomatoes
- 1/8 tsp. cayenne pepper
- Salt to taste



In a Dutch oven sauté onion and pepper in oil till tender. Stir in flour until bubbly. Gradually add water, bring to a boil. Add remaining ingredients and stir to mix well. Reduce heat and simmer at least 1 hour, stir occasionally.

OSU Raffle

We are raffling off 4 very nice framed Ohio State pictures and a cute Ohio State purse. They are on display in our hall show case.

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.



November 1	No Movie Today due to Holiday Craft Show set up		
November 8	They Shall Not Grow Old	Military Drama	R, 2019
November 15	The Field of Dreams	Kevin Costner, Amy Madigan	PG, 1989 Drama
November 22	The Cowboys	John Wayne, Bruce Dern	PG, 1972 Classic Western
November 29	No Movie, Closed for Thanksgiving holiday		



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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

Happy Thanksgiving

As we gather around the table today to share what we are GRATEFUL for with one another, we must remember that we are called not just to SPEAK words of gratitude, but to LIVE and WALK by them! Because it's not what we say about our BLESSINGS, but how we USE THEM, this is the TRUE measure of our THANKSGIVING!!

www.LeeAnneLocken.com



November 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

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.