

Madison County Senior Citizens Center

Celebrating 50 Years!!

Golden Times

April 2026
Issue IV



April is National Volunteer Month, and I want to take a moment to say a heartfelt THANK YOU to our volunteers. The daily activities and services at the center would not be possible without our wonderful, amazing, remarkable, and extraordinary volunteers. We truly couldn't do any of this without you!

*It's not for money, it's not for fame,
It's not for any personal gain,
It's just for love of fellow man,
It's just to give a helping hand.*

*It's your reward in your heart,
It's a feeling that you've been a part,
of helping others far and near.
That makes you want to VOLUNTEER.*

Some of you may recall from previous newsletters that I mentioned one of my dreams: wouldn't it be incredible if everyone over 55 in Madison County were a member of the senior center? Now, obviously, that hasn't happened, yet, but if you are paying attention to the new member section in the newsletter, we are getting several new members every month. We are seeing more people enjoying the café, a growing number of members enjoying Friday afternoon movies, exercising, and participating in our daily trips. It's wonderful to see all the new members joining us. Please continue sharing information about our wonderful center with friends and neighbors, and share your newsletter!

We are currently working on new multi-day trips for next year. Although it may seem far away, it is already April, and we've completed one trip on the 2026 schedule. We are looking to add new destinations, places we haven't been to, as well as circling back to one trip that was canceled due to COVID. For our "big" trip, we hope to include a spectacular trip that you didn't even realize was on your bucket list! 😊 We will be adding the information to the newsletter trip section soon. Stay tuned!

We are delighted to announce that our new activity coordinator, Jessica, joined our staff on March 23. Janisse will be staying with us a bit longer to help train Jessica for her new role, and hopefully, she will still be here in the office from time to time. We knew this day was coming, Janisse's upcoming retirement, but I'm happy she will be here to help with Jessica's introduction, which will ensure a smooth transition for everyone. Please join us in welcoming Jessica to the senior center family!

Thank you for all the laughter I enjoy every day! I truly appreciate everyone who helps at the center—you're all amazing!

Misty



Find the Easter egg hidden in this newsletter. When you find it call the center at 740-852-3001 by Friday, April 10th and tell us where it is located. If correct, your name will be entered into a drawing to win 5 free lunches. Remember it may not be on a color page. Last month the ladybug was on the back page. Congratulations to Mark Erbaugh, the lucky winner!

STAFF SPOTLIGHT!



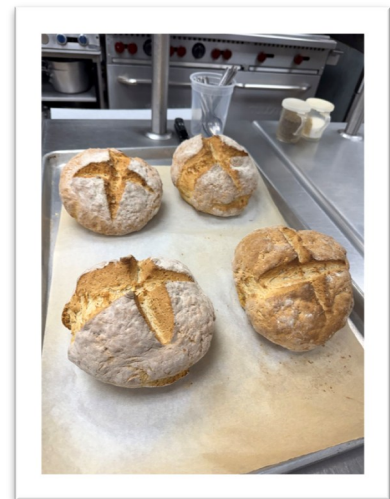
It is with mixed emotions that we announce the retirement of our beloved staff nurse, Ruth Kennedy, on May 1, 2026. We sincerely appreciate the dedication and care she has provided to our center members and the Adult Care Program over the past 25 years.


Ruth has not only served as our staff nurse but has also led various exercise programs, including strength training, yoga, tai chi, and line dancing. She has helped many members enhance their health by promoting exercise as an essential part of their healthy-aging journey and by serving as a positive role model.

We will greatly miss her kindness and her natural ability to care for others, and we wish her all the best in the future. Please take a moment to wish her well on her retirement. Thank you, Ruthie, for 25 years of service! With gratitude from Misty, the staff, and the members of the MCSCC.



Above: Our 2026 Pool Team. Front row from left: Paul Day, Scott Newberry, Jack Ray, Wayne Bricker, Martin Russell. Back row from left: Rick Butcher, Moose VanHoose, Hoss Mossbarger, Dick Payne, Jim Boyd, Martye Porter, Marc Stanley.



Above: For St. Patrick's Day we had homemade Irish Soda Bread! It was so good. So was the Corn Beef and Cabbage! We served 86 meals that day. 



Left: Many of the members are aware that the Madison Lanes bowling alley hosts us every Tuesday morning. All members are invited to bowl three games with shoe rental for a reduced price of just \$10.00. Some just bowl two games and that's even cheaper. Once a month the lanes are programmed so if you knock down 9 pins, it counts as a strike. And if you do the math and add your handicap in, a game over 300 is possible.

It's a fun league with bragging rights as awards. Everyone is invited regardless of your skill level. Come join the fun!



High Euchre Score

2-23-26 Bertha Hilsheimer 72



3-2-26 Skip Fout 96

3-9-26 Martha Parsons 91

3-16-26 Diane Burdett 83

High Bridge Score

2-18-26 Nancy Robinson 3850

2-25-26 Pat Baynes 4280

3-4-26 Jerry Cummins 5190

3-11-26 Bob Majka 3290

3-18-26 Jerry Cummins 3490

WEEKLY SCHEDULE

Monday:

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

1:00 p.m.—Hand & Foot Cards

4:00 p.m.—Euchre April 14th and 21st

4:00 p.m.-7:00 p.m.—Billiards, Workout Room Open.

5:00 p.m. Members Only Line Dance, April 7th and 28th

Wednesday:

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

12:00 p.m.—Bridge

1:00 p.m.—Yoga

1:00 p.m.—Hand & Foot Cards

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

Thursday:

1:00 p.m. Hand & Foot Cards

Friday:

10:00 a.m.— Tai Chi

1:00 p.m.—Free Movie and Popcorn at the senior center.



Welcome 33 New Members!

Norman Humphrey

Mary Childers

Mary Jo Browning

Robert Hackett

Robert Downing

Steve Yost

Janet Dennen

Ray Scharf

Philip Casella Juli Spaythe Michelle Read

Thomas & Patricia Brush

Warren & Vesta Erdahl

Paul & Mary Shaffer

Howard & Annette Maynard

Mary Spinks & Charles Potts

Judi & Mark Irwin

Janet & Kenzie Endicott

William & Cathy Manker

Betty & Lyman Dellinger

Kyeonghwa & Douglas Benton

Michael & Jean Barrett

2026 Governing Board Members

Donna Sheridan-President

Jerry Tompkins- Vice President

Loretta Anthony—Secretary

Sharon Manion Dennis Park Tom Lawrence

The Center's Fitness Room is open Monday through Friday, 8:00 a.m. to 4:00 p.m. and Tuesdays until 7 p.m.

We have 3 treadmills, 3 exercise bikes, a weight machine for upper body, 2 seated ellipticals, an ergometer, and hand weights.

Please wipe down the machines you use when you are finished. Thank you!



DAY TRIPS!!

April Mystery Lunch—Tuesday, April 14th. Trip fee is \$5 and we will leave the Center at 10:30 a.m.

April 88 Club—Wednesday, April 29th. Montgomery County. National Museum of the U.S. Airforce. Trip fee is \$5. **Vans will leave the Center at 9:00 a.m.** Admission is free. There is a charge for the Air Force Museum Théâtre, flight simulators, Launchpad Shop n Snack and Museum Store. You will be on your own to explore the museum at your own pace. We will have lunch at the museum, your choice of the Valkyrie Café or the Launchpad Shop N. Snack. We will leave the museum at 1:30 p.m.

May 88 Club—Tuesday, May 19th. Van fee is \$5 and admission fee is \$11. We will leave the Center at 9:30 a.m. and travel to Ross County to visit the historic Adena Mansion, Visit the 1807 hilltop home of Thomas Worthington, sixth governor of Ohio and one of Ohio's first United States senators. We will join a tour at 11:00 a.m.

May Mystery Lunch—Wednesday, May 27th. Trip fee is \$5. We will leave the Center at 10:30 a.m.

Snooty Fox Upscale Thrift Shopping Trip in Cincinnati/88 Club Hamilton Co.—Friday, May 29th. Trip fee is \$40. Payment is due by April 1st. We will leave the Center at 8:45 a.m. and return approximately 6 p.m. We go to 5 Snooty Fox thrift stores. They have clothing, home décor, furniture, jewelry, purses and shoes. You will have about an hour in each store. At the second stop you will also have time to grab lunch at a variety of restaurants in the area. **We will pass an envelope around the bus on the way home for our driver's tip.**

Elijah-Prophet of Fire Musical at Ohio Star Theater.—Wednesday, June 10th. Follow the journey of the incredible prophet Elijah as he stands against King Ahab and Queen Jezebel, the most wicked rulers of Israel.

Trip fee is \$109 and is due by May 1st. This includes your buffet lunch and tip at the Dutch Valley Restaurant, the play and motorcoach transportation. After the play, if time allows, you will be able to go next door and shop at Dutch Valley Gifts until 4:00 p.m. **We will leave the Center at 8:15 a.m. and return around 6-6:30 p.m. Also, we will be passing an envelope on the way home for the driver's tip.**

June 88 Club—Tuesday, June 16th. Union County Covered Bridges Tour. Trip fee is \$5. We will leave the Center at 8:30 a.m. Lunch will be at Roosters in Marysville.

June Mystery Lunch—Tuesday, June 23rd. Trip fee is \$5. We will leave the Center at 10:30 a.m.



LaComedia's Musical Come From Away! - Thursday, September 24th. Trip fee is \$60/van or \$53/drive yourself, due by August 1st. Your fee includes transportation, buffet luncheon and the play. Server tip is not included. *Come From Away* is a Tony, Olivier, and Drama Desk Award-winning musical based on the remarkable true story of 7,000 stranded passengers after the September 11, 2001 attacks. The production honors the 25th anniversary of 9/11 and the kindness shown by the small Canadian town of Gander, Newfoundland, which welcomed them. The story blends humor, heart, and music to show how cultures clashed and then found trust, friendship, and gratitude.

Delightful Dining

Delightful Dining is now on First Tuesdays!

Don't forget to call the Center and let us know if you plan to come, so we can give the restaurant an accurate count. Sign up early! Sometimes late reservations cannot be accommodated at the restaurants.

Tuesday, April 7th—Roosters, 120 Crossing Drive, Washington Courthouse, OH 43160. Van fee is \$5. We will leave the Center at 4:00 p.m. and arrive at the restaurant about 4:45 p.m. Let us know if you plan to drive yourself.

Tuesday, May 5th—York Steak House, 4220 West Broad Street, Columbus, OH 43228. Van fee is \$5. We will leave the Center at 4:00 p.m. and arrive at York about 4:30 p.m. Let us know if you plan to drive yourself.

When you sign up for a day 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 we are taking a motorcoach, the cost of the coach is not refundable within 30 days of the trip. 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!!**

Remember...you don't have to be a member of the Center to go on overnight trips. Tell your friends!

New York, New York!

June 15-18, 2026

Trip includes, Midtown Manhattan, Times Square, Broadway Musical, Statue of Liberty, Rockefeller Plaza, St. Patrick Cathedral, 911 Memorial and more!

Tour includes: Motorcoach transportation, 3 nights lodging in Manhattan, Broadway musical performance, 2 dinners, all sightseeing and entrance fees, baggage handling, tips for local guides & porters.

Tour Fares: A deposit of \$250 will secure your reservation. Double \$1799 pp, Triple \$1749 pp, and Single \$2599 pp.

Northern Ireland & Scotland

We have openings for this trip!

September 8-18, 2026

Trip includes: County Donegal, Belleek Pottery, Blue Stack Mountains, Giant's Causeway, Belfast City, Titanic Belfast, North Atlantic Ferry to Scotland, Alloway, Glasgow City, Fort William, Glasgow Cathedral, Ben Nevis Distillery, Isle of Skye, Loch Ness, Inverness, Edinburgh City, Edinburgh Castle, Spirit of Scotland Show, Sheep Dog Demonstration.

Tour includes, Round trip air transportation, deluxe motorcoach transportation, 16 meals-9 breakfasts and 7 dinners, 9 nights lodging, all sightseeing & admissions, baggage handling.

Projected Tour Fare: A \$500 deposit secures your reservation. Double \$6499 pp, Single \$8199 pp. We are not able to get airfare pricing yet. This is why the price is projected. **Final payment is due June 1st, 2026**

Christmas at the Biltmore

November 30—December 3rd, 2026



This trip is full but..... If we get enough people on our wait list, we may be able to add another motorcoach!

Trip includes Biltmore house & gardens, Biltmore Estate Winery, Blue Ridge Parkway, Candlelight Christmas Evening, Folk Art Center, Grove Arcade, National Gingerbread House display, Biltmore Village, Asheville City Tour.

Tour includes: Motorcoach transportation, 3 nights lodging, 3 breakfasts, 1 lunch and 2 dinners, all shows and admissions, baggage handling, tips for local guides & porters, professional tour manager.

Tour Fare is Double \$1199.00 per person, Triple \$1149 per person, Single \$1499 per person. A deposit of \$100 will hold your reservation. **Final payment is due by September 15th, 2026.**

Please consider getting travel insurance! You can get it from USI Affinity, listed below or you can look at other options such as AAA or other companies of your choosing. Most want you to get it within a couple weeks of your first deposit on a trip.

Optional travel insurance is available through USI Affinity Travel Insurance Services. Please call 1-855-874-0156 and provide the customer service representative with account number 50096.



"May I go through again? I'm trying to find something in my purse."

Adult Day Center

What crazy weather for March. Hopefully April will be calmer. Birthday wishes go out to Ruth D. on the 2nd. Bonnie R. on the 13th and Terry D. on the 22nd. Happy birthday to all you wonderful ladies.

We currently have openings for Adult Day Center. If anyone needs respite care, and socialization, please give us a call, maybe we can help. We need volunteers for Monday & Wednesday in ADC.

Again thank you to Janet Mason, Marilyn Henry and Chris Webb for providing us with doughnuts and treats. And thank you to Karen and Edie for the music you share with us on Wednesday afternoons.

Thank you to Bonnie for you crafting! Also to Sandy and Janet and Marilyn for all your volunteer work here with us.

Happy Easter!

Beth, Patsy, Regina and Debbie

SAVE THE DATE!!

Our Senior Fair will be Tuesday, May 12th from 9:00 a.m. to 1:00 p.m.

We have lots of vendors coming with a ton of information geared toward senior citizens. As always we will serve a free lunch (members only) on that day. Don't forget to sign up for the free raffle drawings!

Free Friday Movies at 1:00 p.m.

Members Only

April 3 – Wicked for Good – Cynthia Erivo – Ariana Grande – PG -2025 – Musical/Drama (Part II)

April 10 – Field of Dreams – Kevin Costner – Amy Madigan – PG – 1989 – Drama Baseball

April 17 – Maid of Honor – Patrick Dempsey – Michelle Monaghan – PG-13 - 2008 - Comedy

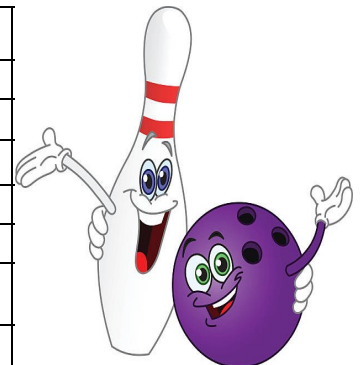
April 24 – Something the Lord Made – Alan Rickman – Mos Def – PG – 2004 – Real Life Drama



Bowling at Madison Lanes, Tuesdays at 10:00 a.m.—12:00 p.m.

B
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G


Binns, Mary	94	Hawkins, Don	169	Ridolfo, Linda	174
Bluhm, Fred	180	Kearney, Phil	90	Rowley, Jack	168
Burdett, Diane	139	Kidd, Roy	140	Rowley, Nancy	127
Conn, John	152	King, Carl	163	Stout, David	173
Eseman, Brenda	127	Krivicich, Dave	159	Weisman, Debbie	106
Glass, Denise	109	Miller, Charles	165		
Glass, Duane	212	Noble, Gene	133		
Goff, Terry	170	Pickens, Ann	128		



❖ The Café ❖

Open Monday thru Thursday ♦ 11:30 AM to 1:00 PM

APRIL 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 ROAST PORK STUFFING GLAZED CARROTS SIDE & DESSERT BREAD & BUTTER	2 TERIYAKI CHICKEN OVER GARDEN RICE BROCCOLI SIDE & DESSERT BREAD & BUTTER	3 CAFÉ CLOSED
6 HOT DOGS W/CHILI & CHEESE COLE SLAW POTATO CHIPS DESSERT	7 HAM, CABBAGE & POTATOES SIDE & DESSERT CORN BREAD	8 CHICKEN POT PIE VEGETABLE SIDE & DESSERT BREAD & BUTTER	9 Li'L CHEDDAR MEATLOAF AU GRATIN POTATOES VEGETABLE SIDE & DESSERT BREAD & BUTTER	10 CAFÉ CLOSED
13 JOHNNY MARZETTI ITALIAN GREEN BEANS TOSSED SALAD DESSERT GARLIC BREAD	14 CRACK CHICKEN BAKED POTATO VEGETABLE DESSERT BREAD & BUTTER	15 RUEBENS FRENCH FRIES SIDE & DESSERT	16 BEEF & NOODLES MASHED POTATOES VEGETABLE SIDE & DESSERT BREAD & BUTTER	17 CAFÉ CLOSED
20 <u>BIRTHDAY MONDAY</u> SALISBURY STEAK MASHED POTATOES VEGETABLE SIDE & DESSERT BREAD & BUTTER	21 SAUSAGE GRAVY OVER BISCUITS FRIED POTATOES SIDE & DESSERT	22 LAZARUS CHICKEN & BROCCOLI CASSEROLE TOSSED SALAD DESSERT BREAD & BUTTER	23 STUFFED PEPPERS KENTUCKY CORN BAKE DESSERT BREAD & BUTTER	24 CAFÉ CLOSED
27 MEATBALL SUB STEAK FRIES CUCUMBER SALAD DESSERT	28 SMOKED BLACK FOREST BACON SAUSAGE GREEN BEANS, RED SKINNED POTATOES DESSERT BREAD & BUTTER	29 CHICKEN STROGANOFF VEGETABLE SIDE & DESSERT BREAD & BUTTER	30 TURKEY, BACON CLUB SANDWICH ONION RINGS POTATO SALAD DESSERT	

PLEASE NOTE THAT ALL MENUS ARE SUBJECT TO CHANGE DUE TO AVAILABILITY OF PRODUCT

SOUP DAILY BOWL \$2.00 OR CUP \$1.50

ENTRÉE SALAD FOR THE MONTH

WEEK OF 03/30/26
 WEEK OF 04/06/26
 WEEK OF 04/13/26
 WEEK OF 04/20/26
 WEEK OF 04/27/26

CHICKEN SALAD/SALAD
 TERIYAKI CHICKEN SALAD
 TACO SALAD
 CHEF SALAD
 ITALIAN SALAD

Olympic Host Cities

L I W L E M H Y I P T O K Y O
 B S O M X E M T M X M E L B O
 E H C I N U M I A U E G O R T
 R N S M E X I C O C N M I S A
 L L O N D R L O A I R E M N M
 I O M M O T M C J T N A O V S
 N S D M A O R I R A N L Q M T
 H A E N S I E X J A E A B O E
 E N R U O B L E M C B A L N R
 L G B D L L D M R R R S M T D
 S E E E L O S A N G E L E S A
 I L O S I N B L A E R T N O M
 N E B R H E L O N D O N L E H
 K E S E O U L Q S N E H T A I
 I S I R A P Y E N D Y S R I O

- | | | | |
|-----------|-------------|-------------|----------------|
| Amsterdam | Berlin | Mexico City | Rio de Janeiro |
| Athens | Helsinki | Montreal | Rome |
| Atlanta | London | Moscow | Seoul |
| Barcelona | Los Angeles | Munich | Sydney |
| Beijing | Melbourne | Paris | Tokyo |

8	2	1	6	3	7	5	9	4
6	9	5	1	8	4	2	3	7
4	7	3	2	5	9	8	6	1
3	5	9	4	2	8	1	7	6
1	8	4	7	6	3	9	5	2
2	6	7	5	9	1	4	8	3
5	3	2	9	4	6	7	1	8
7	4	6	8	1	5	3	2	9
9	1	8	3	7	2	6	4	5

6	7	8	4	9	3	5	2	1
1	2	9	5	7	8	6	4	3
5	4	3	1	2	6	8	9	7
2	3	4	9	6	5	7	1	8
9	8	5	7	4	1	2	3	6
7	1	6	3	8	2	9	5	4
3	6	1	2	5	7	4	8	9
4	5	7	8	3	9	1	6	2
8	9	2	6	1	4	3	7	5

Scramblers 1

SCRAMBLERS

solution

1. Elated; 2. Subtle;
3. Inhale; 4. Reward

Today's Word:

SALAD

Scramblers 2

SCRAMBLERS

solution

1. Fixate; 2. Score;
3. Petrify; 4. Total

Today's Word:

EXPERT

Scramblers 3

SCRAMBLERS

solution

1. Robust; 2. Innate;
3. Candid; 4. Snack

Today's Word:

ACCOUNT

Joseph Crossword

P	O	L	K	A		N	I	P	A	T		
A	R	E	A	S		A	D	O	R	E		
R	A	N	T	S		M	A	D	A	M		
I	N	N	E	E	D			U	M	P		
A	G	O				M	E	L	A	N	I	E
H	E	N				B	R	I	N	K	S	
						G	L	I	N	T		
		S	L	E	E	V	E		R	I	M	
F	I	E	L	D	E	D			E	L	I	
L	E	G				D	R	A	W	L	S	
A	R	I	A	S			I	M	O	U	T	
C	R	O	N	E			V	E	R	S	E	
K	A	N	Y	E			E	N	D	E	D	



DO YOU HAVE **Concerns** **about falling?**



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an eight session workshop series designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns



**Join us for this Free workshop at
Madison County Senior Center
280 W High St
London 43140**

**Thursdays
1:30pm-3:30pm
May 21-July 9, 2026**

To register contact the center
740-852-3001
Registration deadline May 14th

Registration required.
Attendance requested at all sessions.

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

CROSSWORD

THOMAS JOSEPH

1	2	3	4	5		6	7	8	9	10
11						12				
13						14				
15					16			17		
18				19		20	21			
22				23						
			24							
	25	26						27	28	29
30								31		
32					33		34			
35			36	37		38				
39						40				
41						42				

ACROSS

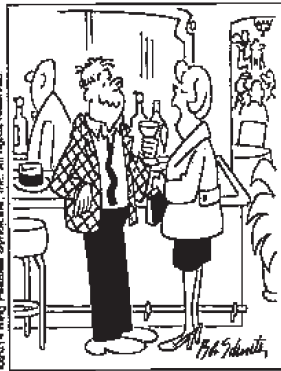
- 1 Lively dance
- 6 Take wee bites out of
- 11 Provinces
- 12 Find darling
- 13 Harangues
- 14 Sir's counterpart
- 15 Wanting
- 17 Strike caller
- 18 Previously
- 19 Scarlett's friend
- 22 Farm female
- 23 Precipices
- 24 Sparkle
- 25 Shirt part
- 27 Crater part
- 30 Took, as questions
- 31 Peyton's bother
- 32 Pants part
- 33 Speaks like a Southerner
- 35 Sils songs
- 38 Folder's phrase
- 39 Hag
- 40 Poem part
- 41 West of music
- 42 Cut off

DOWN

- 1 Outcast
- 2 Marigold color
- 3 "Imagine" singer
- 4 Petruchio's love
- 5 Got together
- 6 "Platoon" setting
- 7 Musical princess
- 8 Hick town
- 9 Friend of D'Artagnan
- 10 Fiesta Bowl city
- 16 Inferred
- 20 Baseball hit
- 21 Tiny worker
- 24 Salon stuff
- 25 Rugged range
- 26 Army group
- 27 Paraphrase
- 28 Mistreatment
- 29 Got foggy
- 30 Singer Roberta
- 34 Hymn closer
- 36 Some amount of
- 37 Spot

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!



"Next time you ask to meet me in a restaurant, I wish you'd wait in the _____ bar!"

Joyful
DETALE

Faint
BLUEST

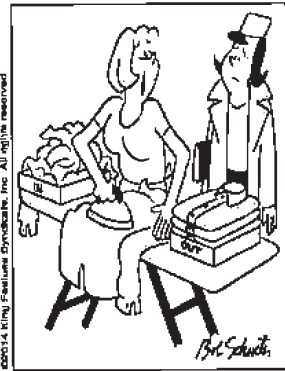
Sniff
HEALIN

Bonus
DRAWYER

TODAY'S WORD

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!



"It's not easy being married to an efficiency _____."

Obsess
TEAFIX

Tally
OSCRER

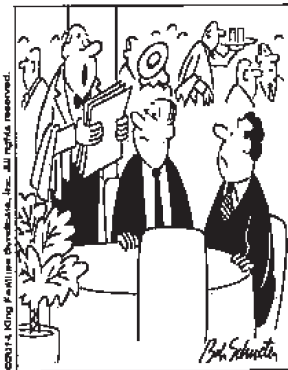
Scare
FIRTYPE

Entire
LOTTA

TODAY'S WORD

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!



"Do you want the economy, standard, or expense _____ menu?"

Sturdy
TURBOS

Natural
TANNIE

Direct
DINDAC

Munch
KANCS

TODAY'S WORD

Recipe for 2!

Taco Ramen Noodles

- 1/2 lb. ground beef
- 2 T. finely chopped onion
- 3/4 c. canned diced tomatoes, drained
- 2T. taco seasoning
- 1 c. water
- 1 pkg (3 oz.) ramen noodles
- 1/4 c. shredded cheddar or Mexican cheese blend
- Crushed tortilla chips, optional

In a small skillet, cook beef and onion over medium heat until meat is no longer pink, breaking beef into crumbles; drain. Stir in the tomatoes, taco seasoning and water. Bring to a boil. Add ramen noodles (discard seasoning packet or save for another use). Cook and stir until noodles are tender, 3-5 minutes.

Spoon into serving bowls; sprinkle with cheese and, if desired, tortilla chips.

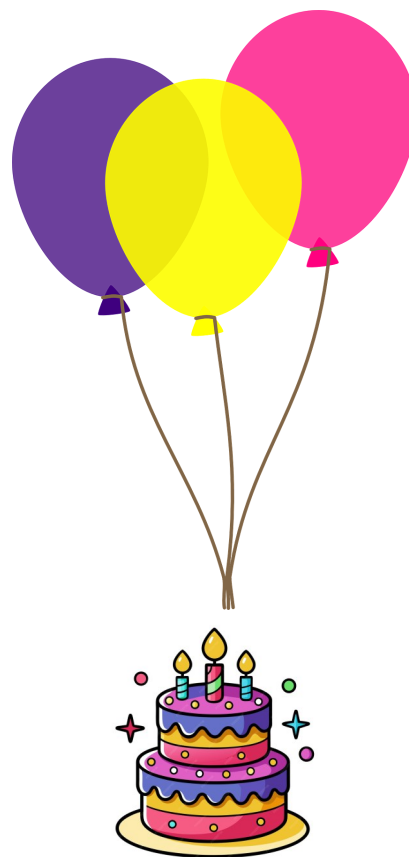


We appreciate our volunteers so much!! The Center could not run without them! Volunteer Appreciation week is April 19th-25th.

- | | | |
|------------------|------------------|-----------------|
| Donna Sheridan | Sandy Darlington | Loretta Anthony |
| Tom Lawrence | Marilyn Henry | Cathy Littleton |
| Wanda Henry | Janet Mason | Jerry Tompkins |
| Lynn Henry | Karen Cooper | Sharon Manion |
| Deb Park | Edie Timmons | Jim Witwer |
| Denny Park | Bonnie Radcliff | Shirley Witwer |
| Maryann Maharrey | | |

April Birthdays!

Customer	Birthday	Customer	Birthday	Customer	Birthday
Seaman, Lena	04-01	Bowsher, Lori	04-11	Finchum, Jane	04-24
Rees, Bernard	04-01	Boyd, Twila	04-12	Gainer, Becky	04-24
Shepherd, Beth	04-01	Baker, Russell	04-12	Philip, Toni	04-24
Dever, Ruth	04-02	Komives, Marty	04-12	Wilson, Dave	04-25
Watkins, Audrey	04-02	Porter, Howard	04-12	Simmons, Faith	04-25
Lewis, Wilma	04-02	Tuthill, Greg	04-13	Dunham, Mark	04-26
McCarty, Sandy	04-02	Radcliff, Bonnie	04-13	Kelley, Cindy Jane	04-27
Miller, Tom	04-02	Palmer, Bill	04-13	Florence, Barbara	04-27
Miller, Donald	04-02	King, Jean	04-14	Henry, Fred	04-28
Harden, Johnetta	04-02	Bird, Sandy	04-14	Hicks, Norma	04-29
Brown, Ruth	04-02	Finchum, Gary	04-14	Lovelace, Denise	04-29
Yost, Rosella	04-02	Garber, Connie	04-14	Ricketts, John	04-29
Ward, Loretta	04-03	Lewis, Brenda	04-14	Gloyd, Nancy	04-29
Kelly, Irving	04-03	Thum, Jeanine	04-14	Mongold, Gloria	04-29
Rice, Donna	04-03	Hix, Mary Lou	04-16	McCann, Dottie	04-30
Henry, Michelle	04-03	Intrieri, Robert	04-16		
Cox, Claudia	04-04	Conn, Ginger	04-16		
Toy, Donna	04-04	Robinson-Bond, Alice	04-16		
Miller, Rosemary	04-04	Isaacs, Felica	04-16		
Wall, Philip	04-04	Elam, Steve	04-16		
Woodard, Beverly	04-05	Sherman, Mary	04-17		
Bond, Bob	04-05	Ward, Wallace	04-17		
Carter, Anne	04-06	Blake, Mike	04-17		
Pence, Betty	04-06	Little, Debbie	04-17		
Bogdue, Joan	04-07	Murray, Rod	04-18		
Fordyce, Beth	04-07	Stewart, Lila	04-20		
Parsons, Martha	04-07	Saupe, Margaret	04-20		
Maharrey, Mary Ann	04-07	Carner, Doug	04-20		
Erbaugh, Mark	04-09	Denes, Steve	04-21		
Majka, Kay	04-10	Drummond, Terry	04-22		
Flowers, Joyce	04-10	Hammond, Cheryl	04-22		
Follrod, Phyllis	04-11	Walker, Gary	04-23		
O'Reilly, Michael	04-11	Wood, Linda	04-23		
Wright, William	04-11	Matthews, Janet	04-24		



April is National Physical Wellness and Stress Awareness Month, making it the perfect time to boost your health by embracing the warmer weather. Focus on daily outdoor movement (like walking or gardening), eating seasonal produce, managing spring allergies, and strengthening mental health through nature and social connection.

Physical Health Tips

Move Outdoors: Aim for at least 30 minutes to one hour of activity daily, such as walking, cycling, or gardening, to take advantage of the spring weather.

Boost Immunity & Nutrition: Incorporate seasonal foods like broccoli, blueberries, spinach, and asparagus. Focus on lean meats and healthy fats.

Hydrate Often: Increase water intake as temperatures rise and physical activity levels increase.

Protect Your Skin: Apply sunscreen, wear hats, and use sunglasses to protect against increased UV exposure.

Combat Allergies: Manage seasonal allergies by checking pollen counts, keeping windows closed on high-pollen days, and cleaning, dusting, or vacuuming to remove allergens.

Mental Health & Wellness

Reduce Stress: April is Stress Awareness Month. Manage stress through exercise, deep breathing, meditation, or by spending time in nature.

Get Social: Reconnect with friends and family with spring picnics or walks.

Prioritize Sleep: Maintain 7–9 hours of sleep.

Spring Clean: Declutter your living space to improve mood and reduce stress.

Schedule “Me” time for better mental health

Seasonal Considerations

Safety First: Be careful on slippery, wet grass or surfaces.

Mindfulness: Start a new, calming hobby like gardening .

Ruth RN and Sue RN

information obtained from health-and-wellness.org



Madison County Senior Center Vital Sign Clinic

A free vital sign clinic will be offered the second Tuesday of each month at the Madison County Senior Center. The next one will be **April 14th** from 11:00 a.m.—12:00 p.m. by the café. Your blood pressure, heart rate, respiratory rate, temperature, and oxygen level will be taken and a card with your vital signs will be given to you to take home.

The clinic will be will not be open if the Senior Center is closed.





Christine Walters will be at the Center on April 8th.

For a free hearing assessment, please call 614-991-5948 to make an appointment with her.

MEDICARE HELP

Andy Haggard of Central Ohio Area Agency on Aging will be coming to the Center on Friday, April 10th to help anyone with Medicare questions.

Please call for an appointment—740-852-3001.

Andy will be coming once a month.

Easy ways to support the Center!

Kroger—We have joined the Kroger Community Rewards Program. Please add us to your Kroger rewards card, we receive a donation every time you shop, easy-peasy. (It doesn't add to your bill, I promise) You can find us under our name Madison Co Sr Citizens Center Inc. What an easy way to support the Madison County Senior Center! If you need help signing up for this, come in to the Center and we will try to help you.

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 have an IRA and are required to take a mandatory distribution, 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.



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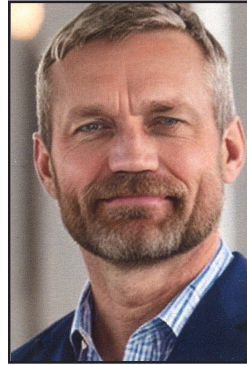
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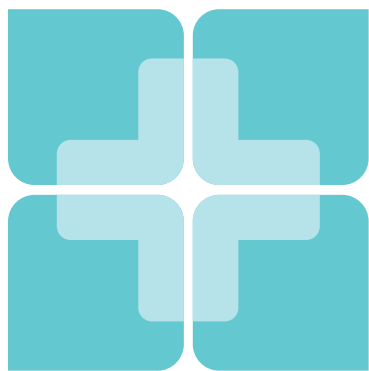
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Phone: 740-852-3001
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We're on the Web!

mcsenior.org or on Facebook at
Madison County Senior Citizens Center



April 2026

Misty Bradley, Executive Director
Ramalingam Selvarajah, M.D., Medical Director
Jessica Decker, Activity Coordinator/Marketing
Janisse Isaacs, Front Office
Marilyn Lowery, Front Office/ Substitute Driver
Ruth Kennedy, Staff Nurse/Wellness Coordinator
Susan Whipp-Schwarz, Staff Nurse
Beth Dillion, Adult Day Center Coordinator
Patsy Bricker, Adult Day Center Aide
Regina Conley, Adult Day Center Aide
Sandy Darlington, Adult Day Center Aide/Substitute
Deb Weisman, Adult Day Center Aide/Substitute
Deb Reed, Cook
Sheila Evans, Cook
Brenda Castle, Transportation Coordinator
Wayne Bricker, Driver
Martha Parsons, Substitute Driver
Mark Bires, Substitute Driver
Steven McClaskie, Substitute Driver
Mike Koesters, Substitute Driver
Richard Houser, Substitute Driver
Douglas Saunders, 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.