

# Golden Times

April 2018  
Issue IV

## Madison County Senior Citizens Center



Find the



hidden inside this newsletter. When you find the kitten, call the center at 740-852-3001 by Friday, April 20th 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 shovel was found on page 1.

Congratulations to  
Sharon Farley, the lucky  
winner!

### LOTTERY TREE

#### RAFFLE

Get your raffle tickets at  
the Center front office.

1 for a \$1 or 6 for \$5

Drawing April 30th

#### 2018 Governing

##### Board Members

Donna Sheridan-President

Jerry Tompkins-Vice President

Shirley Witwer-Secretary

Jean King Eilene Duncan

Sharon Manion

Loretta Anthony

Steve Saltsman



Well, here it is the first full day of spring and Mother Nature has thrown us a curve ball in the shape of a snow ball. Thankfully we didn't get quite as much as they called for, but everything is still white and very pretty.

Spring weather will be here before we know it and there are a lot of fun trips planned for spring and early summer. I wanted to mention The Wilds trip in June, we have a few going on the trip that will be seeing the park from a zip line. Maybe zip lining is on your bucket list, don't miss the opportunity. After all, it may be your only chance in life to get goosed by a giraffe as you're swinging by. Now how many people can say that?

I was sitting in my office yesterday listening to someone using the elliptical machine in the exercise room, now I'm sure you are saying to yourself, self, how is Misty hearing someone using the elliptical machine, does she have bionic ears. The answer is no, I don't have bionic ears. The reason I can hear it is that it squeaks terribly, we need a new elliptical machine. I felt bad for the person using it and a little embarrassed for us. The exercise room is a busy space and we could use another treadmill as well. So here is my shameless plea, if you would like to donate toward the cause and help us purchase a couple new pieces of workout equipment, we would be extremely grateful. Good exercise equipment is pricey and anything would help. Sorry, the last couple months I have been asking for money, it takes a lot to keep this place going, things get old and need replaced. Thank you.

We are gearing up for the Volunteer dinner on April 13th, invitations have been mailed. If you have volunteered in the past year and don't receive an invitation, please let us know, we don't want to miss anyone. We have great entertainment lined up, a very funny duo and no it isn't the twins again this year and a nice menu planned. Our volunteers are so important to the success of the center, the dinner is our way of saying thank you for all you do.

Thank you for the laughter I hear every day and thank you to everyone that volunteers at the center every day!

*Misty*



Left: Some of the crowd for February's Birthday Monday lunch enjoying Beef and Noodles and Birthday Cake. Our Pianist that day was Mt. Sterling resident and florist, Ralph Ross. He did a fantastic job playing a variety of show tunes and also religious medleys.



Fun in 2  
words....  
Chair  
Volleyball!!



Celebrations!! The Adult Day Center celebrated Diane Elam and Lucille Harris' birthdays.

Also for St. Patrick's Day we had some wearing of the green by our kitchen staff Joanna and Steve, Beth from ADC and volunteers Donna Sheridan and Tom Lawrence.

Dale Wheeler and Barb Andrix got into the Irish Spirit too!







### **High Euchre Score**

2-26-18 Charles Peters 67

3-5-18 Ray Haggitt 70

3-12-18 Charles Peters 77

3-19-18 Sharon Reynolds 75

### **High Bridge Score**

2-28-18 Evelyn Sullivan 6500

3-7-18 Mardi Hanford 3970

3-14-18 Doug Pyles 4830



## **Rays of Hope for Seasons of Life Support Group**

Seems like the months are flying when we look back. When living them they move very slowly; that is why being active will help our mood plus we meet and become acquainted with many like minded people. Please come and see if this is just what the doctor and family have encouraged you to try.

The Support Group meets every Tuesday at 1:30 p.m. unless the Senior Center is closed.

Questions?

Call Donna at the number below or email.

dmwharton342@yahoo.com

740-490-5936

## **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.

### **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

5:00 p.m.- Beginner Line Dancing

6:00 p.m. - Advanced Line Dancing

### **Wednesday:**

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

9:00 a.m. - Chair volleyball

9:30 a.m. - Woodcarvers

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

12:05 p.m. - Bridge

1:00 p.m.- Yoga

2:00 p.m.- Diabetes and Weight Loss Support Group  
meeting April 4th, 18th, 25th.

### **Thursday:**

9:00 a.m. - Chair volleyball

9:00 a.m.– Fun Bingo April 5th and 19th.

### **Friday:**

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

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

10:00 a.m.- Chimes April 6th and 20th

1:00 p.m.- Free Movie and Popcorn at the senior center. See what is playing on page 4.

**Fitness room open everyday Monday through Friday**



## UPCOMING DAY TRIPS!!



**QUILTERS ONE STOP SHOP HOP IN DAYTON-Friday, April 6th.** Fee for van transportation is \$5 and pay your own \$5 entry fee at the door. Lunch is on your own at the show. Leaving the center at 8:30 a.m.

**APRIL MYSTERY LUNCH-Wednesday, April 11th.** Van fee is \$5. We will leave the center at 10:30 a.m. This one sounds really good! And they have breakfast all day too!

**SNOOTY FOX THRIFT SHOPPING-Friday, April 27th.** Please pay your trip fee if you have not done so! We will leave the Senior Center at 9:00 a.m. and visit 5 Snooty Fox stores, receive free snacks, beverages and wine throughout the day. We get discount coupons to use at the stores! Trip fee is \$25 motor coach transportation. Lunch is on your own. The coach is full but you can call to be put on the waiting list.

**MAY MYSTERY LUNCH-Friday, May 11th.** Note new date!! Van fee is \$5. We will leave the center at 9:00 a.m. Besides lunch we will be visiting a bakery, Amish store and a stop for cheesecake.

**WRIGHT PATTERSON AIR FORCE MUSEUM-Thursday, May 31st.** Van fee is \$5. We will leave the center at 9:00 a.m. Something new—The B 17F Memphis Belle will be on display. Admission is free. Everyone will be on their own for lunch at the museum. We will plan to leave to come home at 1:30 p.m.

**THE WILDS –Friday, June 15th.** **Fee due by May 1st!!** See all the details on page 7 of this newsletter.



**BLOOMS & BUTTERFLIES-Thursday, June 21st.** Join us on the first day of summer to visit the Franklin Park Conservatory. Fee for this trip will be \$15. We will leave the center at 9:15 a.m. At the conservatory we will be on our own to browse through the gardens and tour the butterfly room. At 11 a.m. there will be a butterfly expert to answer questions and you will be able to watch some of the newest butterflies be released. Painted Lady caterpillars are available in the Gift Shop for you to take home and release when they hatch. Lunch will be at the Garden Café at the conservatory and there will be an ice cream stop on the way home.

**ANNIE AND DRIVING MISS DAISY AT LACOMEDIA— July 5th and August 30th.** See page 7 for more details!

**\*\*\*\*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, April 2, 2018**

**Ding Ho**

**120 Phillipi Road**

**Columbus, OH 43228**

Vans leaving the center at 5 p.m. and arrive at the restaurant at 5:30 p.m. Thank you!

**Monday, May 7, 2018**

**Starliner Diner**

**4121 Main Street**

**Hilliard, OH 43026**

Vans leaving the center at 5 p.m. and arrive at the restaurant at 5:30 p.m. Thank you!

## Overnight Trip Information

Final meeting for Ark Encounter trip is Monday, May 7th at 1 p.m.

**The Ark Encounter– May 17-18, 2018 Balance due by April 6, 2018.**

**Philadelphia Freedom Tour– September 5-8, 2018** Three nights, 4 days, admission to Independence Hall, The Liberty Bell, American Revolution Museum, Gettysburg Battlefield tour, tour of Philadelphia and Amish Country, QVC Studio Tour, Flight 93 Memorial. Deposit is \$100 and half of balance due by April 1 and the **fi-nal payment due by July 1, 2018**. Double-\$749 pp, single-\$899 pp and triple-\$699 pp. Travel insurance available. Send your payments for this trip to Prime Tours, 7177 Dublin Road, Dublin, OH 43017.

**Canyonlands of Arizona & Utah—September 10-18, 2018** Nine days, 8 nights, round trip air fare, motor coach & rail transportation, 11 meals, 8 nights hotel lodging, entrance fees and baggage handling, gratuities for local guides and porters. Deposit of \$250 by March 16, 2018 will reserve your seat with the balance due by June 8, 2018. \$2,599 pp/Double, \$2,549 pp/Triple, \$3,099 pp/Single.

**2019 Alaskan Cruise 2019-September 9-18, 2019** 2019 Nine night, 10 day tour & cruise. Includes a night in Seattle before the cruise and a night in Vancouver post cruise, flight from Columbus to Seattle and return from Vancouver, transfers in Seattle & Vancouver, all meals on board the Carnival Legend, cruise highlights include Tracy Arm Fjord, Skagway, Juneau, Ketchikan, choose your own excursions. **Estimated** flight, air and cruise \$2725 pp double interior, \$3425 pp double balcony, \$3625 pp single interior. **Deposits were due by February 22nd.** If you are still interested, please call the center and we can check to see if there is still room on the trip. Final payment due by June 1, 2019.

### Showcase Displays

**April: Juanita Coulson will share a display of books about disasters. She says not only are the books interesting to read but the covers are as well.**

**Also Vicki Victor will have a beautiful Easter display for our enjoyment.**

### FOOT CARE

Call the center to make an appointment with Heather, a state licensed, certified foot care nurse. Fee for this service is \$30, cash or check.

**740-852-3001**



## Adult Day Center News

Welcome Spring! We would like to give a warm welcome to our newest volunteer, Janet Mason. She will be joining us on Thursdays. Never do we want to forget our other great volunteers, Bonnie Radcliff and Sandy Darlington.

Thank you to all who have made donations in a lot of different ways: from Bingo prizes to delicious snacks and just lending a gentle hand when needed. Our wonderful Quilters made us two fidget pads and they are very nice. Marilyn Henry, Linda Zimmerman, Louise Holbrook and Barb Gordin thank you for your generosity! We celebrated Lucille Harris's birthday this month.

Coming up we are looking forward to some outdoor time and fun. We will also be celebrating Ruth Dever's and Bonnie Radcliff's birthdays in April. We hope everyone has a safe and happy Easter.

Beth, Pam and Jeanna



**Free  
Popcorn!**

## Friday Cinema



**April 6—Darkest Hour-PG-13 2017 Gary Oldham, Kristin Scott Thomas *Drama***

**April 13—No Movie Today. Setting up for Volunteer Dinner**

**April 20—Jumanji, Welcome to the Jungle-PG-13 2017 Dwayne Johnson, Kevin Hart, Jack Black *Action***

**April 27-Steel Magnolias-PG 1989 Sally Field, Dolly Parton, Julia Roberts *Drama***

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

## LaComedia 2018!

We are going to see a couple of great shows this year! We will be attending Annie on July 5th and Driving Miss Daisy on August 30th.

**Annie** is America's favorite cartoon sweetheart and is one of the most popular Broadway shows of all time. It is a delightful mix of villains, cute little girls, gangsters, presidents, billionaires, butlers and bums. Glowing with carefree dances, gentle humor and music such as It's the Hard Knock Life and its theme "Tomorrow".

**Driving Miss Daisy** is the 1988 Pulitzer Prize winner and highlights the unlikely relationship between an aging, crotchety white Southern lady and a proud, soft-spoken black man. The two become close in a humorous and beautiful journey of friendship when Daisy wrecks her car and must rely on the services of a chauffeur.

We have reserved a limited number of seating for each show. Cost per show is \$65 which includes motor coach transportation, a great show, and fabulous buffet lunch including dessert, coffee, tea and milk. Server and driver tips are not included.

**Reserve your seat** by putting \$35 down per show you wish to attend, with the balance due for Annie by May 25th and balance due for Driving Miss Daisy by July 23rd. Or you may, of course, pay in full at the time you sign up.

## The Wilds! Friday, June 15, 2018

**Open Air Safari Tour-\$55 or Zipline Tour-\$79** **Due by May 1!!**

**Fees include motorcoach transportation**

Come with us for an open air tour featuring giraffes, rhinos, ostriches, camels, cheetah, zebra and more! We will leave the center at 9:00 a.m. traveling by motorcoach. We will be doing the open air safari tour or you can choose a zip line tour. When you sign up you may order a sack lunch from our kitchen **for an additional \$5.** Please let us know if you would like turkey or ham sandwich. It will come with chips, cookie and water. We will be making a brief rest stop along the way at a McDonald's, so you may purchase food there if you like or you can pack your own lunch. We will eat our lunches on the bus. Our tour is scheduled for 12:30. Sign up soon!



## Volunteer Appreciation Dinner

Friday, April 13th

Dinner will begin at 5 p.m.

Come for a great meal and fun entertainment! Don't forget to call in your RSVP to the center, 740-852-3001. If you did not receive an invitation and you think you should, please call the center so that we can check our records and get an invitation out to you.



## Irish Soup

2 Tablespoons butter  
1 chopped onion  
4 cups chicken broth  
2 stalks chopped celery  
4 medium potatoes  
1 tbsp. lemon juice  
2 tsp. sea salt  
4 cups chopped cabbage  
1 cup light cream



## In the Kitchen with Joanna

In a large saucepan, melt butter, add onion and cook until tender. Add chicken broth, celery and 2 potatoes, peeled and sliced. Cover and cook for 30 minutes. Pour all the cooked ingredients into a blender and process until smooth. Return to pan and add remaining diced potatoes, lemon juice and salt. Add cabbage, cover and cook 30 minutes or until the potatoes and cabbage are tender. Add cream and heat.

## Here's Your sign!

A sign in a shoe repair store in Vancouver reads:

We will heel you

We will save your sole

We will even dye for you.

\*\*\*\*\*

A sign in a Podiatrist's office: "Time wounds all heels."

\*\*\*\*\*

A sign on a Septic Tank Truck:

Yesterday's Meals on Wheels



A sign at an Optometrist's Office: If you don't see what you're looking for, You've come to the right place.

\*\*\*\*\*

A sign on a Plumber's truck: "We repair what your husband fixed."

\*\*\*\*\*

Sign on another Plumber's truck: "Don't sleep with a drip. Call your plumber."

\*\*\*\*\*



A sign at a Tire Shop in Milwaukee: "Invite us to your next blowout."



<b>B</b>	Judy Hastings	117	Bill Link	132	Carolyn Garver	136	Brenda Gonzalez	120
<b>O</b>	Karen King	135	Larry Threlkeld	122	Beverly Evans	136	Barb Florence	96
<b>w</b>	Carl King	163	Paul Hackworth	154	Dave Anders	120	Carol Nafzger	124
<b>L</b>	Barb Gordin	121	Charlie Johnson	150	Barb Cooper	88	Ray Sheridan	161
<b>I</b>	JR Venrick	1161	John Conn	148	Cecil Herman	101		
<b>N</b>	Barb Andrix	101	Gene Noble	109	Jim Harden	120		
<b>G</b>	Duane Glass	181	Valerie Mabra	136	Joe Brohard	109		



# *April Birthdays*

Patron	Birthday	Patron	Birthday	Patron	Birthday
Seaman, Leora	04-01	Meade, Richard	04-10	Stewart, Lila	04-20
Shepherd, Beth	04-01	Perry, Bonnie	04-10	Lane, Donald	04-20
Arrasmith, Glenn	04-01	Follrod, Phyllis	04-11	Saupe, Margaret	04-20
Dever, Ruth M.	04-02	Hysell, David	04-12	Wolpert, Marvin	04-20
Torbett, Zuma	04-02	Gates, Patty	04-12	Finchum, Allen	04-21
Watkins, Audrey	04-02	Baxter, Juanita	04-12	McCombs, Darla	04-21
Lewis, Wilma	04-02	Komives, Marty	04-12	Komives, Mary	04-22
McCarty, Sandy	04-02	Porter, Howard	04-12	Walker, Gary	04-23
Harden, Johnetta	04-02	Radcliff, Bonnie	04-13	Hanna, Jeannette	04-23
White, Franklin	04-02	Day, Mary K.	04-13	Vick, Ann	04-24
Davis, Elizabeth	04-02	Creameens, Lynn	04-13	Seaburn, Linda	04-24
Donohoe, James	04-03	Elzey, Evelyn	04-14	Williams, Delorise	04-24
Toy, Donna	04-04	King, Jean	04-14	Finchum, Jane	04-24
Crace, James	04-04	Finchum, Gary	04-14	Young, Timothy	04-25
Weimer, Linda	04-05	Crook, Randi	04-14	Simmons, Faith	04-25
Woodard, Beverly	04-05	McDonald, Letha	04-14	Florence, Barbara	04-27
Lemaster, Lonnie	04-05	Tatman, Wayne	04-14	Hicks, Norma	04-29
Leach, Janice	04-05	Amling, Barbara	04-15	Shaw, Martha	04-29
Bush, Mary	04-06	Martin, Ree	04-15	Mongold, Gloria	04-29
Nesser, Marion	04-06	Molt, Chester	04-16	Rayburn, Pat	04-30
Carter, Anne	04-06	Hix, Mary Lou	04-16	Salyers, Doris	04-30
Ditalia, Peter	04-07	Elam, Steve	04-16	Porter, Betty	04-30
Smith, Joe	04-08	Sherman, Mary	04-17	McCann, Dottie	04-30
Stonecipher, Timothy	04-08	Coil, Eileen	04-18		
Majka, Kay	04-10	Hayes, Patricia	04-19		

## *Happy Birthday!!*

### Welcome New Members!

Linda Duncan	Ronald Renauro	Lisa Vest	Everett Goodwin	Jill Smith
Sherry Skinner	Peggy Seaburn	Dale Siders	Mary Binns	John Rogers
J Dodds	Cheryl Reis	Ken Wamer	Edward & Elizabeth Kitchen	

## Heart Healthy Shopping For Seniors

1. Buy colorful fruits and vegetables. They are low in calories, high in vitamins, minerals and fiber. At least 5 servings per day is recommended.
2. Avoid buying high fat dairy or meat. Look for skinless cuts of lean meat. Ground meats should have less than 20% fat. Dairy products should also be 2%, reduced fat or less.
3. Buy plenty of nuts and high fiber foods to help lower blood cholesterol and keep you full. You can find fiber in fruits, veggies, beans and whole grain breads.
4. Consider frozen or canned fruits and veggies. They have the same vitamins and minerals in them as fresh. Choose unsalted or unsweetened varieties when possible.
5. Read nutrition labels. Most seniors need around 500 mg of sodium per meal or 1500 mg per day. If an item has more than 250 mg of sodium, you may want to search for a product that has less.

### Heart Healthy Senior: 7 Day Shopping List

- ☐ Tomatoes, cabbage, spinach, greens
- ☐ Apples, oranges, bananas, pears, peaches
- ☐ Frozen broccoli
- ☐ Frozen berries without added sugar
- ☐ Margarine and spreads without trans fats
- ☐ Vegetable oil (canola, olive, peanut, sesame)
- ☐ Light or fat free salad dressing and mayonnaise
- ☐ Fat free or low fat (1%) milk
- ☐ Fat free or low fat yogurt
- ☐ Cheese (less than 3 grams of fat per serving)
- ☐ 100% whole wheat bread
- ☐ Whole grains (brown or wild rice, barley, bulgar)
- ☐ Whole grain breakfast cereals (oatmeal)
- ☐ Seafood (fish and shellfish)
- ☐ Skinless chicken and turkey breast
- ☐ Beans, lentils and peas
- ☐ Eggs and egg substitutes
- ☐ Almonds



  
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 and all general pests**

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## Madison County Senior Citizens Center

## Dated Material

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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### April 2018



**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**

**Brenda Castle, Transportation Coordinator**

**Carolyn Wilson, Driver**

**Wayne Bricker, Substitute Driver**

**Betty Lawrence, Substitute Driver**

**Jeff Bricker, 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.