

Madison County Senior Citizens Center

Golden
Times

October
2026
Issue X

Celebrating 50 Years!



Happy Fall, y'all! Today is September 15th, which means we have seven more official summer days left. It certainly still feels like summer, with temperatures hitting the mid-to-high 80s over the next few days. I can't believe we are already heading into the fourth quarter of the year. I say this often—time passes so quickly! One minute you're turning the calendar page, and before you know it, you're halfway through the month. I have a few years to go yet, but my husband and I have even talked about "retirement." We are now closer to retirement than farther from it... how is that possible! At least when hanging out with all of you, I know how fun retirement can be. Plus, I have learned so much about how important it is to exercise, stay active, and socialize; working here has been a cheat sheet for aging properly. Some things in life are out of our control, but we can take steps to care for ourselves better and age better; it's never too late to start!

This is a little splash of information on the great exercise programs we offer: Yoga, not extreme contortionist yoga, what we like to call it "peaceful pose" yoga. Tai Chi: our class is for balance and gentle stretching. Monday chair exercise class: it's a fun time with Jessica and very beneficial. Wednesday fun line dancing. All of our classes focus on building your core, which helps you build strength and improve your balance. All of these programs can be done from a chair, so every member can participate. Strength training and specific exercises matter and can significantly slow muscle aging; we can't all look like Arnold Schwarzenegger, but building strength has no age limit—just keep working at it. See the class times inside the newsletter. Then the fun stuff: we always have great day trips and multi-day trips planned to keep you socializing!

As we approach fall and the cold and flu season, please remember the following health guidelines:

- Please stay home if you are sick.
- Wash or sanitize your hands frequently.
- Practice good hygiene habits.

Additionally, don't forget to get your flu shot! The health department will be administering flu shots at the center on October 15th from 11:00 AM to 1:00 PM.

This is a friendly reminder that the annual Medicare enrollment period runs from October 15th to December 7th. During this time, you can make changes to your Medicare coverage. For help with any Medicare questions, please call the center to schedule an appointment with a COAAA representative.

One quick housekeeping update: the center will be closed Thursday, October 1 & Friday, October 2. We have some maintenance to take care of. I apologize for the inconvenience; it's hard to do some projects with cars in the parking lot and people in the building. No shutdown in December!

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

MSTU



Find the hidden **Harry Potter Pumpkin** in this newsletter! When you find it call the center at 740-852-3001 by October 16th and tell us where it is located, if correct, your name will be entered into a drawing to win 5 free lunches. Remember! It may not be on a colored page! Last month the Goose was located on page 11 above "Reminder!"
Congratulations to last month's winner **Ruth Sower's**!

Staff Spotlight

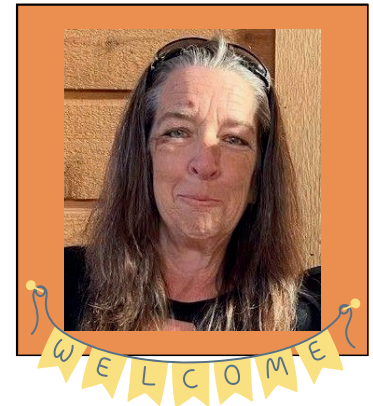
Welcoming two new employee's:

Cheryl Homeier & Kimberly Cope!



Cheryl has called London home for over 60 years! She brings with her an impressive 33 years of full-time experience at McKesson, where she worked in the Medical/Surgical division as the Dedicated Customer Service Representative to the Dedicated Sales Team. Outside of work, she enjoys spending her evenings taking walks around town with her two dogs, and she has her sweet cat waiting at home! We are excited to have Cheryl join our team and look forward to getting to know her! Please join us in giving Cheryl a warm welcome to the Front Office!

Kimberly has been a resident of London for the past 9 years and brings more than 8 years of experience as an Aide. Her experience and dedication to caring for others will be a wonderful addition to our team. She joined our Center at the beginning of September, and we are delighted to have her as part of our team. Please join us in giving Kimberly a warm welcome to the Adult Day Center as an Aide!



For the past 14 years, Janisse has been a dedicated and compassionate Activity Coordinator for our Senior Center. Her kindness, positivity, and commitment have made a lasting impact on our members and staff. After six months of training alongside Janisse, Jessica is ready to take the reins and continue her wonderful work! Although Janisse has retired from her Activity Coordinator position, we're happy she'll still be part of our team as a Front Office substitute, and as a Member of the Senior Center. Thank you, Janisse, for 14 incredible years of service. We wish you a retirement filled with happiness, peace, and many wonderful memories!

**Cheers to
RETIREMENT!**



WEEKLY ACTIVITY SCHEDULE:

Monday:

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

1:00 p.m.— Euchre

Tuesday:

9:00 a.m.— Quilting Class

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

1:00 p.m.— Hand & Foot Cards

4:00 p.m.— 13th & 20th Euchre

5:00 p.m.— 6th & 27th Evening Line Dancing

4p.m.- 7p.m. - Billiards, Workout Room open late!

Wednesday:

10:30 a.m.— Morning Line Dancing

11:00 a.m.— Chair Strengthening Class with Jessica

12:00 p.m.— Bridge / Card Game

1:00 p.m.— Easy Chair / Standing Yoga with Mary

12:00 p.m.— Hand & Foot Cards

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

Thursday:

9:30 a.m.— FUN BINGO: Only on the 15th!!

1:00 p.m.— Hand & Foot Cards

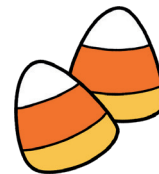
Friday:

10:00 a.m.— Tai Chi with Misty

1:00 p.m.— Free Movie and Popcorn at the senior center. The movie of the week is listed on page 7 of the Newsletter!

Welcome 22 New Members!

- Julie Underhill
- Diane Zimmerman
- Marcia Anderson
- Wanda Clow
- Beth Cimprich
- Bob & Brenda O'Connor
- Richard & Jayne Greenway
- Susan Truett
- Alice Green
- Beverly & Stephen Hume
- Richard Coffee Jr.
- Sally Frazier
- Darlene Huffman
- Candy Maynard
- Teresa Collins
- Carol Leonard
- Mary Evans
- Amy Long
- Laura Fulton



The Center's Fitness Room:

Open Monday through Friday,
8:00 a.m. till 4:00 p.m. AND

Tuesdays we are opened until 7 p.m.

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

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

Thank you!



High Euchre Scores:

8-24-26 Gene Noble - 47

8-31-26 Skip Fout - 72

9-14-26 Skip Fout - 87

9-15-26 Sharon Reynolds - 56

High Bridge Scores:

8-26-26 Greg Merit — 4,090

88 Club | Visit all 88 Counties of Ohio with us:

October 88 Club – Lock Tour on the Valley Gem Sternwheeler in Marietta and Cracker Barrel for lunch - Tuesday, October 6th. Trip fee will be \$75. Trip will be leaving at 8:30 a.m. Cracker Barrel lunch (on your own) about 10:30 a.m. Boarding boat at 1:00 p.m. These are non refundable tickets after September, 8th. We will be passing a envelope for driver tip.

This trip is full, if you would like to be added to the waitlist, give us a call today!

RESCHEDULED 88 CLUB - Copper Kettle Tour with Lulu's Kitchen for lunch — Thursday, October 29th.

We will be leaving the senior center at 8:30 a.m. We will be arriving at our destination around 10:15 a.m. This trip is full!

November 88 Club — Tuesday, November 24th. Madison County Driving Tour.

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

December 88 Club – Columbus Zoo Christmas Light's: Friday, December 11th.

We will be leaving the center at 6:30 p.m. to enjoy the beautiful Christmas light display! The Columbus Zoo has multiple food stations where you can grab a bite to eat or enjoy a warm cup of hot cocoa to get you right into the holiday spirit.



Mystery Lunch's:

October Mystery Lunch — Tuesday, October 20th.

Trip fee is \$5. We will be leaving the center at 10:30 a.m.

November Mystery Lunch with a Mystery Shopping Trip — Thursday, November 12th. Trip fee is \$5.

We will be leaving the center at 10:00 a.m. We should be back to the senior center before 4 p.m.

December Local Mystery Lunch — Thursday, December 10th.

Trip fee is \$5. We will be leaving the center at 10:45 a.m.



Extra Holiday Excursions:

LaComedia's Santa Claus: The Musical and The Gift of Christmas –

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

Cincinnati Museum Center: Holiday Junction Featuring Duke Energy Holiday Trains - Thursday, December 17th. We will be leaving the center at 8:30 a.m.

We have a guided Tour scheduled 10:00 a.m.— 12:00 p.m. | Noon lunch in the Museum's cafeteria. Then 1:00 p.m.– 2:00 p.m. there will be a Christmas movie showing in the IMAX theater! Leaving the Museum at 2:30 p.m. to head back to London.

Evening 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.

Monday, October 5th — Hofbrauhaus, 800 Goodale Blvd, Columbus, OH 43212.

Van fee is \$5. We will be leaving the center at 4:00 p.m. and arriving at Hofbrauhaus at 4:45 p.m. Let us know if you plan to drive your self.

Tuesday, November 17th — The Meadows, 4105 E National Rd, Springfield, OH 45505.

Van fee is \$5. We will be leaving the center at 4:00 p.m. and arriving to The Meadows at 4:15 p.m. Let us know if you plan to drive your self.

Tuesday, December 15th — Hiyori Hibachi, 1096 Eagleton Blvd, London, OH 43140.

Drive yourself. We will be meeting at Hiyori at 4:15 p.m.

Save the Dates:



Thursday, October 1st and Friday, October 2nd -

The Senior Center will be CLOSED for Maintenance!



Friday, October 9th: Fall Concert and Free Lunch for Members. - We will **ONLY** be serving lunch **11:00a.m. till 12:00 p.m.** Live music provided by Amy Newhart starting at **12:00 p.m till 2:00 p.m.**

Thursday, October 15th: FLU SHOTS - The Madison County Health Department will be coming out to the Senior Center to administer Flu Shots to members. **Time - 11:00 a.m. till 1:00 p.m.** Please bring your insurance card!

Saturday, November 7th: Holiday Community Craft Show - Come out and support local talented artists, discover unique handmade gifts, festive décor, and one-of-a-kind treasures while supporting small businesses starting at **9:00 a.m. till 1:00 p.m.**

Wednesday, November 11th: Veterans Day Ceremony- We will **ONLY** be serving lunch **11:00 a.m. till 12:00 p.m.** on the 11th. - The Ceremony will start at **12:00 p.m.**
| **Veterans eat for FREE TODAY!** |



FREE HEARING ASSESMENT:

Christine Walters from Hearing Life will be coming to the the Center on: Wednesday, October 21st Please call Christine 614-991-5948



MEDICARE HELP:

Andy Haggard of Central Ohio Area Agency on Aging will be coming to the Center on: Friday, October 2nd to help with Medicare questions!
Call to schedule an appointment with Andy: 740-852-3001

When you sign up for a day trip, you are expected to pay for the trip when signing up. If the purchase of tickets is involved in the cost of a trip, no refunds will be issued for the cost of the ticket purchased. If the purchase of tickets is not involved in the cost of the trip no refunds will be given if you cancel within two weeks of the trip's departure or by a deadline stated in the newsletter. If we are taking a motorcoach, the cost of the coach is not refundable within 30 days of the trip. If you have questions, please contact Jessica at 740-852-3001. Please remember to park at the back of the parking lot when going on a day trip. This saves the closer parking spaces for those coming in for daily activities!*

Overnight Trips:

“Our overnight trips are open to all members of the community who would like to participate in the exciting trips planned by the Senior Center. To reserve your spot, you must submit a completed registration form along with the **full deposit** at the time of registration. Please note that our overnight trips are very popular and often fill up quickly. If a trip has reached capacity and you are still interested in GOING, please contact the Senior Center to be placed on the waiting list. We maintain waiting lists for all overnight trips, and openings are offered on a first-come, first-served basis, including placement on the waiting list. We encourage you to register early to ensure your spot on the trip!”

Trip: Christmas at the Biltmore 2026 Dates: November 30th — December 3rd

There will be a predeparture meeting for Biltmore on: Thursday, November 19th at **11:00 a.m.**

Trip: New Orleans & Deep South Dates: April 3rd – 9th 2027 | 7 days

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

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

A deposit of \$250
will hold your
reservation.
The final payment
is due by:
January 5, 2027

Tour Fare: Single \$2,749 per person - Double \$2,199 per person - Triple \$2,129 per person
Activity level: 1

Trip: Mackinac Island & the Marvels of Michigan Dates: June 14th – 17th, 2027 | 4 days

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

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

A deposit of \$200 will hold
your reservation.
The final payment
is due by: **April 10th, 2027**

Tour Fare: Single \$1,999 per person - Double \$1,399 per person - Triple \$1,369 per person
Activity level: 2



THIS TRIP IS FULL - CALL THE CENTER TO BE ADDED TO THE WAITLIST!

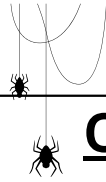
Trip: Iceland ~ Magical & Mysterious Dates: September 14th—21st, 2027 | 8 days

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

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

PROJECTED Tour Fare: Single \$7,249 per person - Double \$5,999 per person
Activity level: 3

A deposit of \$500 will
hold your
reservation.
The final
payment
is due by:
June 4th, 2027



OVERNIGHT TRIPS:

Trip: The Ark Encounter & Creation Museum Dates: October 13th -14th, 2027

Highlights and Journey Includes:

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

A deposit of **\$50** will hold your reservation. The final payment is due by:

August 10th, 2027

Tour Fare: Single \$599 per person - Double \$459 per person - Triple \$449 per person

Activity level: 1

PLEASE consider getting travel insurance! You can get it from USI Affinity, listed below or you can look at other options such as AAA or other companies of your choosing. Most want you to get it within a couple weeks of your first deposit on a trip. Optional travel insurance is available through: USI Affinity Travel Insurance Services. Please call: 1-855-874-0156 and provide the customer service representative with the account number- 50096.



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



October Movies:

October 2nd – No Movie – Center Closed for Maintenance

October 9th – No Movie – Fall Concert

October 16th – Steel Magnolias – Sally Field – Dolly Parton – PG – 1989 - Heartfelt

October 23rd – Firehouse Dog – Josh Hutcherson – Bruce Greenwood – 2007 – PG - Comedy

October 30th – Practical Magic – Sandra Bullock – Nicole Kidman – PG-13 – 1998 - Comedy



Adult Day Center News & Announcements:



Hello, Fall!

It is hard to believe how quickly the year has gone by!

Please join us in wishing Janet Mason a very Happy Birthday on October 7th!

We would also like to warmly welcome Ted C., Tanya J., and welcome back Kevin O. to the A.D.C.! We are so happy to have you with us!

A sincere thank-you to Beverly Evans, Sharon Reynolds, the Twila Boyd, Chris Webb, and everyone who generously donates craft items to A.D.C. Bingo. Your kindness and support are truly appreciated!

If we missed anyone, please know it was unintentional.

Don't forget to visit our Craft Bazaar in November! We will have handmade items and a delicious bake sale to help support A.D.C. Christmas and other activities.

Wishing everyone a wonderful and Boo-tiful October!
- Beth, Patsy, Debbie, and Kimberly!



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.



2026 Governing Board Members:

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

Fun Facts About October and How To Stay Healthy This Fall!

A Season of Harvest and Wellness:

October brings cooler temperatures, shorter days, and the beauty of the changing season. It is also a time to enjoy the many benefits of the summer growing season, as numerous crops reach their peak harvest. October is considered an important harvest month for crops such as apples, carrots, corn, grapes, onions, potatoes, squash, and, of course, pumpkins. Pumpkins are especially popular this time of year, as families and communities embrace the tradition of carving jack-o'-lanterns and celebrating the fall season.

According to *Fun Facts About*, more than 50% of the U.S. population purchases a pumpkin during October, contributing to an annual pumpkin industry valued at approximately \$708 million.

October is also an exciting month for sports and food enthusiasts.

- The **Major League Baseball postseason** traditionally takes place during October. The first World Series was held in 1903, with the Boston Americans becoming the first champions.
- October celebrates several popular food observances, including **National Pizza Month**, **National Seafood Month**, **National Popcorn Month**, and **National Pork Month**.

Mental Health & Wellness:

As we transition into a new season, October is also a good time to focus on our mental health and overall well-being. Small, consistent habits can make a meaningful difference in how we feel.

- **Reduce Stress:** Incorporate healthy stress-management techniques such as exercise, deep breathing, meditation, or spending time outdoors.
- **Stay Connected:** Make time to reconnect with family and friends. Strong social connections can provide encouragement, support, and a sense of belonging.
- **Prioritize Sleep:** Aim for 7–9 hours of quality sleep each night to support both physical and emotional well-being.
- **Create a Comfortable Space:** Take some time to declutter and organize your living environment. A clean, organized space can help promote a sense of calm and reduce stress.
- **Make Time for Yourself:** Remember the importance of self-care. Schedule time for activities that help you relax, recharge, and maintain a healthy balance.

As we enjoy the beautiful colors, traditions, and activities of October, let's also remember to care for ourselves and one another.

Wishing everyone a safe, healthy, and happy October! - Sue R.N.

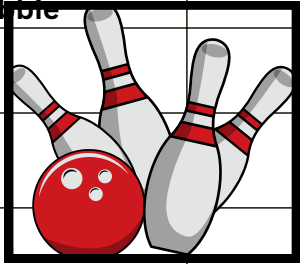
Madison County Senior Center Monthly Vital Sign Clinic:

A free vital sign clinic will be offered the second Tuesday of each month at the Madison County Senior Center. Our Clinic will be on **October 13th at 11:00 a.m. till 12:00 p.m.** by the café! Your blood pressure, heart rate, respiratory rate temperature, and oxygen level will be taken and a card with your vital signs will be given to you to take home. *Thank you! - Sue R.N.*



~ Monthly Bowling Averages at Madison Lane ~

Tuesdays at 10:00 a.m.—12:00 p.m. | Only \$10.00!

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

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FREE FALL CONCERT

Date: Friday, October 9th

LIVE

Entertainment with:
Amy Newhart!

Performing Time:
12:00 p.m. - 2:00 p.m.

~FREE Lunch for members will ONLY be served 11:00a.m. till 12:00p.m.~

MEMBERS ONLY




**FUN
MORNING
BINGO GAME!**

Play hard! • Win prizes! • Have fun!

October 15th, 2026

MADISON COUNTY SENIOR CITIZENS CENTER

STARTING AT - 9:30A.M.

Your game. Your victory. Members only!





BEWARE

Protect Your Self From Scammers!



Shopping & Seasonal Traps:

As the final quarter of the year ramps up, criminals capitalize on holiday shopping distractions!



Delivery Redirection Traps: Cloned package tracking pages and SMS notifications mimic major couriers, claiming a package cannot be delivered until a minor shipping fee is paid online. This is a simple way to get you to confirm your personal information.

Marketplace Scams: Fraudsters post fake high-demand items or rental listings on platforms like Facebook Marketplace, demanding upfront deposits via untraceable payment method.

How to Stay Safe:

- Shop Directly - Navigate to official retailer websites or apps directly rather than clicking on search engine sponsored ads.
- Verify Delivery Texts - Check package statuses inside official carrier accounts rather than tapping links in unexpected text messages.
- Use Protected Payments- Pay using secure credit cards rather than wire transfers, gift cards, or cryptocurrency.
- Communicate - Always let a family member, or friend know when you are meeting a someone to exchange items for cash. Always meet the seller or buyer in a very public setting!



October Birthdays!

~ *Libra & Scropio Zodiac Signs* ~

Bevans, James 10-01
 Call, Greta 10-01
 Wilson, Susan 10-02
 Mark, William 10-02
 Conley, Marvin 10-03
 Hubbard, Beverly 10-03
 Garber, Donald 10-03
 Ray, Jack 10-03
 Mastin, Jackie 10-03
 Anderson, Marcia 10-04
 Bryant, Mark 10-04
 Amling, Babs 10-04
 Goulding, Rebecca 10-04
 Aldo, Twila 10-04
 Herald, Paula 10-05
 Pratt, Will 10-05
 Forrest, Jane 10-05
 Vincent, Griffith 10-06
 Sifrit, Doug 10-06
 Mason, Janet 10-07
 Hubbard, Billy 10-07
 Polcyn, Cathy 10-07
 Maxwell, Steve 10-08
 Walls, Larry 10-08
 Lansberry, William 10-08
 Beekman, Tim 10-08
 Haggit, Roy 10-10
 Borden, LouAnn 10-10
 Baker, Lucille 10-10
 Arnold, Julie 10-10
 Birtcher, Gloria 10-10
 Turner, Janet 10-10
 Peyton, Betty 10-10
 Schunatz, Susan 10-10
 Toy, Michael 10-11
 Zimmerman, Linda 10-11
 Knopp, Mary 10-11
 Dellinger, Annetta 10-12
 McHenry, Gerald 10-12
 Kitchen, Rosanna 10-12
 Munger, Dwanna 10-12

Danglade, David 10-12
 Poff, Gerald 10-12
 Sheridan, Ray 10-12
 Truxall, Dixie 10-13
 Skidmore, Vicki 10-13
 Weimer, Robyn 10-13
 Brooks, John 10-13
 Heaberlin, Rick 10-14
 Jackson, Edwina 10-14
 Downing, Marvene 10-14
 Fisher, Melonie 10-14
 Peyton, Brenda 10-14
 Abbott, Dottie 10-15
 Shoemaker, Cynthia 10-15
 Robbins, Lori 10-15
 Riegel, Kay Lynn 10-16
 Fitchpatrick, Pamela 10-16
 Shaffer, Paul 10-16
 Bluhm, Fred 10-18
 Dorn, Norman 10-18
 Dillion, Sharon 10-18
 Mitchell, Janice 10-18
 Riegel, Russ 10-18
 Cooley, Steve 10-18
 Chapman, Debra 10-19
 Hughes, Barry 10-19
 Hall, Lester 10-19
 Wilson, Betty 10-20
 Pinney, Sherry 10-20
 Gatrell, Carol S. 10-21
 Ballenger, Marilyn 10-22
 Brackett, Joe 10-22
 Dhume, Mike 10-22
 Bailey, Chuck 10-23
 Miller, Minerva 10-23
 Noble, Gene 10-23
 Komives, Elaine 10-23
 Owen, Jane 10-24
 Anthony, Ray 10-24
 Martin, Ann 10-25
 Martin, Frances 10-25



Stout, William 10-25
 Wilson, Susan 10-25
 Eseman, Brenda 10-25
 McClure, Annette 10-25
 Daniels, Marjorie 10-26
 Davis, Mary Jean 10-26
 Baynes, Bailey 10-26
 Marshall, Susan 10-26
 Gordon, Roger 10-26
 Morse, Rose 10-27
 Edwards, Virginia 10-27
 Moore, Ronald 10-27
 Bailey, Lori 10-27
 Gregory, John 10-27
 Lang, Sandra 10-28
 Chenault, Bob 10-29
 Puckett, Helen 10-29
 Cooper, Karen L 10-29
 Fitch, Mike 10-29
 Conn, John 10-29
 Chafins, Tina 10-29
 Lynch, Barb 10-30
 Coffey, Richard 10-31
 McClaskie, Kathy 10-31
 Shilling, Darlene 10-31
 Hopkins, John 10-31
 Williams, Christina 10-5
 Wilson, Juillia 10-6
 Scharf, Wanda 10-6
 Michel, Cynthia 10-7





❖The Cafe❖

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

OCTOBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 CENTER CLOSED BLDG. MAINTENANCE	2 CENTER CLOSED BLDG, MAINTENANCE
5 HOT SUB SANDWICH WAFFLE FRIES COLE SLAW DESSERT	6 CHICKEN & DUMPLINGS VEGETABLE SIDE & DESSERT BREAD & BUTTER	7 SPAGHETTI & MEATBALLS TOSSED SALAD DESSERT GARLIC BREAD	8 BEEF & NOODLES VEGETABLE DESSERT BREAD & BUTTER	9 CAFÉ CLOSED
12 CENTER CLOSED COLUMBUS DAY	13 BACON CHEESEBURGER ONION RINGS SOUP SIDE & DESSERT	14 SALMON PATTIES MACARONI & CHEESE BUTTERED PEAS DESSERT BREAD & BUTTER	15 CHILI GRILLED CHEESE SANDWICH FRENCH FRIES DESSERT	16 CAFÉ CLOSED
19 <u>BIRTHDAY MONDAY</u> SALISBURY STEAK MASHED POTATOES VEGETABLE SIDE & DESSERT BREAD & BUTTER	20 SMOKED SAUSAGE, GREEN BEANS, RED SKINNED POTATOES DESSERT BREAD & BUTTER	21 SHEPHERDS PIE SALAD & DESSERT BISCUIT & BUTTER	22 FRIED CHICKEN AU GRATIN POTATOES VEGETABLE DESSERT & BREAD & BUTTER	23 CAFÉ CLOSED
26 SAUSAGE GRAVY OVER BISCUITS FRIED POTATOES SIDE & DESSERT	27 TUNE NOODLE CASSEROLE VEGETABLE DESSERT BREAD & BUTTER	28 LASAGNA ITALIAN GREEN BEANS TOSSED SALAD DESSERT GARLIC BREAD	29 GRILLED CHICKEN SANDWICH STEAK FRIES SOUP DESSERT	30 CAFÉ CLOSED

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

SOUP DAILY – BOWL \$2.00 OR CUP \$1.50

ENTRÉE SALAD FOR THE MONTH

WEEK OF 09/28/26
WEEK OF 10/5/26
WEEK OF 10/12/26
WEEK OF 10/19/26
WEEK OF 10/26/26

CHICKEN SALAD/ SALAD
CHEF SALAD
TACO SALAD
GRILLED CHICKEN SALAD
ASIAN CHICKEN SALAD

CROSSWORD PUZZLE | WORD SEARCH

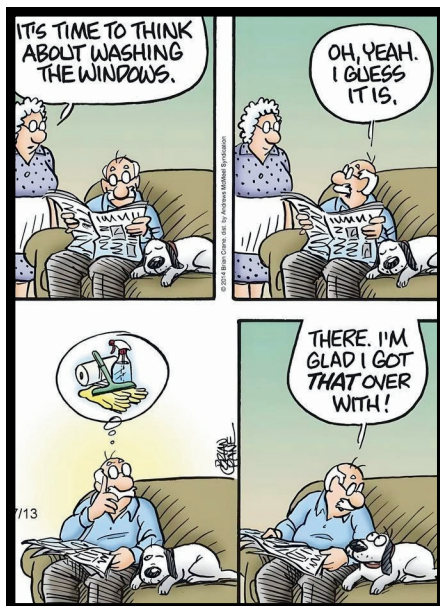
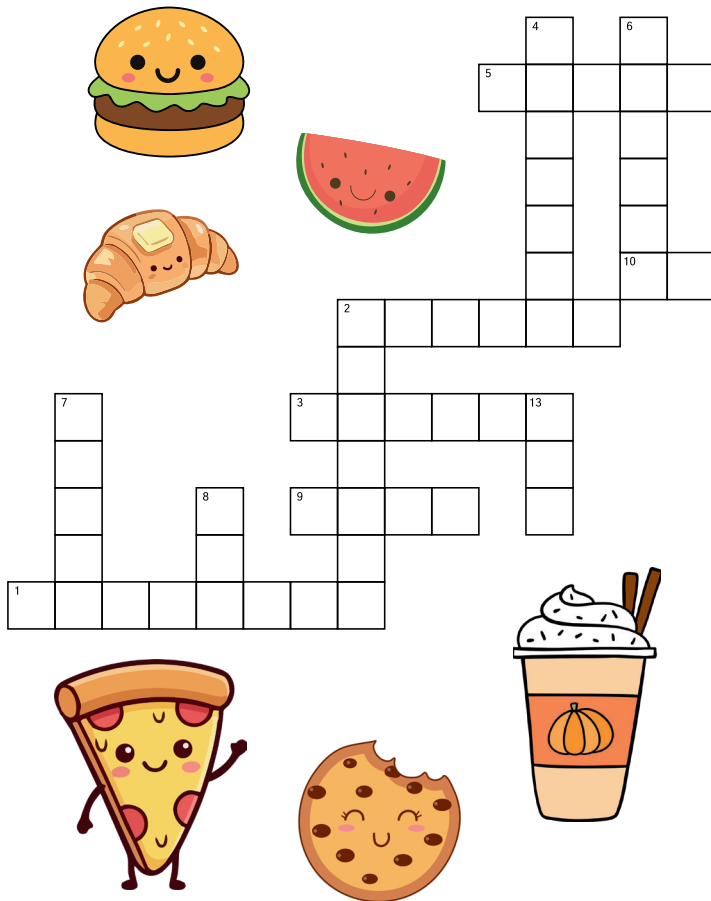
Food Word Search:

Down:

2. Baked treat, sweet and often crunchy.
4. Batter cooked in pattern iron mold.
6. Fried ring-shaped dough, glazed sometimes.
7. Italian dish made from wheat dough.
8. Steeped leaves served as hot beverage.
11. Flatbread topped with cheese and toppings.
12. Staple food baked from flour dough.
13. Protein-packed oval food from farm chickens.

Across:

1. Flat cakes cooked on hot griddle.
2. Fermented dairy product with diverse flavors.
3. Brewed beverage energizing millions every morning.
5. Folded tortilla filled with savory ingredients.
9. Essential grain served worldwide as staple.
10. Japanese dish with vinegared rice roll.
12. Cured meat from pig belly slices.



Food Crossword Puzzle:

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

Key:

1. CHEESE
2. PANCAKES
3. BURRITO
4. WAFFLES
5. COOKIES
6. COFFEE
7. DONUTS
8. PASTA
9. BACON
10. TACOS
11. BREAD
12. SUSHI
13. PIZZA
14. BEEF
15. MILK



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October, 2026 Newsletter

We're on the Web!

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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.



Meet our Staff

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