

Madison County Senior Citizens Center

Golden Times

Celebrating 50 Years!!

July 2026
Issue VII



Today is June 17th, summer officially starts on June 21st, and the summer 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.

The great trips keep coming! We have some exciting destinations planned for next year, which include New Orleans, Mackinac Island, The Ark Encounter, Iceland, and Christmas in Nashville. You can find details about New Orleans and Mackinac Island at the front office and on our website, mcsenior.org. We are currently taking deposits for both trips. Additionally, we will have a presentation on all five trips on August 20th at 11:00 a.m., immediately following the pre-departure meeting for the Scotland/Ireland trip, which starts at 10:00 a.m.

Jessica and Janisse have been busy planning exciting day trips. The Eighty-Eight Club has visited fifteen counties so far, with many more planned for this summer and fall. We have a really cool plan for our visit to our county this fall... lots of great history in Madison County!

The staff retirement trend is ongoing at the Madison County Senior Center, and we are currently seeking Aides for our Adult Care Program. We have one position available starting September 1 and another opening at the end of the year. Both positions are part-time, with the possibility that one may transition to full-time in the near future. The adult care program is such an important part of our services. If you are interested, please stop by. We have applications at the office and/or on our website. If you want a fulfilling job that gives back to our seniors in the community, this may be the right fit for you. Plus, I don't mean to brag, but this is a pretty awesome place to work.

Some of you have joined Jessica for exercise classes on Monday and Wednesday. She has added some new exercises and stretching, and the group has grown. It's a great time to join. We are also looking to try a new exercise class in the new year, maybe you've heard of it, drumming class, you use an exercise ball, and drumsticks, it's all the rage...well, it looks really fun, we may give it a try, stay tuned.

It may seem strange to be discussing the new year already, but here we are in July — only five months left in the year. Now is the time to start saving for that trip you want to take in 2027. It's never too late to begin an exercise program and get moving! We will also continue to celebrate our 50th anniversary with additional events in the second half of the year, including another cookout/concert and our second annual car show.

Stay safe and cool! Come visit the center! Thank you for the laughter I hear every day, and a big thank you to everyone who helps at the center!

Have a safe Fourth of July holiday! Celebrating 250 Years! God Bless America!

Misty



Find the crab hidden in this newsletter! When you find it call the center at 740-852-3001 by Friday, July 10th and tell us where it is located. If correct, your name will be entered into a drawing to win 5 free lunches. Remember it may not be on a color page. Last month the baseball was on the page 11, under a table! Congratulations — the lucky winner is Marion Ballard!

STAFF SPOTLIGHT

Featuring Registered Nurse: *Susan Whipp-Schwarz!*



Susan joined the Senior Center 9 months ago, and since then she has made a significant impact on the health and well-being of our members. Through her dedication, professionalism, and compassionate care, she has implemented initiatives that help promote both member health and safety.

Susan leads a monthly Blood Pressure Clinic, where she monitors vital signs, provides health support, and encourages members to stay active and engaged in their wellness. She consistently goes above and beyond to ensure that our members receive the care and attention they deserve. Their health and safety remain her top priority! One of Susan's many contributions was updating and enhancing our nurses' information board. Thanks to her efforts, members now have access to a well-organized, professional resource that provides accurate and helpful health information!

We are grateful for Susan's commitment, positive attitude, and unwavering dedication to our members. Thank you, Sue, for the exceptional work you do each day and for always greeting everyone with a smile!

Your contributions make a meaningful difference in our community! Thank you, Sue!

Volunteer Spotlight: Donna Sheridan

We are proud to recognize and celebrate Donna Sheridan for her exceptional dedication to our community. **For the past 13 years**, Donna has faithfully volunteered at the Senior Center, enriching the lives of countless individuals through her generosity, compassion, and commitment.

In addition to her volunteer service, Donna serves as the President of the Senior Center Governing Board, providing valuable leadership and advocacy for senior programs and services.

Donna was recently honored by the County's RSVP Club for her outstanding volunteer service hours at multiple organizations, including the Senior Center, Madison County Hospital, and other community locations. This well-deserved recognition reflects the tremendous impact she has made throughout our county.

Congratulations, Donna, and thank you for making such a meaningful difference in the lives of others!





High Euchre Score

- 5-18-26 Pam Bluhm 90
- 5-26-26 Diane Burdette 63
- 6-1-26 Skip Fout 75
- 6-8-26 Diane Burdett 81
- 6/15/26 Sue West 79



High Bridge Score

- 5-20-26 Betty Cummins 4,350
- 5-27-26 Gregg Merritt 6,200
- 6-3-26 Gregg Merritt 6,090

Welcome 7 New Members!

Sandra and Joseph Jurcisek

Penny Shafer

Billie and Ron Cobb

Linda Bricker

Beverly Fugate



2026 Governing Board Members:

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

WEEKLY SCHEDULE:

Monday:

10:30 a.m.— Chair Exercise / Strengthen class with Jessica

1:00 p.m.— Euchre



Tuesday:

9:00 a.m.– 3 p.m.— Quilting Class

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

1:00 p.m.— Hand & Foot Cards

4:00 p.m.— Euchre: Only on July 7th, & 14th.

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

5:00 p.m.— Line Dance: Only on July 21st, & 28th.

Wednesday:

10:30 a.m.— Standing Aerobics/ Stretching Class

12:00 p.m.— Bridge

1:00 p.m.— Yoga

1:00 p.m.— Hand & Foot Cards

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

Thursday:

1:00 p.m.— Hand & Foot Cards

1:30 p.m. Bingo: Only on July 16th—\$2.00 fee per card!

Friday:

10:00 a.m.— Tai Chi

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

The Center's Fitness Room

Open Monday through Friday, 8:00 a.m. to 4:00 p.m. and Tuesdays until 7 p.m.

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

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

Thank you!



DAY TRIPS

July 88 Club— Wednesday, July 15th. Crawford County Copper Kettle Tour. Trip fee is \$7. We will be leaving the center at 8:30 a.m. Lunch will be at Lulu's Kitchen, in Bucyrus. *This trip is full, if you would like to be added to the wait list give us a call today!*

July Mystery Lunch—Tuesday, July 21st. Trip fee is \$5. We will leave the Center at 10:00 a.m. Lunch, then a surprise second stop! *This trip is full, if you would like to be added to the wait list give us a call today!*

August Ohio State Fair Senior Day— Tuesday, August 4th. Trip fee is \$5, fair admission is free for seniors. We will be leaving at 9:00 a.m. and returning approximately 2:30p.m.—*This trip is full, if you would like to be added to the waitlist, give us a call today!*

August 88 Club— Wednesday, August 12th. - Rescheduled: Adena Mansion. Trip fee is \$5. We will be leaving the center at 9:30am. *This trip is full, if you would like to be added to the waitlist, give us a call today!*

Sunflower Field / Youngs Dairy— Tuesday, August 18th. Trip fee is \$5. WEATHER PERMITTING OUTING. We will be leaving the center at 9:30 a.m. Lunch will be on your own at Young's Dairy. Don't forget to wear sunscreen and a hat!

Columbus Clippers Noon Baseball Game - Thursday, August 20th. We will be leaving the center at 10:30 a.m. Lunch will be on your own at the ballpark. Don't forget to wear sunscreen and a hat! **We only have 4 tickets (\$9 each) available for sale for driving separate!** *This trip is full for riding the vans, if you would like to be added to the waitlist for the vans, give us a call today!*

August Mystery Lunch— Wednesday, August 26th. Trip fee is \$5. We will be leaving the center at 9:45 a.m.

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 a.m.

Quilting Show — Wednesday, September 23rd. Trip Fee is \$5. Tickets are \$15 which you will pay for once we arrive to the center. Trip will be leaving at 9:30 a.m.

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, due by August 1st. Your fee includes transportation, buffet luncheon and the play. Server tip is not included, we will pass a envelope for a driver tip.—*We have 4 "drive yourself" tickets left.*

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.

Lock Tour on the Valley Gem Sternwheeler in Marietta and Cracker Barrel 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. See flyer on page 8 of the newsletter for more information!

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, July 7th — Texas Roadhouse, 1770 Hilliard-Rome Road, Hilliard, OH 43026 Van fee is \$5. We will be leaving the center at 4:00 p.m. And arriving at Texas Roadhouse at 4:30p.m. Let us know if you plan to drive your self.

Monday, August 3rd— Beer Barrel, 7482 State Route 161, Plain City, OH 43064 Van fee is \$5. We will be leaving the center at 4:00 p.m. and arriving at the Beer Barrell 4:30p.m. Let us know if you plan to drive your self.

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.

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!****

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

Trip: Northern Ireland & Scotland

Date: September 8-18th, 2026

*There will be a pre departure meeting Thursday, August 20th at 10:00 a.m.
Please let us know if you are not able to make it to the meeting.*

Trip: Christmas at the Biltmore

Date: November 30th—December 3rd, 2026

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

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

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

Please Come for a Sneak Peek of our 2027 Trips

Thursday, August 20th at 11:00 a.m.

Wendt Touring will be here with brochures and information about all the exciting trips for next year.

- New Orleans and the Deep South (Dates listed below) • Mackinac Island and the Marvels of Michigan
- The Ark Encounter in Kentucky • Iceland • Nashville Country Christmas

Trip: New Orleans & Deep South

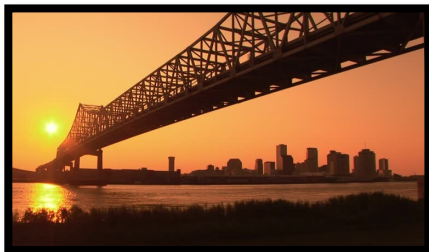
Date: April 3rd – 9th, 2027 | 7 days

Our first trip of 2027 is officially open for registration! Reserve your spot today!

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, and New Orleans Guided City Tour.

Tour 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



A deposit of \$250 will hold your reservation.

The final payment is due by:

January 5, 2027



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.



“Thank you to **Karen Butchko** and **Cindy Dean** for their generous Bingo prize donations. We also appreciate **Marilyn Henry** and **Chris Webb** for donating doughnuts, cookies, chips, and ice cream for our Adult Day Care Program. Bingo prize donations are always appreciated! We are hopeful for some patio time in the coming month!

We are currently seeking Day Care Aides. If you know a caring, dependable individual who would be a great addition to our team, please encourage them to apply.

Wishing everyone a safe and happy 4th of July!”

P.S.—Thank you to all our wonderful volunteers! - Beth, Patsy, Gina, Debbie

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

- July 3 – The Four Seasons – Alan Alda – Carol Burnett – PG – 1981 – Romantic Comedy
- July 10 – Sarah’s Oil – Naya Desir-Johnson – Zachary Levi – PG – 2025 - Drama
- July 17 – Office Romance – Jennifer Lopez – Brett Goldstein – **R** – 2026 – Romantic Comedy
- July 24 – Project Hail Mary – Ryan Gosling – Sandra Huller – PG13 – 2026 - Drama
- July 31 – Pressure – Andrew Scott – Brendan Fraser – PG13 – 2026 – Suspense



Members Only!

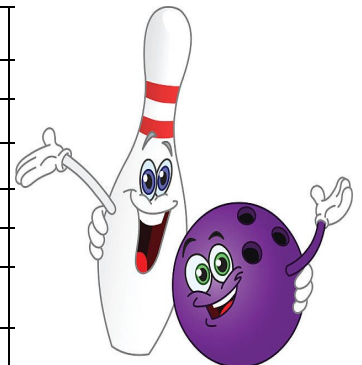
B
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G



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

\$10.00

Binns, Mary	100	Hawkins, Don	170	Ridolfo, Linda	169
Bluhm, Fred	183	Kearney, Phil	90	Rowley, Jack	164
Burdett, Diane	147	Kidd, Roy	132	Rowley, Nancy	126
Conn, John	154	King, Carl	163	Stout, David	172
Eseman, Brenda	127	Krivicich, Dave	170	Weisman, Debbie	106
Glass, Denise	115	Miller, Charles	168		
Glass, Duane	208	Noble, Gene	132		
Goff, Terry	171	Pickens, Ann	131		



PATRIOTIC FRUIT PIZZA RECIPE:



**Preheat oven to
350 degrees.**

**Cooking time:
12- 14 min.**

Ingredients -

- 1 roll of sugar cookie dough

Cream Cheese Frosting:

- 8 oz (1 block) cream cheese, softened to room temperature
- 2 cups whip cream
- 1/3 cup powdered sugar
- 1 teaspoon of vanilla extract

Fruit Topping:

- 3 to 4 cups assorted fresh fruit (strawberries, blueberries, red or black raspberries, grapes, etc.)

Instructions -

Spray a bit of non-stick spray on a 12 to 15" pizza pan

Add a sheet of parchment paper traced to fit the pizza pan shape and then spray the parchment paper with more of the non-stick spray.

Open up your roll of sugar cookie dough and start tearing off chunks of the raw cookie dough and dropping them on the pan until you have it all broken up.

Using your hands, lightly and evenly press the cookie dough into the pan to make the crust. Once the dough is shaped, place the pan in the oven for 12-14 minutes.

While your crust is cooking, make your cream cheese frosting.

Add cream cheese in a large mixing bowl with the cool whip, mix until smooth and fluffy.

Add in sifted powdered sugar, and vanilla extract.

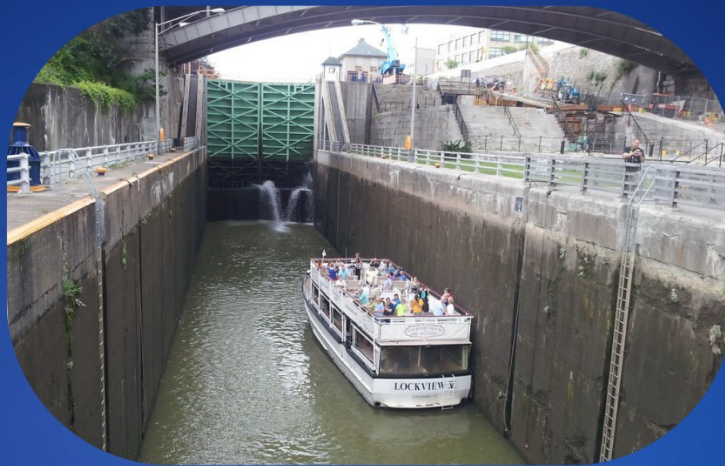
Mix together until well incorporated and then move the refrigerator while your crust continues to cook.

When your sugar cookie crust has finished cooking, set it to the side till it's cool.

Once it has cooled completely, spread your cream cheese frosting over your crust and then decorate with fresh blueberries, strawberries, and raspberries to make your dessert festive, and delicious!



**Marietta Lock Tour on the
Valley Gem Sternwheeler!**



Date: Tuesday, October 6th

Estimated Trip Itinerary:

Leaving the center - 8:30 a.m.

Stopping for lunch - 10:30 a.m.

Lock Tour Boat Ride - 1:00 p.m.


WE WILL BE STOPPING AT CRACKER
BARREL FOR OUR LUNCH STOP!



❖The Café❖

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

July 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CHICKEN CACCIATORE BUTTERED NOODLES SALAD & DESSERT BREAD & BUTTER	2 SLOPPY JOES FRENCH FRIES SOUP DESSERT	3 <u>CAFÉ CLOSED</u>
6 FRIED BOLOGNA SANDWICH FRENCH FRIES MACARONI SALAD DESSERT	7 SLOW COOKER CHICKEN & NOODLES GLAZED CARROTS DESSERT BREAD & BUTTER	8 CHEESE-STUFFED SHELLS W/MEAT SAUCE TOSSED SALAD DESSERT GARLIC BREAD	9 Li'L CHEDDAR MEATLOAF AU GRATIN POTATOES VEGETABLE SIDE & DESSERT BREAD & BUTTER	10 <u>CAFÉ CLOSED</u>
13 GRILLED CHICKEN SANDWICH SWEET POTATO FRIES COLE SLAW DESSERT	14 SMOKED BLACK FOREST BACON SAUSAGE GREEN BEANS, RED SKINNED POTATOES DESSERT BREAD & BUTTER	15 CRACK CHICKEN BAKED POTATO VEGETABLE FRESH FRUIT BREAD & BUTTER	16 SWISS STEAK SCALLOPED POTATOES VEGETABLE SIDE & DESSERT BREAD & BUTTER	17 <u>CAFÉ CLOSED</u>
20 <u>BIRTHDAY MONDAY</u> COUNTRY FRIED STEAK MASHED POTATOES VEGETABLE SIDE & DESSERT BREAD & BUTTER	21 HAM, CABBAGE & POTATOES SIDE & DESSERT CORN BREAD	22 LAZARUS CHICKEN & BROCCOLI CASSEROLE TOSSED SALAD DESSERT BREAD & BUTTER	23 PORK CHOPS JULIENNE POTATOES VEGETABLE SIDE & DESSERT BREAD & BUTTER	24 <u>CAFÉ CLOSED</u>
27 CHEESEBURGER STEAK FRIES BAKED BEANS SIDE & DESSERT	28 LIVER & ONIONS MASHED POTATOES VEGETABLE DESSERT BREAD & BUTTER	29 BEEF STEW TOSSED SALAD DESSERT BREAD & BUTTER	30 BBQ CHICKEN MACARONI & CHEESE SIDE & DESSERT CORN BREAD	31 <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 THE MONTH

WEEK OF 06/29/26
WEEK OF 07/06/26
WEEK OF 07/13/26
WEEK OF 07/20/26
WEEK OF 07/27/26

STRAWBERRY CHICKEN SALAD
TACO SALAD
CHICKEN SALAD/SALAD
CRANBERRY CHICKEN SALAD
CHEF SALAD

Puzzles and Board Games

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

- | | | | |
|------------|-----------|------------|----------|
| Pictionary | Checkers | Clue | Sudoku |
| Jigsaw | Anagram | Cryptogram | Acrostic |
| Chess | Dominoes | Yahtzee | Maze |
| Stratego | Crossword | Monopoly | Scrabble |



Sudoku

Easy Set 3

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



June Birthdays!

~ Gemini & Cancer Zodiac Signs ~

<u>Patron</u>	<u>Birthday</u>	<u>Patron</u>	<u>Birthday</u>	<u>Patron</u>	<u>Birthday</u>
Rankin, Linda	07-01	Wolfe, Stephen	07-13	Zimmerman, Gary	07-28
Burkhart, Sue	07-01	Hoosier, Marcella	07-13	Stout, Bonnie	07-28
Slane, Geraldine	07-01	Donavan, Kathleen	07-14	Humphrey, Norman	07-28
Butchko, John	07-01	Olsen, Charlene	07-14	Spegal, Ruth	07-29
Ison Castle, Juanita	07-02	Lampen, Sharon	07-14	Cress, Becky	07-30
Wilson, Robin	07-02	Beathard, Carol	07-14	Bennett, Barbara	07-30
Walls, Shirley	07-02	Bogenrife, Regina	07-14	Johnson, Dora	07-30
Kenyon, Lorna	07-02	Dellinger, Diana	07-15	Hecht, Steve	07-30
Canaday, Julia	07-02	Porter, Carl	07-15	McSavaney, Maxine	07-31
Kirk, Rosemary	07-03	Long, Lora	07-15	Mills, Barbara	07-31
Studebaker, Neil	07-03	Mast, Julia	07-16	Crawford, Diana	07-31
Wilderman, Angela	07-03	Haynes, Gary	07-17		
Remley, Dianna	07-03	Bigham, Jerry	07-18		
Bahr, Jan	07-03	Paynter, Judy	07-18		
Long, Rosemary	07-04	Harden, James	07-19		
Roberts, Wayne	07-04	Childers, Mary	07-19		
Jackson, Sheila	07-04	Kanniard, Robert	07-19		
Zimmerman, Denise	07-04	Decker, John	07-20		
Casella, Philip	07-04	Fout, Wanda G.	07-20		
Schwarz, Susan	07-05	Manning, Paula	07-20		
Willard, Nanette	07-06	Fisher, Marian	07-21		
Gonzalez, Thomas	07-06	Borden, Jaylene	07-21		
Gonsalves, Laurie	07-06	Daugherty, Bobby	07-23		
Hackett, Sue	07-07	Henry, Philip	07-23		
Fitch, Brenda	07-07	Tabit, Amy	07-23		
Holland, Steve	07-08	Fisher, Charles	07-24		
Winebrenner, Doann	07-08	Welch, James	07-24		
Bobo, Miriam	07-08	Seebach, Carol	07-24		
Londergan, Kevin	07-08	King, Carl	07-24		
Kirk, Lisa	07-08	Harper, Tim	07-24		
Angles, Gary	07-08	McHenry, William	07-24		
Crabtree, Frank	07-09	Koch, Carl	07-25		
Babb, Neil	07-10	Hamilton, Carol	07-26		
Edwards, Gerald	07-10	Brush, Thomas	07-26		
Crook, Karl	07-10	Persinger, Maureen	07-26		
Glispie, Patricia	07-11	Myers, C. J.	07-27		
Brush, Patricia	07-11	Schook, Jacqueline	07-28		
Scanlon, Kathy	07-12	Ratliff, Ron	07-28		
Sullivan, Chris	07-12	Brown, Peggy	07-28		



Stay Strong and Healthy This Summer!



- ***Visit Your Doctor Regularly:***

Medicare covers a wide range of screenings and preventive services that can help detect health problems early, when treatment is often most effective.

- ***Build Strong Bones in the Kitchen:***

Aim for 1,200 mg of calcium each day from food sources such as leafy green vegetables, beans, and calcium-fortified foods. Foods rich in vitamin D and potassium, such as bananas, potatoes, and orange juice, can help your body absorb calcium more effectively.

- ***Move Your Body:***

Regular physical activity helps keep your body strong and improves overall health. Walking, gardening, aerobics, and other weight-bearing activities can help maintain strength and support healthy bones.

Ways to Take Care of Yourself During Summer Holidays:

- ***Schedule Self-Care Time:***

Set aside time in your schedule for activities that help you relax and recharge.

- ***Spend Time Outdoors:***

If the weather allows, spend some time outside. Nature can have a calming effect and help reduce stress.

- ***Prioritize Rest and Sleep:***

Lack of sleep can increase stress and affect your overall well-being. Try to go to bed at the same time each night and get enough rest. Remember, holidays can be a great time to enjoy a refreshing nap.

- ***Stay Hydrated:***

Drinking water throughout the day supports your physical health and can help manage stress. If you find it difficult to drink enough water, carry a water bottle with you or set reminders on your phone.

- ***Seek Support When Needed:***

If you're feeling overwhelmed, reach out to friends, family, or a mental health professional for support.

Have a happy and safe 4th of July! - Sue R.N.

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 **July 14th** from 11:00 a.m.—12:00 p.m. by the café. Your blood pressure, heart rate, respiratory rate, temperature, and oxygen level will be taken and a card with your vital signs will be given to you to take home. The clinic will be will not be open if the Senior Center is closed.

Thank you! - Sue R.N.



Christine Walters will be at the Center on: Wednesday, July 8th

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

MEDICARE HELP

Andy Haggard of Central Ohio Area Agency on Aging will be coming to the Center on August 7th 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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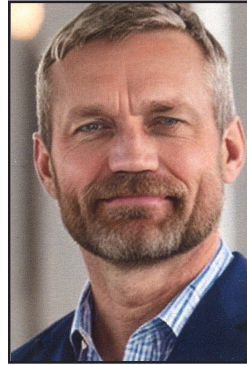
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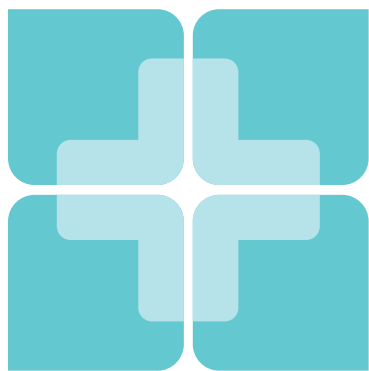
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**MADISON COUNTY
SENIOR CITIZENS CENTER**

Newsletter: July 2026

Senior Centers 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!!***

Misty Bradley, Executive Director
Ramalingam Selvarajah, M.D., Medical Director
Jessica Decker, Activity Coordinator/Marketing
Janisse Isaacs, Front Office
Marilyn Lowery, Front Office/ Substitute Driver
Susan Whipp-Schwarz, Staff Nurse
Beth Dillion, Adult Day Center Coordinator
Patsy Bricker, Adult Day Center Aide
Regina Conley, Adult Day Center Aide
Sandy Darlington, Adult Day Center Aide/Substitute
Deb Weisman, Adult Day Center Aide/Substitute
Deb Reed, Cook
Sheila Evans, Cook
Brenda Castle, Transportation Coordinator
Wayne Bricker, Driver
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 handi-capped 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.