

Golden Times

July 2025
Issue VII

Madison County Senior Citizens Center



Today is June 17th, and we are anticipating a very hot week ahead. Summer officially starts on June 20th, and the temperatures will reflect that! We encourage you to use the center during the day to stay cool and participate in our activities; it's a great place to hang out, stay active, and beat the heat. If you need a fan, please let us know. Don't forget to check on your senior neighbors. If you need to run a quick errand, please leave your pets at home; it's unsafe to leave them in the car in the heat, even with the window slightly rolled down.

We received a call from Ben Gelber—yes, that Ben Gelber, the weather guy. He is in a band that is interested in performing for all of you. We are currently waiting to hear back from him regarding a date in late summer or early fall. Stay tuned for updates!

And the great trips just keep coming. We have some nice trips lined up for next year, including Washington, D.C., New York, and Scotland/N. Ireland. If you missed the meeting a couple of weeks ago, we have information in the office for each trip. Janisse continues to plan fun day trips. The eighty-eight club has visited five counties, with many more planned for this summer and fall. I visited The Wilds in Muskingum County yesterday with a lovely group. It is a beautiful place, and I went zip lining with my mom. It's an experience worth trying if you ever have the opportunity. I don't possess the adventurous spirit that most of my family has, but I will admit that it's a good idea to step out of your comfort zone every once in a while and try new things. Maybe not activities that could be life-threatening, like hanging from a cable with just a couple of clips wearing an uncomfortable harness while zipping along at dangerous heights, with only your left hand as a brake as you're hurtling toward a pole in the middle of your next landing platform, but hey, it was fun, and I would probably do it again!

I just finished working on and submitting our National Caregiver grant application. I'm pleased to report that we will continue to receive funding. While it won't cover all the expenses for our programs and supportive services, maintaining this funding is crucial for the center and the families and seniors we are able to assist.

It's time to actively spread the word about our levy renewal and its importance to the center. Please share with your family, friends, and neighbors just how important the center is to you. The necessary paperwork has been filed and approved, allowing us to appear on the November 4 ballot. The most important thing to remember is that without our levy funding, the Madison County Senior Center does not exist. Yes, it's that important.

Wishing you all a fantastic summer! Stay safe and cool! Come to the center! 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 Fourth of July holiday! God Bless America!

Misty



Find the ice cream cone hidden in this newsletter. When you find it call the center at 740-852-3001 by Friday, July 11th 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 seed packet was on page 6. Congratulations to Faith Simmons, the lucky winner!



Left: Three of our ADC staff all dressed up in red, white and blue! From left: Patsy Bricker, Beth Dillion and Regina Conley. They do a great job with the ADC clients by helping them have a fun time while they are here at the Center.

Right: One of our great cooks, Sheila Evans, won our May 50/50 drawing. Congratulations!!



Left: We had about 60 people come in for our 2026 Trip Preview! Everyone is ready to travel! Next year we are going to Washington D.C., New York City and Northern Ireland and Scotland.

Below Left: On a chilly day in May we toured Cedar Bog in Champaign county as part of our 88 County tour of Ohio. It was interesting and we learned a lot.

Below Right: For our June 88 club trip we checked off Muskingham county by visiting The Wilds. We saw a lot of animals including Tuffy the giraffe. We learned a lot about saving animals from extinction and we had some great guides.





High Euchre Score

6-2-25 Skip Fout 94



6-9-25 Steve Holland & Karen Shaw 84

6-10-25 Bev Evans 79

6-16-25 Steve Holland 81

6-17-25 Bev Evans 75

High Bridge Score

5-28-25 Kay Majka 4610

6-4-25 Bertha Hilsheimer 3040

6-11-25 Mary Locke 5890

Welcome 17 New Members!

Brenda and Steve Cordell

Debra and Daniel Craft

Sara and James Weimer

John Brenneman

Charles Baird

Judy Justice

Calvin Taft

Maggie and Lynn Forster

Lorna and Irving Kelly

John Stetler

Brett Harris

Mary Knopp

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

9:30 a.m.—Beginner Knit & Crochet & Needlework

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

4:00 p.m.—Euchre July 8 and 15

5:00 p.m. Members Only Line Dancing July 1, 22, 29

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

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

Thursday:

9:00 a.m.—Chair Volleyball



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, a seated elliptical, and hand weights.

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



UPCOMING DAY TRIPS!!

Groovy Plants Ranch—Tuesday, July 1st. Trip fee is \$5. Leaving the Center at 8:30 a.m. Lunch will be in Delaware at Buns. This is mostly an outdoor trip, some walking, you will have to be able to handle your plant cart.

July Mystery Lunch—Wednesday, July 23rd. Trip fee is \$5. We will leave the Center at 9:30 a.m.

Senior Day at the Ohio State Fair—Tuesday, July 29th. Trip fee is \$5. We will leave the Center at 9:00 a.m. Admission to the fair is free for seniors. At 1:00 p.m., you can attend the free concert in the Celeste Center featuring the band Sixteen Candles who play 80's rock music. We will leave the fair at 2:30 p.m. ***Remember— there will be a lot of walking for this day trip.

Columbus Clippers vs Omaha Storm Chasers Game—Thursday, August 21st. Trip fee is \$21 due by July 25th. We will leave the Center at 10:45 a.m. for the noon game. Lunch will be on your own at the ball park. We will be in Section 5. Don't forget your sunscreen and sunglasses.

August Mystery Lunch—Tuesday, August 26th. Trip fee is \$5. We will leave at 9:45 a.m.

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. **Payment due by August 8th.**

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 if you plan to buy cheese or anything else that need to be kept cold.

88 CLUB These trips are for those that signed up for 88 Club. Seats are first come, first served.

Greene County Tuesday, July 15th Leaving the Center at 10:30 a.m.

Trip fee is \$5. We will be visiting Cedar Cliff Falls. *Please bring a brown bag lunch and a drink.* It is a short walk to the falls. You can go on a hike past the falls if you like. This will be postponed if it is a rainy day.

Miami and Clark Counties **Thursday, August 7th** Leaving the Center at 9:15 a.m.

Trip fee is \$5 and \$8 at the farm. We will be visiting Johnston Farm and Indian Agency near Piqua, Ohio. We will have a guided tour. John Johnston was a farmer, public official, and U.S. Indian Agent for western Ohio from 1812 to 1829. Today, visitors enjoy the home and farm of this most extraordinary man much as it appeared in 1829. We will also enjoy a ride aboard the General Harrison of Piqua, a replica 70-foot-long canal boat. In Clark county we will visit Hartman Gardens. *Bring a brown bag lunch and a drink.*

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, July 7th—Rooster's, 5225 Nike Station Way, Hilliard, OH. Trip fee is \$5. We will leave the Center at 4:00 p.m. and arrive between 4:45-5:00 p.m. If you are driving yourself, let us know so you can be included in our count.

Monday, August 4th—Cracker Barrel, 1313 Hilliard Rome Road, Columbus, OH. Trip fee is \$5.. We will leave the Center at 4:00 p.m. and arrive between 4:30. Let us know if you are driving yourself so we can include you in the count.

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!

Treasures of Quebec by Rail Trip

September 3rd—9th, and 5th—11th, 2025

The **Pre Departure meeting** will be Friday, August 22nd at 9:00 a.m. Please call the Center if you are unable to attend.

Christmas in the Smokies

November 18-21, 2025

This trip is full!

This trip includes: Smoky Mountain Christmas at Dollywood, Country Tonite Christmas Show, Dolly Parton's Christmas Stampede Dinner Attraction, Smoky Mountains, Hatfield's & McCoy's Christmas Dinner show, Pigeon Forge, Gatlinburg.

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

Tour Fare: A \$100 deposit will hold your reservation. Double \$899 pp, Triple \$869 pp, Single \$1199. Final payment due by September 15th.

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.

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, Triple \$1199 and Single \$1649.

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.

New York, New York!

Date TBD (likely May or June) 4 days/3 nights

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, Triple \$1749, and Single \$2599.

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.

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, Single \$8199. We are not able to get airfare pricing yet. This is why the price is projected.

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

Happy July All!

We are waiting on our patio furniture to arrive and everyone is very excited about it.

Thank you to Chris Webb, Marilyn Henry, Kay Majka and everyone else that donates to ADC and all your gifts, time and care.

Thank you to all our volunteers also.

We have no birthdays in July to celebrate, so if you want us to celebrate "your birthday" just let us know and we will celebrate for you!

We still need Bingo prizes (we always need them), knickknacks, handkerchiefs, lotions, soap, crackers-whatever! Thank you in advance.

Beth, Patsy, Regina and Debbie



London City Pool Water Aerobics

Debby Long will once again be hosting Water Aerobics on Mondays and Wednesdays from 6-7pm. Classes began June 23rd. The cost is \$5, paid directly to Debby. A full summer schedule can be picked up at the front desk at the pool.

A lot of our Center members have enjoyed this class in the past, so I thought I would bring it to everyone's attention. Janisse

Free Friday Movies at 1:00 p.m.

Members Only

July 4 – No Movie-Center Closed for 4th of July Holiday

July 11 – The Plane – Gerard Butler – Mike Colter – 2023 – **R** – Action – By Request

July 18 – The Dilemma – Vince Vaughn – Channing Tatum – 2011 – PG-13

July 25 – Greater – Neal McDonough – Leslie Easterbrook – 2016 – PG – Drama based on a True Story



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

B
O
W
L
I
N
G

Andrix, Barb	95	Glass, Denise	114	Kidd, Roy	141	Pickens, Ann	135
Binns, Mary	96	Glass, Duane	204	King, Carl	170	Ridolfo, Linda	175
Bluhm, Fred	182	Goff, Terry	165	King, Karen	140	Stout, David	178
Burdett, Diane	150	Gonsalves, Laura	70	Krivivcich, Dave	164	Turner, Paul	130
Cooper, Barb	94	Gonsalves, Michael	131	Marcum, June	136	Weisman, Debbie	105
Dillard, Darlene	135	Hawkins, Don	157	Marcum, Howard	159		
Eseman, Brenda	151	Henry, Diane	130	Miller, Charles	160		
Florence, Barb	106	Irvin, Meldoy	117	Noble, Gene	122		

4th of July Baked Beans

Ingredients

- 1/2 lb. ground beef
- 1 large onion, finely chopped
- 1/2 cup sugar
- 1/2 cup backed brown sugar
- 1/2 cup ketchup
- 1/2 cup barbecue sauce
- 2 T. yellow mustard
- 2 T. molasses
- 1/2 tsp. chili powder
- 2 cans (13.7 oz. each) beans with tomato sauce
- 1/2 lb. bacon strips, cooked and crumbled

Preheat oven to 350 degrees. In a large skillet, cook beef and onion over medium heat for 6-8 minutes or until beef is no longer pink, breaking up beef into crumbles; drain. Stir in sugars, ketchup, barbecue sauce, mustard, molasses and chili powder. Add beans and bacon.

Transfer to a greased 13x9 inch baking dish. Bake, covered, for 45 minutes. Bake, uncovered, 10-15 minutes longer or until heated through.



As the last item was being rung up, Alan realized he had shopped with a list that had been lying in the cart, not the one his wife had given him.

Crabby Road

11-1-11



©Hallmark Licensing, Inc.

Maxine.com

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.

❖The Café❖

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

July 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 CHICKEN CACCIATORE BUTTERED NOODLES SALAD & DESSERT BREAD & BUTTER	2 CHIPPED BEEF OVER MASHED POTATOES VEGETABLE SIDE & DESSERT BUTTERMILK BISCUIT	3 FISH & CHIPS COLESLAW DESSERT HUSH PUPPIES	4 <u>FOURTH OF JULY HOLIDAY CENTER CLOSED</u>
7 TURKEY, BACON CLUB SANDWICH FRENCH FRIES MACARONI SALAD DESSERT	8 FRIED CABBAGE W/ SMOKED SAUSAGE, PARSLEY POTATOES SIDE & DESSERT BREAD & BUTTER	9 CRACK CHICKEN BAKED POTATO VEGETABLE FRESH FRUIT BREAD & BUTTER	10 Li'L CHEDDAR MEATLOAF AU GRATIN POTATOES VEGETABLE SIDE & DESSERT BREAD & BUTTER (Recipe by Sonnie Bard)	11 <u>CAFÉ CLOSED</u>
14 MEATBALL SUB ONION RINGS CUCUMBER SALAD DESSERT	15 CHICKEN POT PIE HONEY ROASTED BEETS & CARROTS DESSERT BREAD & BUTTER	16 SWEET GLAZED SALMON GARDEN RICE TOSSED SALAD DESSERT BREAD & BUTTER	17 SWISS STEAK SCALLOPED POTATOES VEGETABLE SIDE & DESSERT BREAD & BUTTER	18 <u>CAFÉ CLOSED</u>
21 <u>BIRTHDAY MONDAY</u> COUNTRY FRIED STEAK MASHED POTATOES VEGETABLE SIDE & DESSERT BREAD & BUTTER	22 TERIYAKI CHICKEN OVER NOODLES ROASTED VEGETABLES DESSERT BREAD & BUTTER	23 BAKED PORK CHOPS JULIENNE POTATOES VEGETABLE SIDE & DESSERT BREAD & BUTTER	24 BEEF STROGANOFF MASHED POTATOES VEGETABLE SIDE & DESSERT BREAD & BUTTER	25 <u>CAFÉ CLOSED</u>
28 CHEESEBURGER STEAK FRIES BAKED BEANS SIDE & DESSERT	29 HAM, CABBAGE & POTATOES SIDE & DESSERT CORN BREAD	30 LASAGNA ITALIAN GREEN BEANS TOSSED SALAD SIDE & DESSERT GARLIC BREAD	BBQ CHICKEN MACARONI & CHEESE SIDE & DESSERT CORN BREAD	<u>CAFÉ CLOSED</u>

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

YOUR CHOICE OF SOUP DAILY

BOWL \$2.00 OR CUP \$1.50

ENTRÉE SALAD FOR MONTH

WEEK OF 06/30/25

WEEK OF 07/07/25

WEEK OF 07/14/25

WEEK OF 07/21/25

WEEK OF 07/28/25

TURKEY/HAM WRAP

CRANBERRY CHICKEN SALAD

CHEF SALAD

TACO SALAD

COBB SALAD



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

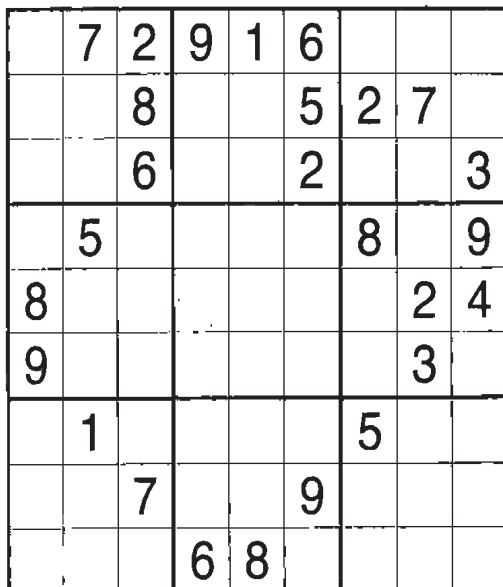
VOTE YES



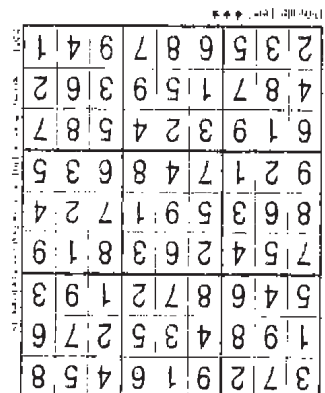
FOR OUR LEVY RENEWAL ON NOVEMBER 4, 2025

~ NO NEW TAXES ~

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



Difficulty Level ★★★



Popular Race Courses

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

AQUEDUCT
ARLINGTON
BELMONT PARK
CALDER
CHURCHILL
DEL MAR
DELTA
ELLIS PARK
FAIRPLEX
HOLLYWOOD PARK

KEENELAND
LAUREL PARK
LONE STAR
MONMOUTH
MOUNTAINEER
OAKLAWN
PIMLICO
REMINGTON
SANTA ANITA
SARATOGA

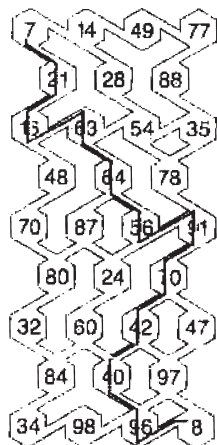
Poetry Terms

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

ACCENT
ALLITERATION
ASSONANCE
COUPLET
DACTYL
ENJAMBMENT
EPIGRAM
HAIKU
HEXAMETER
HYPERBOLE

LIMERICK
METONYMY
NARRATIVE
PENTAMETER
REFRAIN
RHYME
SCANSION
SONNET
STANZA
VERSE

Number Maze



Point and Solve 1

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

Point and Solve 2

		O				Y		
S	C	R	E	E	C	H	O	W
H	E	A	T	H		U	R	A
C	O	S	T	A	R		B	E
O			L	I	K	E	N	E
C	B	S		S	O	T		
H	E	A	L	T	H	C	L	U
O	S	L	O		L	H	A	S
O	T	T	O			S	A	W

Sheffer Crossword

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

Point & Solve

In this crossword puzzle variety, the clues appear in the diagram itself. Simply enter the answers in the directions indicated by the arrows.

Ridge slowing down traffic	Exhort	Spider web, to many insects	Dog in the Land of Oz	1841-45 U.S. president John	Fed and tended in infancy	Run a towel over	Bring to a finish
Glazier's tool with a broad blade						Rival	
Actor Flynn waving a sword				"When You Wish a Star"			
				Stalk growing in a marsh			
Cancel out					Up there in years	Genesis' video game company	Impatient and anxious
Banishes							
Totally developed	Install, as tile	Al Capp's "Abner"	Waitress on the sitcom "Alice"	Mystery writer Deighton	Give relief to Maelhead VIPs		
Sent via FedEx, say					Thing with a yolk		
Posts marking racers' paths					Week unit		

Walling birds with ear tufts	Train, to a tot	Refinery rocks	And others, in a list	"Jesus Superstar"	"Yes siree!"	Small songbird	Running behind schedule	Snow transport
		Have food						
Expanse thick with shrubs					River that flows to the Caspian			
					noir (bane)			
					T.J. Maxx rival			
Actor sharing top billing	Second-to-none	Compared						
		Sodium chloride						
TV network with an eye logo			Boozing type			Concern of an attorney	Put into practice	Corrupt
			British bathhouse					
Place for yoga classes, perhaps								
Norway's main port				apso (Tibetan terrier)				
"Beetle Bailey" bulldog				Wielded a toothed carpentry tool				

CROSSWORD

EUGENE SHEFFER

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	43			44	45	46	47
48					49				50			
51					52				53			
54					55				56			

ACROSS

- 1 Old clothes
- 5 Chantilly, for one
- 9 Wicked
- 12 Persian Gulf nation
- 13 History chapters
- 14 Wish otherwise
- 15 Options list
- 16 Shopping area
- 17 Raw rock
- 18 Long story
- 19 Japanese sash
- 20 Trade
- 21 Operate
- 23 Barrister's abbr.
- 25 Tools for duels
- 28 Poinsettia family
- 32 Downright
- 33 Wouldn't shut up
- 34 Trojan War hero
- 36 Siesta cover
- 37 Whatever amount
- 38 Victory sign
- 39 Put something over on
- 42 Shelter
- 44 Arp's style
- 48 Likely
- 49 Elliptical
- 50 Physical
- 51 Dog's doc
- 52 Rapid
- 53 Choir voice
- 54 Tokyo's old name
- 55 Start the pot

DOWN

- 1 Optician's selection
- 2 Vicinity
- 3 Jets or Sharks
- 4 One of a daily trio
- 5 Slot machine losers
- 6 Spirited horse
- 7 Tooth decay
- 8 "Guinness Book" suffix
- 9 Forehead
- 10 Emanation
- 11 Profound
- 20 Roosevelt program
- 22 City-related
- 24 Binge
- 25 Health resort
- 26 Hearty brew
- 27 Burger holder
- 29 Genetic abbr.
- 30 Red-staters' org.
- 31 Away from WSW
- 35 Forest-related
- 36 Slim and trim
- 39 Most popular, for short
- 40 Pundit's column
- 41 "Beetle Bailey" dog
- 43 Sunrise site
- 45 Wheelbase terminus
- 46 Birth certificate info
- 47 Uncontrolled
- 49 Son-gun link



July Birthdays!

Patron	Birthday	Patron	Birthday	Patron	Birthday
Rankin, Linda	07-01	Winebrenner, Doann	07-08	Fout, Wanda	07-20
Burkhart, Sue	07-01	Bobo, Miriam	07-08	Manning, Paula	07-20
Kennedy, David	07-01	Londergan, Kevin	07-08	Fisher, Marian	07-21
Butchko, John	07-01	Kirk, Lisa	07-08	Hatem, Keith	07-22
Ison Castle, Juanita	07-02	Angles, Gary	07-08	Henry, Philip	07-23
Miller, Susan	07-02	Jenkins, Kathy	07-09	Fisher, Charles	07-24
Wilson, Robin	07-02	Crabtree, Frank	07-09	Welch, James	07-24
Walls, Shirley	07-02	Babb, Neil	07-10	Seebach, Carol	07-24
Kirk, Rosemary	07-03	Martin, Todd	07-10	Donnell, Dan	07-24
Studebaker, Neil	07-03	Sullivan, Danna	07-11	King, Carl	07-24
Wilderman, Angela	07-03	Scanlon, Kathy	07-12	McHenry, William	07-24
Remley, Dianna	07-03	Sullivan, Chris	07-12	Koch, Carl	07-25
Bahr, Jan	07-03	Olsen, Charlene	07-14	Headlee, Tamera	07-25
Roberts, Wayne	07-04	Lampen, Sharon	07-14	Hamilton, Carol	07-26
Jackson, Sheila	07-04	Beathard, Carol	07-14	Myers, C. J.	07-27
Zimmerman, Denise	07-04	Bogenrife, Regina	07-14	Boggs, JoAnn	07-28
Ellinger, Barbara	07-05	Dellinger, Diana	07-15	Ratliff, Ron	07-28
Fay, Pamela	07-05	Porter, Carl	07-15	Zimmerman, Gary	07-28
Lykens, Cathy	07-05	Mast, Julia	07-16	Cress, Becky	07-30
Willard, Nanette	07-06	Donnell, Kathy	07-17	Bennett, Barbara	07-30
Wilderman, Albert	07-06	Haynes, Gary	07-17	Montgomery, Nancy	07-30
Gonsalves, Laurie	07-06	Bigham, Jerry	07-18	Hecht, Steve	07-30
Hackett, Sue	07-07	Paynter, Judy	07-18	McSavaney, Maxine	07-31
Fitch, Brenda	07-07	Harden, James	07-19	Orban, John	07-31
Holland, Steve	07-08	Wallace, Dorothy	07-20	Crawford, Diana	07-31
Andrews, Susie	07-08	Decker, John	07-20		



Holiday Craft Bazaar

Saturday, November 1, 2025

Our annual Craft Bazaar is coming up! Well, in a little over 4 months. The hours will be from 9:00 a.m. to 1:00 p.m.

We are now taking reservations for Crafters and Vendors. Space is limited, so we like to give our Center members a chance to get signed up early. The fee for a table is \$15 for Senior Center members and we charge those who aren't members \$20.

We always have a good turnout. Last year we had 180 people come in and shop. We also have breakfast and lunch items to buy at our Café.

If you are interested in signing up, pick up a contract at the office or we can email one to you.

BE MINDFUL OF EXTREME HEAT

Warm temperatures and high humidity are more dangerous for seniors than they are for younger adults. If you've lived your whole life in the same area, you might feel like you can handle the heat with no problem. However, as you get older, you do need to take more precautions. Temperatures that were once tolerable could start to have an impact on your health.

You can stay safe in the summertime by checking the forecast before going outside or scheduling events. On days with particularly high temperatures, try to go out early in the morning or late in the evening so that you miss the worst of the heat.

KNOW THE SIGNS OF HEAT EXHAUSTION AND HEAT STROKE

Heat exhaustion and heat stroke are both serious medical issues that can be very dangerous for seniors. The following are some of the most common signs of heat-related illnesses:

- Tiredness, weakness, or dizziness
- Red and flushed skin
- Rapid heartbeat
- Fainting
- Headache
- Nausea
- Confusion

If you start to experience any of these symptoms, you should find a cool or shady place to sit down immediately. Drink cold water or a sports drink with electrolytes, and apply a cool compress to your skin. If your symptoms don't get better, seek medical care right away as you may be showing signs of heat stroke, which can be life-threatening in seniors if it goes untreated.

HearingLife

Christine Walters will be at the Center on July 9th.

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

Lions Club

The London Lions Club will pay for eye exams and eye glasses for anyone who lives in Madison County and is financially not able to. If you have any old glasses, you may bring them to the Center and put them in the box provided in the lobby. For more information contact Gary Likens, 505-934-9700.



MEDICARE HELP

Andy Haggard of Central Ohio Area Agency on Aging will be coming to the Center on Friday, July 11th to help anyone with Medicare questions. Please call for an appointment—740-852-3001.

Andy will be coming once a month.

MATTER OF BALANCE CLASSES

We will be starting another session of classes for those that had to be on the wait list for the first session.

Classes will be once a week, July 30th and run through September 17th from 1:00 p.m. to 3:00 p.m.

If you were not on the wait list and would like to attend, call the Center at 740-852-3001.



Friends of Madison County Parks & Trails

Supporting our community & the
Madison County Park District
since 1999

fmcpt.com
info@fmcpt.com



CHANNEY & THOMAS
Insurance



Deeann Blake

104 Lafayette Street
London, Oh 43140
(740) 852-2323



VETERANS!!

WE WANT YOU...

TO KNOW WHAT YOUR BENEFITS ARE!!

We also provide transportation to and from VA medical appt.'s **and**
provide veterans ID Cards!!

Call our office for more information 740-852-0676



VETERANS SERVING VETERANS...

MNB Merchants National Bank



A REAL COMMUNITY BANK

279 Lafayette Street, London

(740) 852-4900

www.merchantsnat.com

Member
FDIC

WILSON PRINTING & GRAPHICS, INC.



Tim Wilson

158 South Main Street
London, Ohio 43140
tim@wilson-printing.com

(740) 852-5934
Watts: 1-800-783-5934
Fax (740) 852-5906

Jim Tunnell

REALTOR®

Office: 740-490-7411

Cell: 740-506-0648

Fax: 740-956-1070

JimTunnell@HowardHanna.com

11 E High St

London, Ohio 43140



Real Estate Services

Whether you're looking for Independent Living or Assisted Living we have you covered!
Tours are welcome...to set up a visit please call the number below:

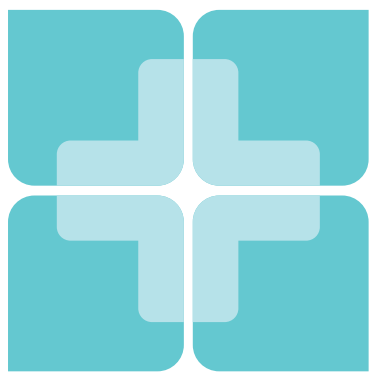
Bluebird 740-564-8698



Sovereign Village 740-564-6436

Sovereign Village

WHERE FREEDOM RINGS



Madison HEALTH

Your Care • Your Connection • Your Choice

Madison County Senior Citizens Center

Dated Material

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

Phone: 740-852-3001
Fax: 740-852-3052

We're on the Web!

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



July 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.