

Madison County Senior Citizens Center

Golden

Times

September 2025

Issue IX



SEPTEMBER

Salutations! Well, here we go, rolling quickly into fall. Yep, the pumpkin spice is already out there, and the Halloween decorations...

We had a donation of a very nice power chair. If you know someone who could use one, please give us a call. We want to ensure it reaches someone who truly needs it.

It's hard for me to believe that, despite the center's opening in Madison County in 1976, many people in our community remain unaware of our services or mistakenly think we are an assisted living facility. I am always on a mission to change that. We are planning an open house in October, and as part of this event, we will be hosting a soup cook-off. What a wonderful time of year to sample delicious soups! We will ask participants to share their recipes, and attendees will have the opportunity to judge the soups. The winner(s) will receive a nice prize. During the open house, we will give tours of our wonderful facility and provide information about our services and activities. Please mark your calendar for Saturday, October 18th 2:00 p.m. – 5:00 p.m. More details to follow in the October newsletter, on our Facebook page, and posted around the center. Start looking for that amazing family soup recipe to share! Oh, and I checked the OSU football schedule, as it is that time of year, and game time is TBD. No worries, if it is an early game, we can show it on our big screen, which is a great way to showcase one of our center assets for activities and services. (my Irish don't play until 7:30, I'm good 😊)

The following will serve as my monthly reminder through November: Please actively and optimistically promote the levy **renewal** on November 4th and its importance to the center. We have many new people moving into our community; they may not be aware of the center or realize its importance to the senior citizens of Madison County. **Please share with your family, friends, and neighbors just how important the center is to you.** The most important thing to remember is that without our levy funding, which accounts for 93% of our revenue, the Madison County Senior Center would **not exist**. Yes, it's that important. **NO NEW TAXES**, just a renewal of the existing .8 mill levy that has been in place since 1997.

The new exercise equipment has arrived, is all set up, and is getting rave reviews. You can walk on the beach or take a mountain hike; both pieces have nice screens for your next adventure to help you pass the time while working out.

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

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



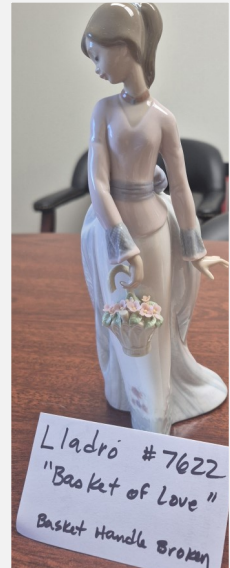
Find the football hidden in this newsletter. When you find it call the center at 740-852-3001 by Friday, September 12th and tell us where it is located. If correct, your name will be entered into a drawing to win 5 free lunches. Remember it may not be on a color page. Last month the baseball was on page 7. Congratulations to Martha Parsons, the lucky winner!



Left & Right: We had an interesting Mystery Lunch at Ford's Garage in Cincinnati. Lots of Ford memorabilia. Including a Model T hanging over the bar area.



Below: Lladro figurines for the Silent Auction. There are a total of 8 in the auction. See page 6 for more information.



Above: The Adult Day Center clients enjoyed some time out on their patio on one of the afternoons that wasn't extremely hot. They recently got new patio furniture.



Far Left and Middle: Howard Marcum, Linda Zimmerman and June Marcum look over the newest seated elliptical. We also got an ergometer for upper body workouts. It can be adjusted to be used by people in wheelchairs.



High Euchre Score

- 7-21-25 Fred Bluhm 85
- 7-28-25 Gary Walker 84
- 8-4-25 Gary Walker 78
- 8-11-25 Todd Martin 76
- 8-18-25 Tim Beekman 92
- 8-19-25 Bev Evans 77



High Bridge Score

- 7-23-25 Bob Majka 4590
- 7-30-25 Nancy Robinson 5290
- 8-6-25 Nancy Robinson 5850
- 8-13-25 Jerry Cummins 5520



The Center will be closed Monday, September 1st

LABOR DAY

Welcome 9 New Members!

- Debbie Little
- Candice Young
- Thomas Gonzalez
- Penny Flowers
- Nancy Hodosko
- Frances Martin
- Janice Bachstetter
- Robert Davis
- Mary Beatty



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

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.-7:00 p.m.—Billiards, Workout Room Open.
- 4:00 p.m.—Euchre September 9 and 16

5:00 p.m. Members Only Line Dance September 2, 23, 30

Wednesday:

- 9:00 a.m.—Chair Volleyball
- 10:30 a.m.—Aerobics/Strengthening Class
- 12:00 p.m.—Bridge
- 1:00 p.m.—Hand & Foot Cards

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!!

Snooty Fox Stores thrift shopping—Friday, September 19th. Trip fee is \$40. We will leave the center at 8:45 a.m. and return around 6 p.m. We will pass an envelope for the driver tip. Lunch will be on your own at our 2nd stop.

September Mystery Lunch—Wednesday, September 24th. Trip fee is \$5. We will leave the Center at 10:30 a.m.

Amish Country Trip! - Wednesday, October 8th. Trip fee is \$45 due by September 1st. We will leave at 8:00 a.m. Lunch will be first at Mrs. Yoder's Kitchen. After that we travel on to Heini's Cheese Chalet, Sols in Berlin, Coblentz Chocolates & Hillcrest Orchard. We plan to return home by 6:30 p.m. We will pass an envelope for the driver tip. Please bring an insulated bag or cooler if you plan to buy cheese or anything else that needs to be kept cold.

October Mystery Lunch—Tuesday, October 28th. Trip fee is \$5. We will leave the Center at 10:15 a.m.

Scrooge at the LaComedia Dinner Theatre—Wednesday, December 3rd. Your trip fee of \$103 includes motorcoach transportation, your buffet lunch and dessert at LaComedia and the Christmas classic Scrooge! We will leave the Center at 9:30 a.m. and return between 4:00 and 5:00 p.m. **I apologize that the price went up \$5 from last month's newsletter. LaComedia is charging a \$5 processing fee per person. Please pay the trip fee by October 27th.**

88 CLUB We are taking trips to all 88 counties!

Marion County Wednesday, September 17th Leaving the Center at 8:30 a.m.

Trip fee is \$5 and \$15 at the door. We will be touring the home of President Warren G. Harding in Marion, Ohio. You will also tour the museum and we will visit the Harding Memorial/Tomb. President Harding was our 29th President of the United States, from March of 1921 to August 1923 when he died suddenly at the age of 57. Lunch will be at Panera Bread.

Franklin County Tuesday, October 14th Leaving the Center at 9:00 a.m.

Trip fee is \$5. We will be visiting Blacklick Metro Park to explore their treetop canopy walk and observation deck. There is an elevator for those that need it. Some walking required for this trip. Lunch will be at Arbys.

Holmes County- The Amish Country Trip listed under Day Trips will be counting toward our 88 club.

Pickaway County Monday, November 24th Leaving the Center at 10:15 a.m.

Trip fee is \$5. We will be going to A & R Alpaca farm in Williamsport. Owner Robin Ridenour will tell us all about raising alpacas. We will then go to lunch at City BBQ and after that we will visit the oldest candy store in the U.S., Wittichs in Circleville, established in 1840. They also happen to serve ice cream!

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, September 8th—LaCarreta Mexican Restaurant, 1092 Eagleton Blvd, London, OH. No vans for this trip. Please meet at the restaurant at 4:00 p.m. Let us know if you are coming so we can have an accurate count.

Monday, October 6th—Hofbrauhaus, 800 Goodale Blvd., Columbus, OH 43212. We will leave the Center at 4:00 p.m. and arrive at the restaurant around 4:45 p.m. Don't forget to let us know if you are driving 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!

2026 Trip Preview!

If you missed our first preview or just want to see it again, come Thursday, November 6th at 10:00 a.m. Wendt Tours will be here with information and video of each 2026 trip listed below.

Christmas in the Smokies pre departure meeting will be Thursday, November 6th at 11:15 a.m. If you are unable to attend, please call Janisse at 740-852-3001 to make arrangements to pick up your packet on another day.

Mid-Atlantic Rail Adventure/Washington D.C.	March 25-28, 2026
This trip includes: Pittsburgh, Gateway Clipper Cruise, Cherry Blossoms in Washington D.C., Union Station, Monuments & Memorials, Amtrak's Capitol Limited, Harper's Ferry, Arlington National Cemetery, Smithsonian Museums and more!	
Tour includes: Motorcoach transportation, Rail transportation aboard Amtrak, 3 nights lodging, 5 meals-3 breakfasts and 2 dinners, all sightseeing & admissions, baggage handling, gratuities for city guides and porters.	
Tour Fare: A deposit of \$100 per person will hold your reservation. Double \$1249 pp, Triple \$1199 pp and Single \$1649 pp. Final payment is due by December 15th, 2025.	

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.	
Projected Tour Fares: A deposit of \$250 will secure your reservation. Double \$1799 pp, Triple \$1749 pp, and Single \$2599 pp. Final payment due by March 15th, 2026.	

Northern Ireland & Scotland	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	

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

We have been enjoying our new patio furniture on the really nice days. They are so comfortable and pretty. We don't have any birthdays to celebrate in September, however, if anyone would like us to celebrate for you, we would surely be happy to do so for you!! Hint! Hint!

Thank you to all of our volunteers for your help and kindness. Thank you Chris Webb for the ice cream, Janet Mason and Marilyn Henry for donuts, Barb Florence for bingo prizes and to others that help with bingo prizes (some come with no name attached). As always we still need prizes for bingo.

Have a wonderful September,

Beth, Patsy,

Regina and Debbie



SILENT AUCTION

We are conducting a silent auction through October 10th. Items donated to the Center are 8 collectible Lladro Porcelain Figurines. They will be on display in one of our showcases in our front hallway. There will be sheets to write your bids on the outside of the showcase.

There are pictures of a couple of the figurines on page 2 of this newsletter.

To learn more about Lladro you can go to the following website, lladrofigurines.com.

All proceeds from the silent auction will go to our Madison County Senior Center.

Free Friday Movies at 1:00 p.m.

Members Only

September 5 – Aloha – Bradley Cooper – Rachel McAdams – 2015 – PG-13 – Romantic Comedy

September 12 – Mission Impossible – The Final Reckoning – Tom Cruise - 2025 – PG-13 - Action

September 19 – Dave—Kevin Kline-Sigourney Weaver—1993—PG—Comedy

September 26 – Used People - Shirley MacLaine – Kathy Bates – 1993 – PG-13 - Dramedy



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

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Andrix, Barb	96	Glass, Denise	115	Kidd, Roy	141	Pickens, Ann	136
Binns, Mary	96	Glass, Duane	196	King, Carl	169	Ridolfo, Linda	176
Bluhm, Fred	189	Goff, Terry	166	King, Karen	140	Stout, David	178
Burdett, Diane	153	Gonsalves, Laura	70	Krivivcich, Dave	160	Turner, Paul	130
Davis, Barb	94	Gonsalves, Michael	131	Marcum, June	136	Weisman, Debbie	104
Dillard, Darlene	135	Hawkins, Don	157	Marcum, Howard	159		
Eseman, Brenda	150	Henry, Diane	130	Miller, Charles	159		
Florence, Barb	106	Irvin, Meldoy	120	Noble, Gene	125		

Building a Balanced Breakfast

When preparing breakfast, focus on nutrient-dense foods. A well rounded meal should include whole grains, lean protein, fruits and vegetables.

Here's how to make your breakfast nutritious:

1: Incorporate Whole Grains

Opt for whole grain bread, cereals, or oatmeal. Whole grains are high in fiber, promoting digestion and heart health.

2. Prioritize Protein

Eggs, Greek yogurt and nut butter are excellent protein sources. Protein helps repair and maintain muscle mass, which is crucial for seniors.

3. Include Fruits and Vegetables

Add berries, bananas or oranges for a natural dose of vitamins and antioxidants. Vegetables like spinach or bell peppers are perfect for omelets or breakfast wraps.

4. Limit Added Sugars

Watch out for hidden sugars in cereals and granola bars. Look for whole, natural ingredients and avoid terms like “high-fructose corn syrup” or “cane juice” on labels.

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.

September Birthdays!

Customer	Birthday	Customer	Birthday	Customer	Birthday
Stuthard, Elaine	09-01	Cox, Joan	09-11	Martinez, Betty	09-21
Hysell, Janet	09-01	Dunham, Janet	09-11	Boyd, James	09-21
Foust, John	09-01	Hayes, Darryl	09-11	Sullivan, Evelyn	09-22
Alder, Phyllis	09-01	Thompson, Susan	09-12	Keefer, Ed	09-22
Holland, Cheryl	09-02	Wilson, Mike	09-12	Pulver, Lynne	09-23
McBride, James	09-02	Scott, Sandra	09-13	Hilsheimer, Paul	09-23
Long, Mark	09-02	Likens, Gary	09-13	Victor, Vicky	09-24
Booth, Mary	09-02	Hopkins, Shelley	09-13	Stewart, Dick	09-24
Worley, Daniel	09-03	Glass, Duane	09-13	Shaw, Rose	09-24
Toops, Richard	09-03	Storts, Dee	09-15	Lampen, Terry	09-25
Henry, Ted	09-04	Foust, Linda	09-15	Isaacs, Brian	09-25
Worthington, Shelly	09-04	Reed, Debra	09-15	Park, Dennis	09-25
Myers, Apryl	09-04	Wilson, Lynette	09-15	Myers, Virginia	09-26
Raub, Joyce	09-06	Nutt, Francis	09-16	Henry, Diane	09-26
Price, Jim	09-06	McCarty, Paula	09-16	Likens, Amy	09-27
King, Beverly	09-06	Bernard, Jeanna	09-17	Truxall, Daniel	09-27
Myers, Joe	09-06	Poling, Frank	09-17	Bryant, Carol	09-27
Wheeler, Dale	09-07	Skidmore, Johnnie	09-17	Clifton, David	09-28
Wilson, Kathy	09-07	Albrecht, Donna	09-17	Ruhe, Dave	09-28
Isaacs, Angela	09-07	Ward, Frank	09-17	Sloan, Norman	09-28
Landerfelt, Anita	09-07	Stewart, Ron	09-18	Skinner, Wayne	09-28
Chesser, Liz	09-08	Dickerson, Richard	09-18	Hamilton, Bonnie	09-29
Long, Deborah	09-08	Golding-Kent, Clara	09-18	Legg, Anna	09-29
King, Karen	09-09	Brunner, Judith	09-19	Herman, Mary Anne	09-29
Davis, Barbara	09-10	Cunningham, David	09-19	Stanley, Marc	09-29
Paver, Penny	09-10	Dillion, Esther	09-19	Cooley, Kelly	09-29
Hackley, Carol	09-11	Marcum, June	09-20	Toops, Connie	09-30
Bevens, Karla	09-11	Cleaver, Mary	09-21		
Jones, Jenny	09-11	Harps, Angela	09-21		



Happy Birthday



SERVING THE SENIORS OF MADISON COUNTY SINCE 1976

~ Mission Statement ~

The purpose of the Madison County Senior Center is to encourage, foster, and develop opportunities for the senior citizens of Madison County through education, recreation, respite, nutrition, adult care services, transportation, and assistance with independent living.

PLEASE CONTINUE TO SUPPORT
THE SENIOR CITIZENS OF MADISON COUNTY

VOTE YES



FOR OUR LEVY RENEWAL ON NOVEMBER 4, 2025

~ NO NEW TAXES ~

280 West High Street, London • 740-852-3001 • mcsenior.org

MCSCC TRANSPORTATION SERVICES

The Madison County Senior Citizens Center offers a wide range of services and activities designed to help seniors maintain their independence for as long as possible, while also providing opportunities for socialization.

Our Transportation services can assist seniors who are no longer able to drive to doctor appointments, the pharmacy, the grocery store, outpatient services, and other needed trips. *Doctor appointments take top priority.

Handicapped-accessible vans are available with trained drivers for individuals with disabilities. You must be 60 years or over and live in Madison County to be eligible for the transportation services.

A variety of funding sources are accessible to assist with the client's care, including Madison County Tax Levy Funds, Title III, the National Caregiver Program, the Alzheimer's Respite Program, and Self-Payment options. For clients whose income does not meet the criteria for these funding sources, we offer a sliding scale based on the COAAA Cost Share Guidelines. We want to emphasize that no client will be denied services due to their ability to pay.

If you are interested in our transportation services or know a senior in need, please contact the center at 740-852-3001.

HearingLife

Christine Walters will be at the Center on September 10th.

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, September 12th to help anyone with Medicare questions.

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

Andy will be coming once a month.



Holiday Craft Bazaar Saturday, November 1, 2025

9:00 a.m. to 1:00 p.m.

Mark your calendar for this fun event. Start your holiday shopping early! Free raffle! Yummy breakfast and lunch items served! See the October newsletter for a list of vendors and their crafts/sales items.

Friends of Madison County Parks & Trails

Supporting our community & the Madison County Park District since 1999

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info@fmcpt.com



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We're on the Web!

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



September 2025

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
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.