

Madison County Senior Citizens Center

Golden

Times

February 2026

Issue II

Celebrating 50 Years!!



It is January 12th, several days earlier than I usually write the director's letter. Janisse is taking some vacation time, and we have a mailing schedule to keep. We also know you don't appreciate a late newsletter. It has been a busy month so far with year-end reporting; fun stuff. Do you ever feel like life follows shampoo directions: wash, rinse, repeat? It seems like I just did all of this...

I'm not really complaining, I'm almost another year older, hopefully, I never take aging for granted, I am thankful for each day, what a beautiful sunrise it was this morning, and I'm one more year in realizing, there is so many things I still want to do, and I better get moving, before I lose the ability to do so. I hope you are taking advantage of the many social activities the center offers. Janisse is always coming up with new and exciting trip ideas, and we have some fantastic multi-day trips scheduled for this year. Perhaps one is on your bucket list!

Here we are, month two of 2026. Enjoy each moment you are blessed with, and take some time to spread some joy and kindness in the world. Our world sure could use all the kindness it can get right now. It doesn't cost a thing, and it comes back to you. Welcome to all of our new members! We welcomed 216 new members in 2025, and we are excited you've decided to join us. Thank you to our long-time members for renewing your membership. If you haven't paid your dues yet, your newsletter will stop in March. Don't miss out on our activity information. Remember, to participate in activities at the center, you must pay your annual dues: \$15.00 for singles, \$25.00 for couples. Please continue to spread the word about our awesome center to family, friends, and neighbors. Wouldn't it be great if every person 55 and better in Madison County were a member of our center? Ah, a girl can dream. Thank you for your continued support!

Our exercise room has become a popular spot, which I love! However, we have a couple of aging treadmills that I would like to replace in the next couple of months, or sooner if possible. It's important to keep our members healthy so they can participate in all of our scheduled activities and live healthy lives. As many of you know, I am never too proud to ask for help. If you would like to contribute to this cause, we would greatly appreciate it.

It is flu season...Please follow the stay healthy rules: **STAY HOME IF YOU ARE SICK**, wash or sanitize your hands often, and practice good hygiene habits. Did I mention, stay home if you're sick!

Thank you for the laughter I hear every day, and thank you to everyone who helps at the center! Stay warm!

Misty



Find the ground hog hidden in this newsletter. When you find it call the center at 740-852-3001 by Friday, February 13th 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 snowflake was on page 5. Congratulations to Darlene Steele, the lucky winner!

STAFF SPOTLIGHT!



Luther Dolby, maintenance. Luther has worked at the Senior Center since 2018.

He does a fantastic job of keeping our building and grounds clean and looking spiffy!

He has a great sense of humor, he keeps us laughing! He also does maintenance at the London Public Library.

Martha Parsons, part time driver. Martha has worked at the Senior Center since 2020.

She drives ADC clients, day trips and also takes folks to dr. appointments, shopping, etc. She has also filled in occasionally in the front office.

She and her husband, Jim have a son and a daughter and a grandson and 2 granddaughters.



Below: New Year's Eve raffle winners—Shirley Walls and Skip Fout.

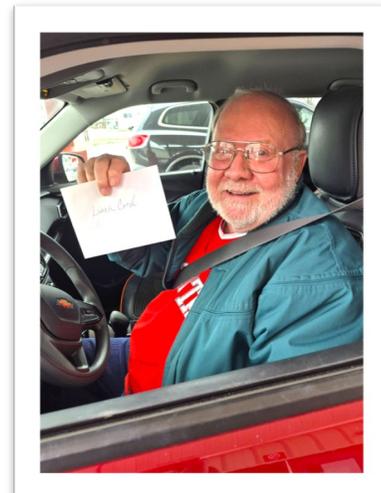


Our New Year's Eve party was amazing! We had 153 in attendance! The Gas Pump Jockeys put on a great show. As always, our kitchen staff outdid themselves with a yummy lunch!

We toasted the new year with champagne or sparkling juice. Here's to 2026!!



Below: New Year's Eve dancers were Donna & Michael Toy and in the background were Cathy Caudill and Panda Evans.





High Euchre Score

12-29-25 Dave Maharrey 86

1-5-26 Dave Maharrey 82

1-12-26 Diana Matthews 86

High Bridge Score

1-7-26 Jerry Cummings 5920



Welcome 22 New Members!

Gloria & Rolland Birtcher

Doris Byers Robert Mason

John & Ginger Conn

Bob & Nadine Daugherty

Bernard Rees Angela Johnson

Tony King Janet Matthews

Cindy & Randy Archey

Doug Salyers Vivian Valle

Connie & Douglas Runyon

Jeff & Amy Tabit

Rick & Diane Hartnett

**The Center will be closed
Monday, February 16th in
observance of Presidents Day.**



Happy
**PRESIDENTS
DAY**

2025 Governing Board Members

Donna Sheridan-President

Jerry Tompkins- Vice President

Loretta Anthony—Secretary

Sharon Manion

Dennis Park Tom Lawrence

WEEKLY SCHEDULE



Monday:

9:00 a.m.—Chair Volleyball

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

3:00 p.m.—Euchre February 10th and 17th (no potluck)

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

5:00 p.m. Members Only Line Dance, February 3rd and 24th

Wednesday:

9:00 a.m.—Chair Volleyball

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:

9:00 a.m.—Chair Volleyball

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.

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, 2 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!!

February Mystery Lunch and 88 Club combined trip—Wednesday, February 11th. Trip fee is \$5 for the van and a suggested \$5 fee for the museum. We will leave the Center at 10:15 a.m. and go to our Mystery Lunch first. Afterward, we will visit the Clark County Historical Society's Heritage Center full of interesting displays concerning Clark County. We will also try to see a mural of silent film actress Lillian Gish who was born in Springfield.

March Mystery Lunch—Wednesday, March 11th. We will leave the Center at 10:00 a.m. Trip fee is \$5. We will also be stopping at a local bakery after lunch.



Singing In The Rain at LaComedia and March 88 Club—Friday, March 20th. This trip includes transportation, delicious buffet lunch and the show. Vans will leave the Center at 9:30 a.m. We have 32 seats reserved (3 for our drivers). Of those we will take 21 passengers on our vans and then the remaining 8 will be for those that want to drive themselves. **Van riders will pay \$60 or you can drive yourself for \$53, due by Feb. 13th. This is sold out, call in and put your name on our wait list if you like.**

Often called "The Greatest Movie Musical of All-Time," Singin' in the Rain is a timeless masterpiece that continues to captivate audiences with its charm, wit, and infectious energy. Based on the classic 1952 film, this romantic musical comedy offers a light-hearted depiction of Hollywood when the transition from silent films to "Talkies" results in hilarious trouble for all.



Snooty Fox Upscale Thrift Shopping Trip in Cincinnati/88 Club—Friday, May 29th. This trip is full! Call to be put on the wait list. 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. If you have never gone on this fun trip, let me tell you it is very popular, so sign up asap! We go to 5 Snooty Fox thrift stores. They have clothing, home décor, furniture, jewelry, purses and shoes. We can fit most furniture under the bus. 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.**

88 CLUB

We have a lot of new people, so I thought I would explain the 88 Club. We are going to visit all 88 counties in Ohio to see or do something in each one.

So far we have gone to 12 counties. It's been a lot of fun!



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. Sign up early! Sometimes late reservations cannot be accommodated at the restaurants.

Monday, February 2nd—LaCarretta, 1092 Eagleton Blvd., London, OH 43140. No vans. We will meet at the restaurant around 4:15 p.m. I do still need you to let us know if you are coming so we can give a count to the restaurant.

Monday, March 2nd—Todd's Pizza, 139 East Main Street, West Jefferson, OH 43162. Please meet at the restaurant about 4:30 p.m. There will be no vans for this trip but please let us know if you plan to go.

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!

Biltmore Preview and Mid-Atlantic Rail Adventure/Washington D.C. Pre Departure Meeting

Thursday, March 12th 1:00 p.m.

We will begin with the Biltmore Preview which should only take about 30 minutes at most. The pre-departure meeting will be immediately after that. You will receive lots of information about the day the trip leaves including what time to be at the Center, where to park your cars, what you can and cannot bring with you, etc. If you will not be able to attend this meeting please let us know. You can pick up your packet at a later date.

New York, New York! Trip Full! Taking Names for Wait List! June 15-18, 2026

Final payment due by March 15th, 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 Taking Names for Wait List! 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 This trip if half full! November 30—December 3rd, 2026



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.

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.

Adult Day Center
Hello February!
Hope everyone had an enjoyable January. Thank you Diana Kavy and Don and Debbie Kelly for bingo donations. It is very appreciated. Thank you to Chris Webb for your Friday surprises! We love it. Bonnie, we are so grateful to have you back helping with crafts.
We hope February doesn't fly by like last year & January this year. Everyone have a nice Valentines Day!
Beth, Patsy, Regina and Debbie



Join us Wednesdays at 1:00 p.m. for both Yoga and Chair Yoga. Our instructor, Mary, can help you modify positions for you to use with a chair if needed.

Yoga can help you with balance and coordination, circulation, respiratory health, flexibility, healthy joints and more!

Come give it a try!

Free Friday Movies at 1:00 p.m.

Members Only

- February 6 – Ice Road: Vengeance – Liam Neeson – Fan Bingbong – PG-13 – 2025 - Action
- February 13 – Eternity – Miles Teller – Elizabeth Olsen – PG-13 – 2025- Romantic Comedy
- February 20 – Jay Kelly- George Clooney – Laura Dern – **R** – 2025 - Comedy
- February 27 – Train Dreams – William H Macy -Felicity Jones – PG-13 – 2025 – Based on Book



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

B
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G

Andrix, Barb	85	Glass, Duane	215	Kidd, Roy	139	Pickens, Ann	134
Binns, Mary	68	Goff, Terry	170	King, Carl	163	Ridolfo, Linda	177
Bluhm, Fred	189	Gonsalves, Laura	70	King, Karen	140	Rowley, Jack	165
Burdett, Diane	144	Gonsalves, Michael	131	Krivicich, Dave	160	Rowley, Nancy	127
Conn, John	155	Hawkins, Don	157	Marcum, Howard	159	Stout, David	175
Dillard, Darlene	135	Henry, Diane	130	Marcum, June	136	Turner, Paul	130
Eseman, Brenda	145	Irvin, Melody	120	Miller, Charles	169	Weisman, Debbie	106
Glass, Denise	112	Kearney, Phil	90	Noble, Gene	134		

❖The Cafe❖

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

FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 MUSHROOM, SWISS BURGER ONION RINGS SOUP DESSERT	3 TUNA NOODLE CASSEROLE VEGETABLE DESSERT BREAD & BUTTER	4 BEEF SPLITS MASHED POTATOES VEGETABLE SIDE & DESSERT	5 CHICKEN NORMANDY VEGETABLE SIDE & DESSERT BREAD & BUTTER	6 CAFÉ CLOSED
9 SAUSAGE GRAVY OVER BISCUITS FRIED POTATOES SIDE & DESSERT	10 RUEBENS FRENCH FRIES SIDE & DESSERT	11 CHICKEN CACCIATORE BUTTERED NOODLES TOSSED SALAD DESSERT GARLIC BREAD	12 HAM LOAF SWEET POTATOES VEGETABLE SIDE & DESSERT BREAD & BUTTER	13 CAFÉ CLOSED
16 CENTER CLOSED PRESIDENT'S DAY	17 SHEPHERDS PIE TOSSED SALAD DESSERT BREAD & BUTTER	18 ROAST PORK BUTTERED POTATOES GLAZED CARROTS DESSERT BREAD & BUTTER	19 SALISBURY STEAK MASHED POTATOES VEGETABLE DESSERT BREAD & BUTTER	20 CAFÉ CLOSED
23 <u>BIRTHDAY MONDAY</u> SPAGHETTI W/MEAT SAUCE TOSSED SALAD DESSERT GARLIC BREAD	24 SMOKED SAUSAGE & SAUERKRAUT PARSLEY POTATOES SIDE & DESSERT CORN BREAD	25 LASAGNA ITALIAN BEANS TOSSED SALAD DESSERT GARLIC BREAD	26 CHICKEN & DUMPLINGS VEGETABLE SIDE & DESSERT BREAD & BUTTER	27 CAFÉ CLOSED
				

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

SOUP DAILY BOWL \$2.00 OR CUP \$1.50

ENTRÉE SALAD FOR THE MONTH

WEEK OF 02/02/26

CHEF SALAD

WEEK OF 02/09/26

TACO SALAD

WEEK OF 02/16/26

FRIED CHICKEN SALAD

WEEK OF 02/23/26

COBB SALAD

For the Chocoholic

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



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|--------------|--------------|--------------|---------|
| Babka | Chips | Dipped Fruit | Mousse |
| Black Forest | Cocoa | Frosting | Mud Pie |
| Brownie | Cookie | Fudge | Pudding |
| Cake | Cream Pie | German | Tart |
| Candy | Devil's Food | Ice Cream | Truffle |



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

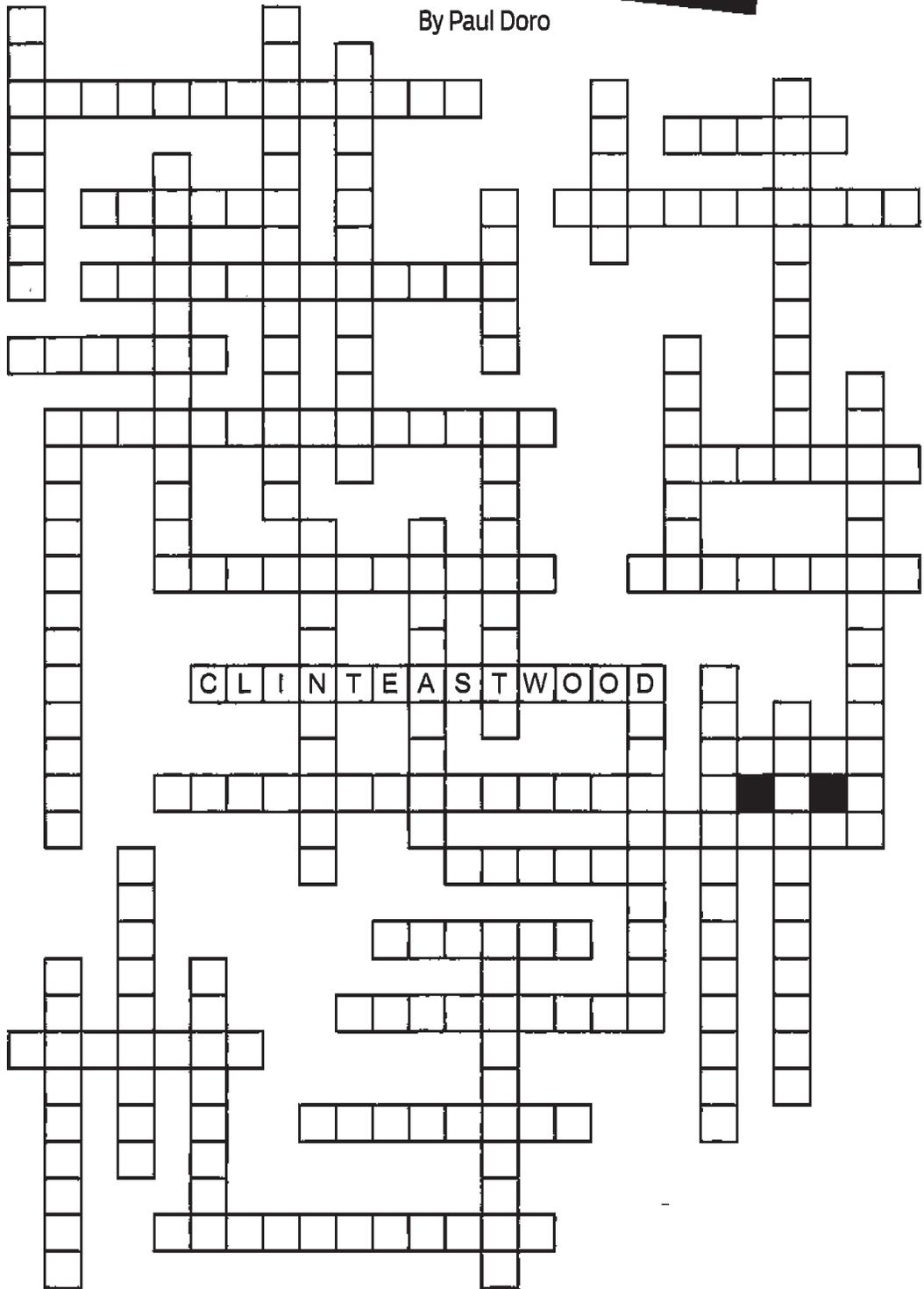
	9	7	4		2	1	6	
1		6		5		2		9
2	8						4	7
9			7		3			6
	3						8	
7			6		1			5
8	5						1	2
4		1		2		8		3
	6	2	5		8	9	7	

CRISS CROSS

RAWHIDE STARS

By Paul Doro

Locate the words listed below on the puzzle grid. One has been placed for you. (Words in parentheses are not included in the puzzle.)



5 LETTERS

(Peter) Lorre
(Leonard) Nimoy
(Warren) Oates
Royal (Dano)

6 LETTERS

(Martin) Balsam
Claude (Rains)
(James) Coburn
(Robert) Loggia

7 LETTERS

Barbara (Eden)
Burgess (Meredith)
(Anne) Francis
(Darren) McGavin

8 LETTERS

DeForest (Kelley)
Dick York
(Lee) Van Cleef
(James) Whitmore

9 LETTERS

Bruce Dern
Elizabeth
(Montgomery)
Kim Hunter
(Dick) Van Patten
Vera Miles

10 LETTERS

Brian Keith
Dean Martin
Robert Culp
Sheb Wooley

11 LETTERS

Beau Bridges
Eric Fleming
Robert Cabal

Steve Raines

12 LETTERS

James Murdock
Martin Landau

Paul Brinegar
Ralph Bellamy

13 LETTERS

Clint Eastwood

Frankie Avalon
George Kennedy
Leslie Nielsen

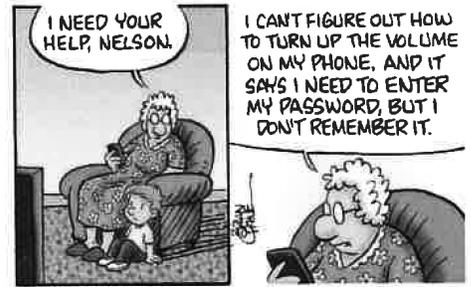
14 LETTERS

Charles Bronson

Cloris Leachman
John Cassavetes

Valentine's Day

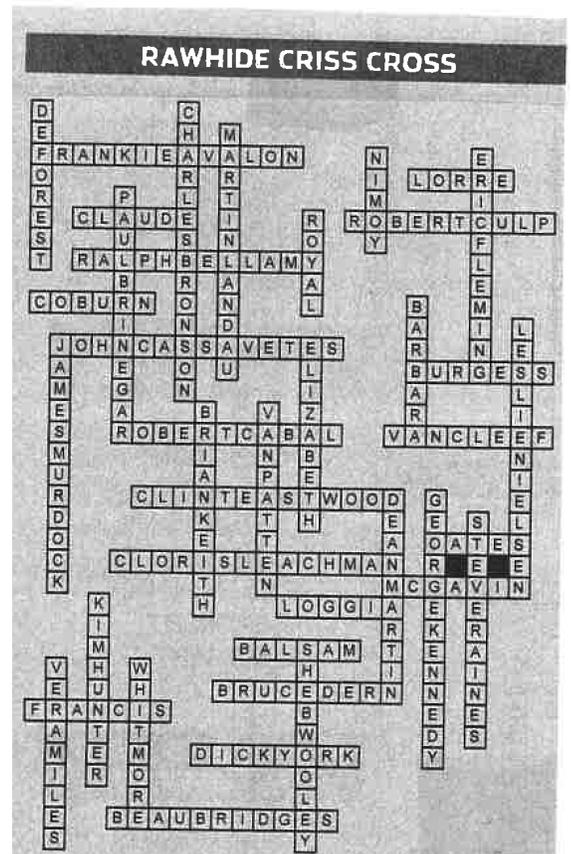
A L O C O H C S N U G G L E Z
 L U O S O C H O C O L A T E S
 S D R A C U R U T D F A S T W
 T N H E A E E L E E D S E W E
 R H U V L R H M D T I A O G E
 D R G P C R T A D K D R O D T
 T I U I T A E T S F R T A R H
 S O P R N B G E A A H E A C E
 C O I U E E O S I K V E O H A
 D L U E C M T G K O B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



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

- | | | | |
|------------|------------|------------|------------|
| Arrow | Couple | Heartthrob | Steadfast |
| Be Mine | Cupid | Kiss | Sweetheart |
| Candy | Date Night | Love | Teddy Bear |
| Card | Dinner | Snuggle | Together |
| Chocolates | Flirt | Soulmates | True Love |

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



Smart ways to beat the winter blues

The most powerful tool in your winter wellness arsenal is morning sunlight. It's that window of time in the morning, usually around breakfast, that's most important. The morning light exposure tells your brain to decrease melatonin (the sleep hormone) and boost serotonin (the feel-good chemical), helping you feel more alert during the day and sleep better at night.

Here are some light-boosting strategies:

- Get outside early. If you are able, bundle up and take a 10 minute morning walk.
- Open those blinds. Eat breakfast near a sunny window. Even on cloudy days, natural light is good for you.
- Consider a "happy light." Full spectrum light therapy boxes (often called "happy lights") can be placed on your table during breakfast or while reading the morning paper. Just make sure you're not wearing contact lenses, so that the light reaches your eyes. If you're prone to winter blues, consider starting light therapy in early fall.
- Move your body. Thirty minutes a day of moderate exercise can work wonders for your mood.

The key is consistency. Join a walking club, try some exercise classes at the Senior Center or come in and make use of our fitness room at the center.

For us older folks, especially those of us who are retired or living alone, social connection becomes even more critical during the winter months.

Consider joining a book club. Try a new senior center activity! Consider volunteering at a food pantry or the animal shelter. If you can't get yourself to commit to an outing outside the house, schedule a recurring video chat with the family members and friends who make you laugh the most.

Finally, try reframing winter as an opportunity rather than something to simply endure. Use the quieter months to plan a spring garden, research a summer vacation or start that creative project your' been putting off. Winter can be a time of restoration and reflection—if we let it.

Taken from 55pluslife.com

Quick & Easy Chicken Noodle Soup

6 servings

162 calories per serving



- 1 T. Butter
- 1/2 C. chopped onion
- 1/2 C. chopped celery
- 4 (14.5 oz.) cans chicken broth
- 1 (14.5 oz.) can vegetable broth
- 1/2 lb. chopped cooked chicken breast
- 1/2 C. egg noodles
- 1 C. sliced carrots
- 1/2 t. dried basil
- 1/2 t. dried oregano
- Salt & pepper to taste

Directions:

• Melt butter in a large pot over medium heat. Add onion and celery and cook until just tender, about 5 minutes.

• Add chicken broth, vegetable broth, chicken, egg noodles, carrots, basil, oregano, salt and pepper. Stir to combine and bring to a boil

• Reduce heat and simmer for 20 minutes.

• Hint: Buy a store roasted chicken, use the chicken breast for this recipe and have the rest for another meal.

February Birthdays!

Patron	Birthday	Patron	Birthday	Patron	Birthday
Angles, Debbie	02-01	Coulson, Juanita	02-12	Young, Candice	02-21
Blakeslee, Liz	02-02	Darding, Vaughn	02-12	Forder, Lisa	02-22
O'Connor, Carole	02-02	Branson, Bob	02-12	Poland, Shirley	02-22
Vitale, Bruce	02-03	Zarzano, Anthony	02-13	Reynolds, Michael	02-23
Carter, William	02-04	Farler, Lois	02-13	Myers, Barbara	02-23
Rowland, Debbie	02-04	Alspach, Daniel	02-14	Reed, Janice	02-23
Erbaugh, Kathy	02-05	Strine, John	02-14	Price, Monica	02-23
Hildebrand, Joyce	02-06	Clark, Lorrie	02-14	Geesling, Linda	02-23
Lowery, Melvin	02-06	Gordon, Patricia	02-14	Madden, Grethel	02-24
Ward, Linda	02-06	Forrest, Patricia	02-15	Dickerson, Sheryl	02-24
Emrick, David	02-07	Cooley, Greg	02-16	Calomeni, Ed	02-24
Stier, Linda	02-07	Eades, Brenda	02-16	Baltzer, Cheryl	02-25
Iversen, Patricia	02-08	Haynes, Teri	02-17	Palmer, Hope	02-25
Anthony, Loretta	02-08	Streit, Karen	02-17	Wells, Karren	02-25
Duffey, Arlene	02-08	Walters, Patty	02-18	Hayes, Lisa	02-25
Mongold, Billy	02-09	Ballard, Eleanor	02-18	Myers, Jim	02-26
Miller, Charles	02-09	Jones, James	02-18	Kennedy, Ruth	02-26
Florea, Nancy	02-10	Duncan, Eilene	02-18	Darding, Jean	02-27
Mason, Marilyn	02-10	Cress, Dan	02-18	Meyersick, Henrietta	02-27
Compston, Anna	02-10	Fitchpatrick, Greg	02-18	Clinebell, Judith	02-27
Powell, William	02-10	Clark, Joseph	02-18	Bernard, Gina	02-28
McHenry, Lynn	02-10	Parrott, Fred	02-19	Steele, Darlene	02-28
Mills, Steven	02-11	Tompkins, Jerry	02-19	Bernard, Martina	02-28
Wilson, Carolyn	02-11	Zeck, Alice	02-19	Stryker, Kent	02-28
Dillard, Darlene	02-11	Green, Linda	02-20		
Justice, Jean	02-11	Craft, Daniel	02-21		



February is American Heart Month.

In 1964, President Lyndon B. Johnson issued the first proclamation declaring February American Heart Month. Each year, this is a time to spotlight heart disease, by bringing awareness and sharing how to take steps to prevent this disease. (American Heart Association)

Self-care is heart-health care.

- 1) Practicing self-care can keep our hearts healthy.
- 2) Being physically active,
- 3) Eating healthier foods,
- 4) Getting enough sleep,
- 5) Find healthy ways to reduce stress can help prevent heart disease.



Get to know Your Heart

- 1) Learn what a healthy blood pressure, cholesterol, weight, and blood sugar level is for you.
- 2) Having a basic understanding of information that concerns your heart health.
- 3) Knowing your risk can help you make lifestyle change.

Take care of your heart health !!

Ruth RN and 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. The next one will be February 10th 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.



Heart Healthy Snack Foods Shopping List



- | | |
|--|--|
| <input type="radio"/> Apples | <input type="radio"/> Tomatoes |
| <input type="radio"/> Blueberries | <input type="radio"/> Spinach |
| <input type="radio"/> Oranges | <input type="radio"/> Kale |
| <input type="radio"/> Bananas | <input type="radio"/> Carrots |
| <input type="radio"/> Pears | <input type="radio"/> Avocado |
| <input type="radio"/> Peaches | <input type="radio"/> Broccoli |
| <input type="radio"/> Grapes | <input type="radio"/> Cauliflower |
| <input type="radio"/> String cheese | <input type="radio"/> Lean poultry |
| <input type="radio"/> Nuts & Tofu | <input type="radio"/> Eggs |
| <input type="radio"/> Nut butters | <input type="radio"/> Lowfat Milk & yogurt |
| <input type="radio"/> Lean beef | <input type="radio"/> Lowfat cheese |
| <input type="radio"/> Whole grains | <input type="radio"/> Beans & peas |
| <input type="radio"/> Fish & shellfish | <input type="radio"/> Lean beef |



HearingLife

Christine Walters will be at the Center on February 11th.

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, February 13th to help anyone with Medicare questions.

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

Andy will be coming once a month.

2026 Membership

Dues Are Now Due!

Don't miss a newsletter!

\$15/single—\$25/couple

Age 90 or over—Free!

**You can mail them to
P.O. Box 389, London, OH 43140**

Inclement Weather Closing Policy

The Senior Center will be closed any time Madison County is declared a level 2 or a level 3. If in doubt, please call to see if your activity/trip/lunch is still going to take place.

Please use your own judgment when deciding to travel on snowy or icy roads. Some areas of our county at times have worse road conditions than others.



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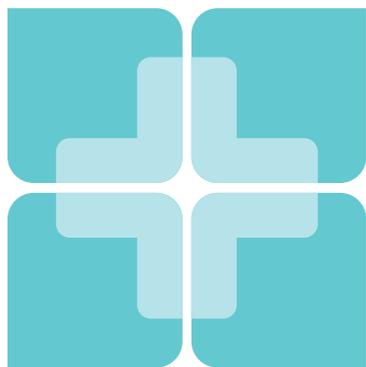
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Sovereign Village

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We're on the Web!

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



February 2026

Misty Bradley, Executive Director
Ramalingam Selvarajah, M.D., Medical Director
Janisse Isaacs, Activity Coordinator/Marketing
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
Jeanna Bernard, 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.