

Madison County Senior Citizens Center

Golden Times

September
2026
Issue 1X

Celebrating 50 Years!!



SEPTEMBER

Salutations! Well, here we go, rolling quickly into fall. Yep, the pumpkin spice is already out there, and the Halloween decorations have been out since July, July! Right next to the swimming pool supplies; crazy early. There are 127 days until Christmas; yes, I said it, the C word.

It's taken some time, but we had another clean financial audit- always good news to share!

Mark your calendar for our second annual car show, Saturday, September 19th – 11:00 a.m.- 3:00 p.m. Come and check out some beautiful cars, or better yet, enter your own sweet ride in the show. I'm going to. I'm not expecting any prizes, but I drive a pretty cool vehicle. Hopefully the weather will cooperate this year. August has been rainy so far, but maybe September will be better. We do have a rain date, just in case. This event is a fundraising event for the center. Hope to see you!

We have a busy fall ahead, with trips and activities at the center. Here are some save-the-dates: Fall Concert- Friday, October 9; Craft Bazaar – Saturday, November 7th; and Veterans Day Program- Wednesday, November 11th. We will keep you posted with all the details in next month's newsletter.

We have been trying to provide scam education in each newsletter. There are so many scams out there, and guess who their favorite target is: yes, seniors. Please read this information; it's important to protect yourself. You have worked very hard for your money to help you live and enjoy your retirement, not to give it away to some piece of shyster... They are clever, and along with local law enforcement, we want to keep you informed on the latest scams.

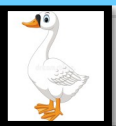
We have some great multi-day trips lined up for 2027. I hope you were able to attend the meeting to see the presentation. We will revisit them again in November, when David is back for the pre-departure meeting for the Biltmore travelers. I also wanted to tease you with a couple of trip ideas for 2028...Mount Rushmore and possibly Switzerland. It all seems so far away, but you have to start planning early, and look how fast time goes by- very fast.

You will notice some new staff faces soon. As you all know, several staff members are retiring this year; we will introduce new staff in upcoming newsletters in the Get to Know the Staff section. The service we provide to our members won't change.

Shameless plea again. We do need to replace our two day trip vans; the cost will be in the 100K+ ballpark. If you would like to contribute to the cause, we would be most grateful, as would our members who go on the day trips regularly. The old vans, 2008 models, are getting a little bumpier and squeakier, and the safety technology has changed significantly over the last few years.

Thank you for the laughter I hear every day, and a big thank you to everyone who helps at the center every day! Have a safe Labor Day weekend.

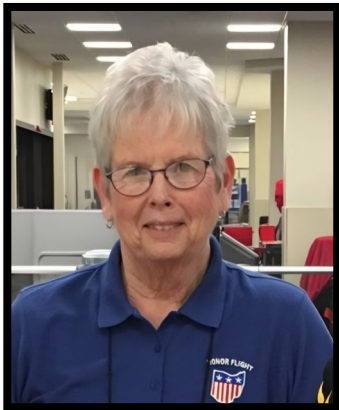
Misty



Find the hidden Goose in this newsletter! When you find it call the center at 740-852-3001 by September 18th 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 colored page! Last month the Sunflower was located on the Back Page under "We're on the Web!" Congratulations to last months winner — Sharon Henry!

STAFF SPOTLIGHT:

Marilyn Lowery!



Our Staff Spotlight of the Month goes to the wonderful, Marilyn Lowery!

Marilyn does so much for our Senior Center, we want to make sure she knows just how appreciated she is! Marilyn married her husband, Melvin, **43 years ago** after meeting him while worked at London Correctional. She dedicated an incredible **30 years** to working at the prison before retiring. She is truly a **strong, powerful, and Independent woman** who has a huge heart for helping others! She joined the Senior Center **15 years** ago as a substitute driver, and that quickly turned into her becoming a familiar and welcoming face in the front office! After all, who doesn't love seeing Marilyn's smiling face when they walk through the doors!? Marilyn, thank you for being such an **absolutely amazing person** and thank you for every honor flight you have attended to support for our veterans during such a important honor they are receiving for their sacrifices they made for our country. ***We are so lucky to have you!***





High Euchre Scores!

7-20-26 Tim Beebman— 75
7-27-26 Marilyn Evans—74
8-3-26 Diana Mathews— 83
8-10-26 Gary Walker— 89
8-17-26 Sharon Reynolds— 77
8-18-26 Ken Evens— 45



High Bridge Scores!

7-28-26 Bob Majika—3,800
8-5-26 Jerry Cummins—5,590

Welcome 23 New Members!

Louise Foster	Anna Moore
Marcia Sharp	Gail Collins
Theresa Roberts	Hazel Little
Christine Shellabarger	Debra Hay
Patti Keath	Bonnie Bowen
Diane McNeill	Chris Harris
Teri Gray	Larry Harrison
Carolyn Snook	Ken Knight
Nita Groves	Diana Vick
Janet Webb	Martha George
Don & Jane Rumpff	Sandy Hauge

2026 Governing Board Members:

- Donna Sheridan - President
- Jerry Tompkins - Vice President
- Loretta Anthony - Secretary
- Sharon Manion - Board Member
- Tom Lawrence - Board Member
- Dennis Park - Board Member

WEEKLY SCHEDULE:

Monday:

10:30 a.m.— Chair Exercise /
Strengthening class with Jessica
12:30 p.m.— Euchre



Tuesday:

9:00 a.m.— Quilting Class
10 a.m.- 12p.m.— Bowling at Madison Lanes
1:00 p.m.— Hand & Foot Cards
4:00 p.m.— Evening Euchre
4:00 p.m.- 7:00 p.m.: Billiards, Workout Room open late!

Wednesday:

10:30 a.m.— Line Dancing
11:00 a.m.— Chair Strengthening Class with Jessica
12:00 p.m.— Bridge / Card Game
1:00 p.m.— Easy Chair / Standing Yoga with Mary
12:00 p.m.— Hand & Foot Cards
2:00 p.m.— Diabetes & Weight Loss Support Group

Thursday:

9:30 a.m. — FUN MORNING BINGO! Bingo will ONLY be in the morning of Thursday, September 17th!
1:00 p.m.— Hand & Foot Cards
1:30 p.m.— Matter of Balance Class: The first group started on Aug. 27th, and will continue for the next 8 Thursdays.

Friday:

10:00 a.m.— Tai Chi with Misty
1:00 p.m.— Free Movie and Popcorn at the senior center.
The movie of the week is listed on page 6!

The Center's Fitness Room:

**Open Monday through Friday, 8:00 a.m. till 4:00 p.m.
AND Tuesdays we are opened 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:

September 88 Club — Tuesday, September 8th. Fayette County Driving Tour. Trip fee is \$5. We will be leaving the center at 10:30 a.m. We will be stopping for lunch around 11:30 a.m.

September Mystery Lunch — Wednesday, September 16th. Trip fee is \$5. We will be leaving the center at 10:00 a.m.

Quilting Show — Wednesday, September 23rd. Trip will be leaving the Senior Center at 9:30 a.m. Trip Fee is \$5. The tickets are \$15 which ***you will pay*** for once we arrive at the Greater Columbus Convention Center. Lunch will be on your own. Then, we will be leaving the Convention Center at 1:30 p.m. to return back to the senior center.

LaComedia's Musical Come From Away - Thursday, September 24th. Trip will be leaving 9:30 a.m. Trip fee is \$60/van or \$53/drive yourself. Your fee includes transportation, buffet luncheon and the play. Server tip is not included. *This trip is full, if you would like to be added to the waitlist, give us a call today!*

Snooty Fox | Multiple upscale thrift store shopping experience in Cincinnati, OH – Friday, September 25th. Trip fee is \$40.00. Due by September, 1st. The trip will be leaving at 8:30 a.m. These tickets are non refundable after September 11th. Lunch on your own during our second stop! We will be passing a envelope for driver tip. *This trip is full, if you would like to be added to the waitlist, give us a call today!*

October 88 Club – Lock Tour on the Valley Gem Sternwheeler in Marietta and Cracker Barrel for lunch — Tuesday, October 6th. Trip fee will be \$75. Trip will be leaving at 8:30 a.m. Cracker Barrel lunch (on your own) about 10:30 a.m. Boarding boat at 1:00 p.m. Money is due by 9/1/26 . These are non refundable tickets after September, 8th. We will be passing a envelope for driver tip. *This trip is full, if you would like to be added to the waitlist, give us a call today!*

October Mystery Lunch — Tuesday, October 20th. Trip fee is \$5. We will be leaving the center at 10:30 a.m.

RESCHEDULED 88 CLUB - Copper Kettle Tour with Lulu's Kitchen for lunch — Thursday, October 29th. We will be leaving the senior center at 8:30 a.m. We will be arriving at our destination around 10:15 a.m. *This trip is full!*

November Mystery Lunch with a Mystery Shopping Trip after (You have 1 hour to shop!) — Thursday, November 12th. Trip fee is \$5. We will be leaving the center at 10:00 a.m. We should be back to the senior center before 4 p.m.

November 88 Club — Tuesday, November 24th. Madison County Driving Tour. Trip fee is \$3. We will be leaving the center at 10:30 a.m. This guided tour was created by our Activity Coordinator, Jessica Decker, who has called London home for the past 30 years. She's excited to share her knowledge and fascinating historical insights about our hometown with you! We will be stopping for lunch around 11:30 a.m.

LaComedia's Santa Claus: The Musical and The Gift of Christmas— Wednesday, December 2nd. Two shows in one, WOW! Trip will be leaving the center at 9:30 a.m. Trip fee is \$60/van or \$53/drive yourself, due by November, 1st. Your fee includes transportation, buffet luncheon, and the play! Server tip is not included.

SAVE THE DATE:

|Tuesday, November 11th | Veterans Day Honoring Ceremony | Starting Time: 12:00 p.m. |

Lunch will be served ONLY 11:00 a.m. till 12:00 p.m. | FREE LUNCH for Veterans!

Delightful Dining:

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. Sometimes late reservations cannot be accommodated at the restaurants.

Tuesday, September 1st — Ding Ho, 120 Phillipi Rd, Columbus, OH 43228. Van fee is \$5. We will be leaving the center at 4:00 p.m. and arriving at Ding Ho's at 4:30p.m. Let us know if you plan to drive your self.

Monday, October 5th — Hofbrauhaus, 800 Goodale Blvd, Columbus, OH 43212. Van fee is \$5. We will be leaving the center at 4:00 p.m. and arriving at Hofbrauhaus at 4:45p.m. Let us know if you plan to drive your self.

Tuesday, November 17th — The Meadows, 4105 E National Rd, Springfield, OH 45505. Van fee is \$5. We will be leaving the center at 4:00 p.m. and arriving to The Meadows at 4:15 p.m. Let us know if you plan to drive your self.

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 Jessica 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!****

Overnight Trips: *Reminder — You do not have to be a member to go!*

Trip: Christmas at the Biltmore

Date: November 30th — December 3rd, 2026

Final payment is due by: September 15th, 2026!

Trip: New Orleans & Deep South

Date: April 3rd – 9th, 2027 | 7 days |

Highlights Include: Historic French Quarter, National World War II Museum, Southern Plantation, Bourbon Street, Royal Street, St. Louis Cathedral, Jackson Square, New Orleans School of Cooking, Mississippi River Sternwheeler Cruise Nashville Nightlife Dinner Theater, & New Orleans Guided City Tour.

A deposit of \$250 will hold your reservation.

The final payment is due by: January 5, 2027

Journey Includes: Motorcoach transportation, 6 nights lodging, 4 breakfasts, 4 dinners, all sight seeing and admissions, baggage handling, tips for local guides & porters, professional tour manager.

Tour Fare: Single \$2,749 per person - Double \$2,199 per person - Triple \$2,129 per person

Trip: Mackinac Island & the Marvels of Michigan

Date: June 14th – 17th 2027 | 4 days |

Highlights Include: Grand Hotel, Fort Mackinac, Carriage Tour, Governors Mansion, Surry Hill, Glockenspiel Tower, Bronner's Christmas Store, Bavarian Inn, and Cross in the Woods.

A deposit of \$200 will hold your reservation.

The final payment is due by: April 10th, 2027

Journey Includes: Motorcoach transportation, 3 night lodging, 4 meals, all sight seeing & admissions, baggage handling, tips for local guides & porters, and a Professional Tour Manager.

Tour Fare: Single \$1,999 per person - Double \$1,399 per person - Triple \$1,369 per person

Activity level: 2

NEW Trip: Iceland ~ Magical & Mysterious

Date: September 14th—21st 2027 | 8 days |

Highlights Include: Reykjavik Sights, Deildartunguhver Hot Spring, Unique Waterfall Duo, Viking Shushi Bay Cruise, Snaefellsness Peninsula, Golden Circle Drive, National Park with Geological Wonders, Famous Gullfoss Golden Falls, South Shore's Waterfalls & Glacial View, Black Sand beach, Europe's largest national park and Glacier, Glacial Lagoon with Icebergs, Volcano Visitor center, Greenhouse village, Geothermal Blue Lagoon.

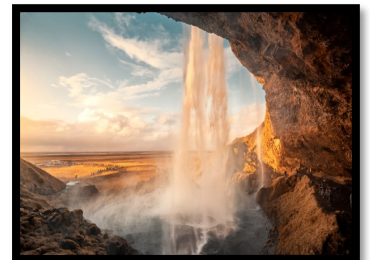
A deposit of \$500 will hold your reservation.

The final payment is due by: June 4th, 2027

Journey Includes: Round trip air transportation, airport transfers & departure taxes, seven nights lodging, deluxe motorcoach transportation, 11 meals—6B & 5D, All sightseeing & admissions, and a Professional Tour Manager.

PROJECTED Tour Fare: Single \$7,249 per person - Double \$5,999 per person

Activity level: 3



NEW Trip: The Ark Encounter & Creation Museum

Date: October 13th-14th, 2027 | 1 day |

Highlights and Journey Includes:

Motorcoach Transportation, One night Lodging, Two meals /1B & 1D, Sightseeing and Admissions, with a Tour Manager

A deposit of \$50 will hold your reservation.

The final payment is due by: August 10th, 2027

Tour Fare:

Single \$599 per person - Double \$459 per person - Triple \$449 per person

Activity level: 1



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 the account number- 50096.

Adult Day Center News & Announcements:

Thank You to Our Donors -

We would like to extend our sincere appreciation to **Kate Sparks, Maggie Fost, Marilyn Lowery, and Beverly Evans** for generously donating Bingo prizes for our clients. Your thoughtfulness and generosity are greatly appreciated! We would also like to thank **Chris Webb** for generously donating crafts to the Day Center to be sold during our upcoming Craft Show. Thank you everyone for your support!



Congratulations on your Retirement, Regina!

We would like to extend our warmest wishes to **Regina Conley** on her retirement. We have been truly blessed to have you as part of our team. It has been both a pleasure and an honor to work with you. Your dedication and kindness will be greatly missed by everyone. We wish you all the best in this exciting new chapter!

Welcome, Kimberly!

Please join us in welcoming **Kimberly Cope**, to the A.D.C. area as our new aide! We are excited to have Kimberly join our team, and we all look forward to working with her!

Labor Day Closure -

The Day Center will be **closed on Monday, September 7th, in observance of Labor Day.** We will resume normal hours on Tuesday, September 8th.

Have a great September! - Beth, Patsy, Debbie, and *Kimberly*!



FREE Friday Movies with Popcorn at 1:00 p.m.

Members Only— September Movies:

September 4 – Where the Red Fern Grows – Dabney Coleman – Joseph Ashton – PG – 2021- Drama

September 11– Young Washington – William Franklin Miller – Ben Kingsley – PG-13 – 2026 – Action

September 18 – The Home Team – Kevin James – Taylor Lautner – PG – 2022 – Based on True Story

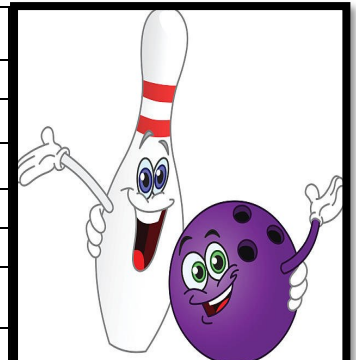
September 25 – The Wedding Planner – Jennifer Lopez – Matthew McConaughey – PG-13 – 2001 - Comedy



**B
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G**

~ Monthly Bowling Averages at Madison Lane ~ Tuesdays at 10:00 a.m.—12:00 p.m. | Only \$10.00!

Binns, Mary	103	Hawkins, Don	168	Ridolfo, Linda	173
Bluhm, Fred	183	Kearney, Phil	91	Rowley, Jack	166
Burdett, Diane	154	Kidd, Roy	133	Rowley, Nancy	132
Conn, John	156	King, Carl	160	Stout, David	173
Eseman, Brenda	128	Krivicich, Dave	98	Weisman, Debbie	102
Glass, Denise	118	Miller, Charles	167		
Glass, Duane	206	Noble, Gene	133	<i>*MEMBERS ONLY!*</i>	
Goff, Terry	173	Pickens, Ann	132		



How to Make Easy Coffee Cake



Ingredients:

- 2 large eggs
- 1 cup of vegetable oil
- 1 ¼ cups milk
- 1 tablespoon vanilla extract
- 3 cups of all-purpose flour
- 1 cup granulated sugar
- 1 tablespoon baking powder
- ½ teaspoon salt
- 1 cup granulated sugar
- 1 tablespoon baking powder
- ½ teaspoon salt
- 1 ¼ cup cups light brown sugar
- 1 tablespoon ground cinnamon
- ⅓ cup unsalted butter, melted.

Optional crunch:

Add sliced almonds, pecans or walnuts!



Instructions:

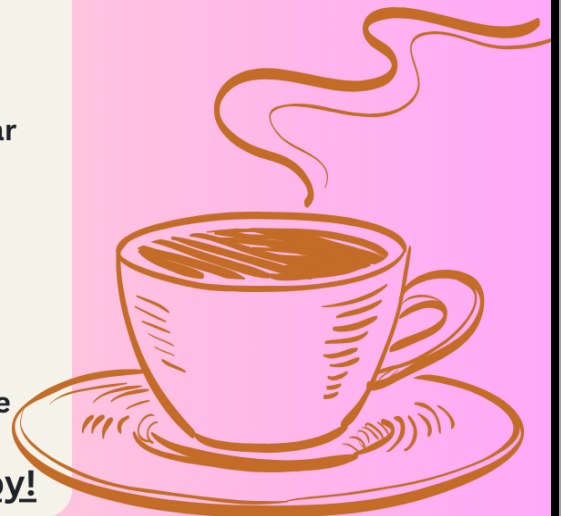
PREP. Preheat the oven to 350°F.

Lightly grease a 9×13-inch baking dish and set aside.

- In a large mixing bowl, mix eggs, oil, milk, and vanilla.
- In a medium bowl, whisk flour, granulated sugar, baking powder, and salt.
- Add dry ingredients to the wet ingredients and mix well. Pour half the cake batter into the prepared baking dish.
- Then in a medium bowl, combine packed brown sugar and cinnamon and mix.
- Sprinkle half of the cinnamon sugar evenly over the top of the batter in the pan. Carefully pour the remaining batter over the cinnamon sugar layer.
- Sprinkle the remaining cinnamon sugar mixture over the top.
- Drizzle ¼ cup melted butter over the top, using more or less as desired.

Bake for 35–40 minutes and serve warm! Enjoy!

Helpful Tip:
Coffee Cake
goes GREAT
with a cup of
coffee!





Protect Your Self From Scammers!



Public Service Announcement from: Sergeant Donovan Cooper of the London Police Department!

"SCAMS INVOLVING THREATS THROUGH TEXT MESSAGES, PHONE CALLS, FACE TIME, AND SOCIAL MEDIA HAVE BECOME INCREASINGLY COMMON. THE TACTICS USED ARE DESIGNED TO CREATE FEAR AND PANIC IN HOPES THAT THE VICTIM WILL RESPOND OR SEND MONEY. HERE ARE A FEW RECOMMENDATIONS YOU MAY WISH TO SHARE WITH YOUR SENIORS:"

- DO NOT RESPOND TO THREATENING TEXT MESSAGES, CALLS, OR FACETIME REQUESTS FROM UNKNOWN INDIVIDUALS.
- DO NOT SEND MONEY OR GIFT CARDS UNDER ANY CIRCUMSTANCES, REGARDLESS OF THE THREATS BEING MADE.
- DO NOT CLICK ON ANY LINKS OR OPEN ATTACHMENTS SENT BY UNKNOWN CONTACTS.
- BLOCK THE NUMBER AND REPORT IT AS SPAM THROUGH THEIR CELLULAR PROVIDER IF POSSIBLE.
- SAVE SCREENSHOTS OF THE MESSAGES BEFORE DELETING THEM. THIS INFORMATION CAN BE HELPFUL IF LAW ENFORCEMENT NEEDS TO DOCUMENT THE INCIDENT.
- WHILE SCAMMERS MAY KNOW PERSONAL INFORMATION SUCH AS A PERSON'S NAME, ADDRESS, OR DATE OF BIRTH, THIS INFORMATION IS OFTEN OBTAINED THROUGH PUBLIC RECORDS OR PREVIOUS DATA BREACHES. IT DOES NOT NECESSARILY MEAN THEY HAVE ACCESS TO THE VICTIM'S HOME OR ELECTRONIC DEVICES.
- IF THE VICTIM BELIEVES THERE IS AN IMMEDIATE OR CREDIBLE THREAT TO THEIR SAFETY, THEY SHOULD CALL 911 IMMEDIATELY. OTHERWISE, THEY SHOULD REPORT THE INCIDENT TO THEIR LOCAL LAW ENFORCEMENT AGENCY SO IT CAN BE DOCUMENTED.

**THE MOST IMPORTANT THING
WE ENCOURAGE IS FOR
INDIVIDUALS NOT TO PANIC!
THESE CRIMINALS RELY ON
FEAR TO PRESSURE VICTIMS
INTO MAKING QUICK DECISIONS.
TAKING A MOMENT TO STOP,
SPEAK WITH A TRUSTED FAMILY
MEMBER OR FRIEND, AND
CONTACT LAW ENFORCEMENT
BEFORE TAKING ANY ACTION
CAN PREVENT SOMEONE FROM
BECOMING A VICTIM!!**



❖The Café❖

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

SEPTEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 JOHNNY MARZETI ITALIAN GREEN BEANS TOSSED SALAD DESSERT GARLIC BREAD	2 SLOW ROAST CHICKEN PARMESAN POTATOES VEGETABLE DESSERT BREAD & BUTTER	3 HAM, CABBAGE & POTATOES SIDE & DESSERT CORN BREAD	4 CAFÉ CLOSED
7 CENTER CLOSED LABOR DAY	8 FRIED BOLOGNA SANDWICH ONION RINGS PASTA SALAD DESSERT	9 COUNTRY FRIED STEAK MASHED POTATOES VEGETABLE DESSERT BREAD & BUTTER	10 CHICKEN PARMESAN O/BUTTERED PASTA ROASTED VEGETABLES DESSERT GARLIC BREAD	11 CAFÉ CLOSED
14 SLOPPY JOES FRENCH FRIES SOUP SIDE & DESSERT	15 CHICKEN & NOODLES GLAZED CARROTS SIDE & DESSERT BREAD & BUTTER	16 CHIPPED BEEF GRAVY O/ MASHED POTATOES VEGETABLE DESSERT BUTTERMILK BISCUIT	17 Li'L CHEDDAR MEATLOAF AU GRATIN POTATOES VEGETABLE DESSERT BREAD & BUTTER	18 CAFÉ CLOSED
21 <u>BIRTHDAY MONDAY</u> TURKEY SPLITS MASHED POTATOES VEGETABLE DESSERT	22 BEAN SOUP W/HAM FRIED POTATOES SIDE & DESSERT CORN BREAD	23 BEEF STEW TOSSED SALAD SIDE & DESSERT BREAD & BUTTER	24 FISH & CHIPS COLESLAW DESSERT HUSH PUPPIES	25 CAFÉ CLOSED
28 CHEESEBURGER FRENCH FRIES MACARONI SALAD DESSERT	29 LIVER & ONIONS MASHED POTATOES VEGETABLE DESSERT BREAD & BUTTER	30 CHICKEN NORMANDY VEGETABLE DESSERT BREAD & BUTTER		

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

SOUP DAILY BOWL \$2.00 OR CUP \$1.50

ENTRÉE SALAD FOR THE MONTH

WEEK OF 08/31/26	FRIED CHICKEN SALAD
WEEK OF 09/07/26	ITALIAN SALAD
WEEK OF 09/14/26	TACO SALAD
WEEK OF 09/21/26	CHEF SALAD
WEEK OF 09/28/28	CHICKEN SALAD/SALAD



Native to Australia Word Search

Come find the creatures that are native to Australia in this word search from down under. The words in this word search are hidden across, down, and diagonally, with backwards.

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

BANDICOOT	FAIRYPENGUIN	NUMBAT	SPINYANTEATER
BILBY	GALAH	PLATYPUS	SUGARGLIDER
BROLGA	HONEYEATER	QUOKKA	TASMANIANDEVIL
CASSOWARY	KANGAROO	QUOLL	THORNYDRAGON
DINGO	KOALA	REDBACKSPIDER	WALLABY
ECHIDNA	KOOKABURRA	SAWFISH	WALLAROO
	WOMBAT	YABBY	

AUTUMN WORD SCRAMBLE



1. THSVRAE _____
2. PNUPKIM _____
3. LSEVEA _____
4. AOCNR _____
5. HRDIEYA _____
6. OFNBREI _____
7. INCOAOCRUP _____
8. SWTRAEE _____
9. HORADRC _____
10. OIANNMNC _____
11. CAOERWSRC _____
12. TTLIGWHI _____
13. ALPEP _____
14. IURRQSEL _____
15. IFGOLEA _____



Save The Date! - Saturday, November 7th 2026

Annual Craft Show Vendor Registration: Preparations are underway for our Annual Craft Show this November! If you are a talented artisan, crafty entrepreneur, or enjoy creating handmade items as a hobby, we invite you to join us as a vendor. This is a wonderful opportunity to showcase and sell your unique, handcrafted creations while connecting with our community. Reserve your booth today! Table rental is just **\$15 for members** and **\$20 for non-members**. We look forward to another successful event and hope you'll join us with supporting the vendors merchandise! - Jessica & Janisse

**MADISON COUNTY SENIOR
CITIZENS CENTER PRESENTS:**

50TH ANNIVERSARY ★ CAR SHOW! ★

★Event sponsored by: **Cruisin Classics Auto Sales!**★

Date: ★ **Saturday, September 19th**

Time: ★ **11:00 a.m. till 3:00 p.m.**

VEHICLE REGISTRATION TIME:
★ **11:00 A.M. TILL 1:00 P.M.** ★

\$15 PER VEHICLE ENTRY!

Address: 280 West High Street
London, OH. 43140

**QUESTIONS?
CONTACT
TOMMY:
740-604-1141**

★ **AWARDS** ★

AWARDS START AT 3:00 P.M.

- ~ TOP 15
- ~ BEST BIKE
- ~ BEST OF SHOW
- ~ ADMINISTRATION CHOICE

*LUNCH AVAILABLE FOR
PURCHASE AT THE
SENIOR CAFE!*

★ **CARS**

★ **TRUCKS**

★ **BIKES**

WELCOMED
TO ENTER
THE
CRUISE - IN!

Rain Date:
Saturday, September 26th
Time: 12 p.m. - 4 p.m.

ALL PROCEEDS BENEFIT THE MADISON COUNTY SENIOR CITIZENS CENTER!

NOT RESPONSIBLE FOR ACCIDENTS OR VEHICLE DAMAGES!

FUN MORNING BINGO GAME!

Play hard! • Win prizes! • Have fun!

September 17th, 2026

MADISON COUNTY SENIOR CITIZENS CENTER

STARTING AT - 9:30A.M.

Your game. Your victory. Members only!





REMINDER:

The center will be **CLOSED** on
Monday, September 7th
for Labor day!

September Birthdays!

~ Virgo & Libra Zodiac Signs ~

Patron	Birthday
Stuthard, Elaine	09-01
Foust, John	09-01
Alder, Phyllis	09-01
Holland, Cheryl	09-02
Spegal, Harold	09-02
Long, Mark	09-02
Taylor, Amy	09-02
Worley, Daniel	09-03
Williams, Gordon	09-03
Eldridge, Laura	09-03
Henry, Ted	09-04
Worthington, Shelly	09-04
Raub, Joyce	09-06
Price, Jim	09-06
King, Beverly	09-06
Myers, Joe	09-06
Wheeler, Dale	09-07
Wilson, Kathy	09-07
Isaacs, Angela	09-07
Landerfelt, Anita	09-07
Long, Deborah	09-08
Shoemaker, Mary Lou	09-09
King, Karen S.	09-09
Paver, Penny	09-10
Runyon, Connie	09-10
Jurcisek, Sandra	09-10
Hackley, Carol	09-11
Bevens, Karla	09-11
Smith, George	09-11
Stobbs, Judy Ann	09-11
Jones, Jenny	09-11
Stargel, Betty	09-11
Dunham, Janet	09-11
Hayes, Darryl	09-11
Martin, Beth	09-11
Thompson, Susan	09-12

Patron	Birthday
Wilson, Mike	09-12
Trueb, Glenn	09-12
Franklin, Janice	09-13
Scott, Sandra	09-13
Likens, Gary	09-13
Hopkins, Shelley	09-13
Hanshaw, Rebecca	09-13
Scharf, Ray	09-14
Foust, Linda	09-15
Johnson, Susan	09-15
Reed, Debra	09-15
Wilson, Lynette	09-15
Nutt, Francis	09-16
Gallagher, Sherry	09-16
Day, Richard	09-16
McCarty, Paula	09-16
Bernard, Jeanna	09-17
Poling, Frank	09-17
Skidmore, Johnnie	09-17
Albrecht, Donna	09-17
Ward, Frank	09-17
Stewart, Ron	09-18
Dickerson, Richard	09-18
Golding-Kent, Clara Marie	09-18
Brunner, Judith	09-19
Cunningham, David E.	09-19
Dewbre, Jill	09-19
Dillion, Esther	09-19
Cover, David	09-20
Marcum, June	09-20
Cleaver, Mary	09-21
Reed, Wander	09-21
Harps, Angela	09-21

Patron	Birthday
Boyd, James	09-21
Sullivan, Evelyn	09-22
Keefer, Ed	09-22
Pulver, Lynne	09-23
Hilsheimer, Paul	09-23
Daniels, Lisa	09-23
Victor, Vicky	09-24
Nibert, Natalie	09-24
Lampen, Terry	09-25
Isaacs, Brian	09-25
Park, Dennis	09-25
Roberts, Theresa	09-26
Myers, Virginia	09-26
Colley, Mike	09-26
Bobo, Trudy	09-26
Truxall, Daniel	09-27
McHenry, Elizabeth	09-27
Bryant, Carol	09-27
Clifton, David E.	09-28
Sloan, Norman	09-28
Skinner, Wayne	09-28
Hamilton, Bonnie	09-29
Legg, Anna	09-29
Herman, Mary Anne	09-29
Stanley, Marc	09-29
Cooley, Kelly	09-29
Toops, Connie	09-30



8 Tips for Better Brain Health:

*The brain controls thought, movement and emotion.
Use these brain- health tips to help protect it.*

1. **Exercise regularly** — Aim for 150 minutes a week.
2. **Protect your head** — Wear helmets and prevent falls.
3. **Manage your health** — Control blood pressure, diabetes, and heart disease.
4. **Stay social** — Connect with friends and family.
5. **Sleep well** — Get 7–9 hours each night.
6. **Eat healthy** — Choose vegetables, berries, nuts, whole grains, fish, and poultry.
7. **Challenge your brain** — Read, learn, play games, and try new hobbies.
8. **Limit alcohol and use medicines safely** — Follow directions and drink less!

Examples of Food That Support your

Brain Health: Fatty fish, blueberries, walnuts, leafy greens, eggs, dark chocolate, advocadoes, and extra virgin olive oil!

Happy September! - Sue RN



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. Our Clinic will be on September 8th, at 11:00 a.m. till 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. **Thank you! - Sue R.N.**



Christine Walters will
be at the Center on:
Wednesday, Sept. 16th

**For a free hearing
assessment, please
call 614-991-5948 to
make an appointment
with Christine!**

MEDICARE HELP

Andy Haggard of
Central Ohio Area
Agency on Aging will be
coming to the Center on
Friday, September 4th
to help anyone with
Medicare questions!

Call for an appointment:

740-852-3001

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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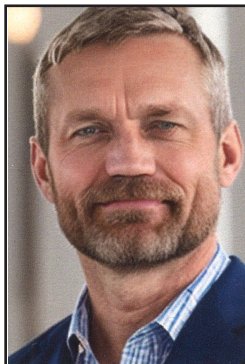
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WHERE FREEDOM RINGS

WE ARE HIRING!

~ Join Our Team Today! ~

Open Position:
Part-time Cafe' Cook!

- Days: Monday - Thursday
- Hours: 8:00 a.m. till 1:30 p.m.
- Will need to work special Senior Center events.
- Candidate must have cooking experience, be able to operate commercial kitchen equipment, properly clean and sanitize the kitchen area, and some lifting requirements.
- Candidate must ENJOY working with others/ the public!

Fill out a application on our website at mcsenior.org or in person at the
Madison County Senior Citizens Center! www.mcsenior.org



**MADISON COUNTY
SENIOR CITIZENS CENTER**
Newsletter: September 2026

Senior Center Address:

*P.O. Box 389
280 West High Street
London, OH 43140*

Phone Number:

740-852-3001

We're on the Web!

**Website: *mcsenior.org* or on
Facebook at *Madison
County Senior Citizens
Center!!***

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.

Misty Bradley, Executive Director
Ramalingam Selvarajah, M.D., Medical Director
Jessica Decker, Activity Coordinator/ Marketing
Cheryl Homeier, Front Office
Janisse Isaacs, Front Office
Marilyn Lowery, Front Office/ Substitute Driver
Susan Whipp-Schwarz, Staff Nurse
Beth Dillion, Adult Day Center Coordinator
Patsy Bricker, Adult Day Center Aide
Kimberly Cope, 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
Steven McClaskie, Substitute Driver
Mike Koesters, Substitute Driver
Richard Houser, Substitute Driver
Douglas Saunders, Substitute Driver
Luther Dolby, Maintenance