

MAY • JUNE
2017

ONEILL Center

A Unit of the National Council on Aging

NISC

ACCREDITED BY
NATIONAL INSTITUTE OF
SENIOR CENTERS

HELPING AREA SENIORS LIVE HIP: HEALTHY, INDEPENDENT AND PRODUCTIVE

**Downton Abbey
Tea Party**

**Age Out
Loud
#OAM17**

**Healthy “U”
Class Series**



ONEILLCENTER.COM



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Find us on 
www.facebook.com/oneillcenter

A Unit of the National Council on Aging



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Age Out Loud

The Administration on Aging, part of the Administration for Community Living, has announced the theme for Older American's Month 2017. The theme, Age Out Loud, is intended to give aging a new voice—one that reflects what today's older adults have to say about aging.



Bringing that down to a local level, the 2017 theme gives the O'Neill Center an opportunity to shine a light on many important issues and trends occurring here in our community. More than ever before, older Americans are working longer, trying new things, and engaging in their communities. They're taking charge, striving for wellness, focusing on independence, and advocating for themselves and others. They expect to continue to live their lives to the fullest, and they're insisting on changes that make that possible.

The O'Neill Center has heard those wishes and is providing more evidence based health programming, including Diabetic Empowerment Education Program (DEEP), Matter of Balance (MOB) falls prevention program and Healthy "U" chronic disease self-management program. We have also heard that seniors want more active exercise classes and after hours programming, this means our evenings are full of activities and adding new exercise classes such as adding POUND and Tap N Burn, along with constantly improving on our current classes, plus adding new creative classes such as our new Paint Canvas class. What it means to age has changed, and Older Americans Month 2017 is a perfect opportunity to recognize and celebrate what getting older looks like today.

We have two celebratory events planned! The first one is outlined on the back page and we will also be holding Evening Bingo with more door prizes, more snacks and goodie bags for everyone on Monday, May 15. Life Enrichment programming begins at the age of 50 at O'Neill Center, so gather your friends and try out some of our active, educational, and healthy programming. Don't miss out; call today to receive your newsletter or drop by our office for a tour.



For those who are actively aging, this is your O'Neill Center!



Trips FITNESS & DANCE

2017 TRIPS

To book a trip or for complete details on upcoming trips please contact the O'Neill Center at 373-3914.

Wheeling Island - May 17 - \$38

Includes transportation, free play at casino. A stop for lunch on your own at Mehlmen's.

The Letterman in Concert - May 3 - \$92

The current Lettermen consists of Tony Butala, (the groups only original member) Donovan Tea and Bobbie Poynton. From their first hit in 1961—"The Way You Look Tonight"—through current hits of today, the sound is undeniable Lettermen, Lunch is included before the concert.

Cass Scenic Railroad - June 15 - \$175

Experience an original early 1900's steam driven shay and a 1940's diesel-powered locomotive while viewing the most remote and mountainous region of the Mountain State. On-board lunch will be served. After the train rides, our dinner will be served in the Railway Restaurant before heading back to Marietta.

Niagara Falls - June 26-29 - \$575. Flyer available on request

Capital & Kelton House Tour - July 19 - \$70

Enjoy the morning touring the Ohio State Capital, then a lunch will be catered at Milo's in the Capital building. Afternoon, we will tour Kelton House Museum & Gardens, Columbus.

Ark Experience & Creation Museum - August 1-2 - \$220 DBL occupancy

We will travel to northern Kentucky to visit the Creation museum and then spend the night in a Comfort Suites. After your hot breakfast at hotel, we will travel to Williamstown, KY for the Ark Experience.

Pigeon Forge/Gatlinburg, Show Tour - August 28-30 - \$445 - Flyer available on request.

Country Living Festival, Columbus - Sept. 15 - \$52

New England/Canada Cruise, 5 port of calls, Sept. 21-30 - \$1,539 and up depending on the cabin choice

New York, NY - Oct. 23-26 - \$775 - Flyer available on request

England/German Christmas, Nov. 1, 2017 - \$112

Cahal Dunne in concert, Nov. 15, 2017 - \$92

Join us as we celebrate Christmas with the return of the "Happy Man" Cahal Dunne. He will be entertaining us with songs, stories and traditional Christmas carols in a family-friendly holiday concert. Ireland's "Happy Man"

Olde Southern Holiday Trip, Dec. 6-8, 2017 - \$450 - flyer available on request

Festival of lights, Dec. 12, 2017 - \$70 - includes dinner and tour

*Dates and some pricing may change due to availability. A deposit on any trip will hold your space, all final payments are due 6 weeks before the trip takes place.

Rhythm Moves

(\$3/class or \$15/6 class pass)
Mondays & Wednesdays, 9 a.m.
Friday we will do a Stretch & Flex session- call to check class schedule.

Fun & Fit (\$12/month)

Mondays, Wednesdays, & Fridays
11:30 a.m.-Noon

Basic Steps of Line Dance (\$5/class)

Tuesdays Beginners 9:30-10:30 a.m.

Thursdays Beginners 6:30 p.m.

Thursdays Intermediate 7:30 p.m.

Chair Volleyball (Free)

Mondays, Wednesdays, & Fridays
10-11 a.m.

POUND (\$5/class or \$25/6 class pass)

Wednesdays, 1 p.m.

Zumba (\$25/6 classes)

Tuesdays & Thursdays, 5:45 p.m.

Tap-N- Burn

(\$5/class or \$25/6 class pass)

Fridays, 1 p.m.



O'Neill Center

Sponsored by Heartland of Marietta

May 5 Free State of Jones

May 12 Downton Abbey **PG**

May 19 Sully **PG**

May 26 Ben- Hur **PG-13**

June 2 Pele: Birth of a Legend **PG-13**

June 9 Pete's Dragon **PG**

June 16 Lost & Found **PG**

June 23 Oddball and the Penguins **NR**

June 30 Who Gets the Dog? **PG**

The June movies are all PG, so feel free to bring along a grandchild or great grandchild for the afternoon movie.

Events

O'Neill Center

Broughton Computer Lab

Open to seniors:

Mon, Tues, and Thurs: 8 a.m.-7 p.m.

Wed and Fri: 8 a.m.-4 p.m.

Closed holidays. Call the O'Neill Center for our schedule of upcoming computer classes.

Table Games

Bridge: Tuesdays at 1 p.m.

Euchre: Wednesdays at 1 p.m.

Senior Bingo: Thursdays at 9:45 a.m.

Hand & Foot Cards: Thursdays at 1 p.m.

O'Neill Senior Singers

This group of volunteers spread their cheerful voices to area Senior Living homes and practice at the O'Neill Center the first and fourth Wednesday each month. Please call for more information on becoming part of this volunteer group. All ages are welcome.

Alzheimer's Support Group

May 4 and June 1 • 2:30 p.m.

This support group will reoccur on the first Thursday of each month at 2:30 p.m. The Alzheimer's Support groups are designed to provide emotional, educational, and social support for caregivers through regularly scheduled meetings. Support Groups help participants develop methods and skills to solve problems faced when caring for someone with Alzheimer's disease. Groups encourage caregivers to maintain their own personal, physical and emotional health, as well as optimally care for the person with dementia.

Healthy "U"

Thursdays beginning June 8

12:30 - 2:30 p.m.,

Take control of your chronic disease! Learn relaxation, better eating habits, and how to communicate more effectively with doctors. Each class is

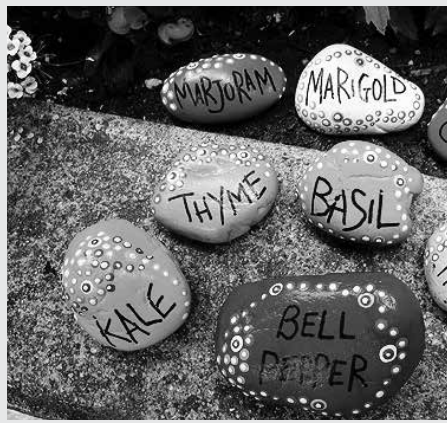


Photo Credit: craftsbyamanda.com



Photo Credit: picturecrafts.com

Rock Painting - May 1 & June 5 • 5 p.m.

We are painting rocks to "hide" around Marietta and all of Washington County to spread joy and brighten people's day. Come join us for this fun activity! This is a community-building group activity, meant to inspire creativity in all ages and energize people to explore the beautiful area we live in.

All you have to do is find some rocks and we will provide the painting supplies and then you get creative! This is surprisingly fun for all ages, younger and older. Need inspiration? Search "rock painting" on Pinterest or Google Images to find lots of rock painting ideas, or join us and we will help you select a style that meets your interest and talent level.

2 hours and includes a break to enjoy some healthy refreshments. Six weeks of classes, offered free of charge, with limited class sizes so please make your reservation early. Call now to get your space saved.

Matter of Balance

Beginning Tuesday, June 6, -

August 1 • 5 - 7 p.m.

Don't let your fear of falling keep you from enjoying activities. This evidence based program, developed through a grant from the Administration on Aging and developed by the Ohio Department of Aging, is now available. The purpose of this 8 week program is to help older adults reduce their fear of falling, thereby enhancing activities levels. Falls are not a normal part of aging, and most falls can be prevented! The class is free and open to the public. Please call to register as class size is limited

Meet the Pharmacist

May 8 • 5 p.m.

Stop by the O'Neill Center this evening and have your prescriptions checked and find out about your over the counter supplements. Your supplements may be having an adverse effect on your prescriptions. Bring you prescriptions list or bottle with you so

that the dosage may be checked. Chris Childress of Camden Clark Hospital pharmacy will be here to help you gain the knowledge of prescriptions and supplements for your better health. Call to show interest.

DEEP - Diabetic Education Empowerment Program

Mondays, May 8 - June 19

1 - 3 p.m.

This 6 week DEEP program is accredited by the national American Association of Diabetes Educators and managed by trained educators. The goal of the program is to empower people to take charge of their diabetics, avoid complications from the disease, and improve self-management skills. These classes are offered by our trained professionals at no cost. Please call to register. No class on May 29th.

Book Club Meeting

3rd Monday sponsored by Washington County Public Library

May 16 - "Grapes of Wrath" by

John Steinbeck • 10 a.m.

June 20 - Come share what you've recently read • 10 a.m.

History of Houses in Marietta

May 1, 8, 15, & 22 • 1 p.m.

Learn the history and fascinating facts about some of the oldest homes in Marietta. On the schedule will be the Castle, the Larchmont, the House on Harmer Hill, the Shipman & the Holden House (Peoples Funeral Home), and the Rufus Putnam Home. After each presentation we would love to invite you to visit some of the homes that we have discussed.

Bike to Lunch

Third Friday each month May 19, June 16 Reserve one of our Schwinn bikes or bring your own, meet at the O'Neill Center and cycle as a group on the bike trail, then stop for lunch. O'Neill Center has 3 women's and 3 mens bicycles, and one three wheeled tricycle, so call ahead to reserve one at 740-373-3914. Lunch in May will be at the Brewery, June will be at the Marina snack shop.



Blood Pressures by Ohio Home Health

May 8 and June 12 • 11 a.m.

Each 2nd Monday of every month

Healing a Grieving Heart

May 3, 17, 31 • 1-2:30 p.m.

June 14, 28 • 1-2:30 p.m.

Grief support groups sponsored by Marietta Hospice, led by Chaplain & Bereavement Specialist Joy Wright and Coordinator Kent Lowther

Lunch Bunch • 11:30 a.m.

May 19 - Route 60 Grill, Lowell

June 23 - Huck's Family Market, Muskingum Dr.

Meeting at area restaurants. It's important to call O'Neill Center so we can give them an advanced count.

Tai Chi • 2:30 p.m.

Wednesdays, beginning May 3

For many seniors seeking a way to get low-impact exercise that improves health and requires no special equipment, Tai Chi is an excellent solution.

Because Tai Chi can be done indoors or out, and as a group activity or by yourself, it suits both people who like to work out alone at home and those who prefer to get their exercise in a social setting.

POUND Rockout Workout

Beginning May 3, and every

Wednesday • 1 p.m.

Channel your inner performer and rock your body with this modern day fusion of movement and music. Using Ripstix, weighted drumsticks engineered for exercise, POUND transforms drumming into an effective full body workout. This workout is great for all fitness levels and ages. Come try your first class for free. After your free class, a \$5 per class fee will be initiated or we will be selling a punch card of 6 classes for the price of 5, \$25. Our instructor will be Rachel Burnham of Wellness by Rachel.

TAP N BURN.

Fridays, beginning May 19 • 1 p.m.

A cardio tap class that focuses on basic tap steps. Tap fundamentals are combined with muscle isolation and stretching to build strength, improve balance, and increase flexibility. Dance between 3,000 and 4,000 steps per class while learning tap dances to a variety of music. No prior dance experience is required to participate in the class and all classes can be taken in either tennis shoes or tap shoes.

Classic Movie June 12 • 5 p.m.

Sometimes there's nothing better than taking an evening to just sit back, relax, and enjoy a movie. Whether it's seeing your favorite movie for the 20th time or seeing a classic film from years gone by, join us! We'll pick some classic films to show and serve popcorn as well.

Downton Abbey Tea Party

May 12 • 1 p.m.

A 1912 era tea party along with the featured shows from Downton Abbey will be the highlight of this afternoon. Please make your reservation early. We will be showing the first 3 episodes of Downton Abbey during the tea. This is open to any senior, man or woman. A donation of \$5 is asked to help with the cost of the refreshments.

Lifeline Presentation by Ohio Consumer Council

June 19 • 12:30 p.m.

Learn about recent changes to the Lifeline telephone programs that are available to Ohioans. The presentation will focus on the benefits and how to qualify for the program. Andrew Tinkham, of the Ohio Consumer Council, will come to Marietta to explain the ins and outs of this valuable Lifeline program.

Ohio Valley Hearing Professionals

May 4 - Cleaning

June 6 - Hearing Test

Both beginning at 12 p.m.

Have your hearing needs met each month. Bringing us this free service monthly is the Ohio Valley Hearing Professionals. Hearing aid cleanings are the first Thursday and the hearing test is the first Tuesday. Please call for an appointment time offered between Noon and 2pm.

Red Hatters Events

May 18 & June 26

Newly organized with exciting events planned. Membership is \$20 per year. Holding events the fourth Monday of each month.

Monthly Billiard Tournaments

Join a fun group of gentlemen for a billiard tournament every 1st Thursday, 1pm. Then on the 2nd Friday after Men's breakfast the men will hold another tournament.

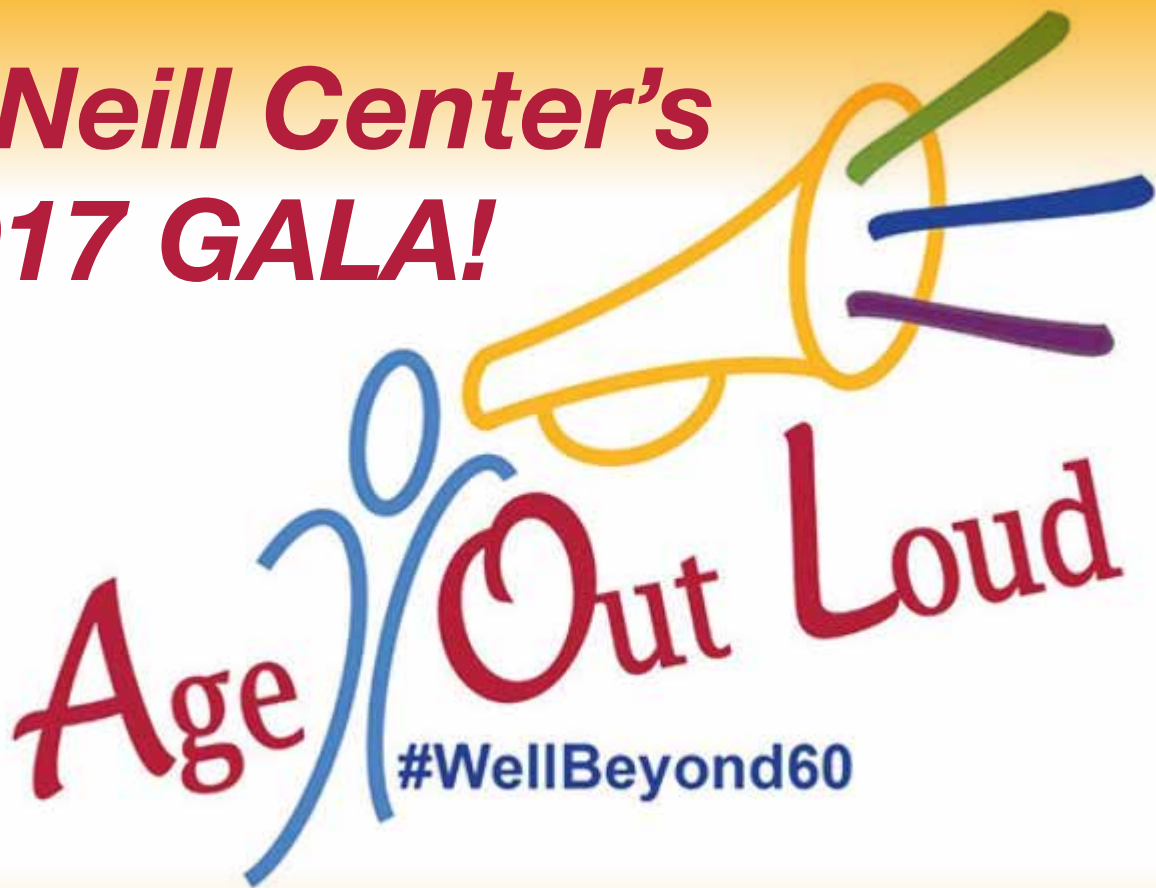
May

O'Neill Center

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00 Mani & Pedi 9:00 Rhythm moves 10:00 Chair Volleyball 11:30 Fun & Fit 1:00 Historic Homes of Marietta 5:00 Rock Painting	2 9:30 Line Dance 10:00 Bible Study 12:30 Bridge 5:45 Zumba 7:00 Square Dance	3 8:30 Blood Sugar Screening 9:00 Rhythm moves 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 1:00 Euchre 1:00 Healing a Grieving Heart 1:00 POUND 1:00 Senior Singers 2:30 Tai Chi	4 8:30 Bingo Breakfast 8:30 Blood Sugar Screening 9:45 BINGO 12:00 Hearing Aid Cleaning 12:30 Hand & Foot Cards 1:00 Billiard Tournament 1:00 Knitting Group 2:30 Alzheimer's Support 4:30 Weight Watchers 5:45 Zumba 6:30 Line Dance	5 9:00 Stretch & Flex 9:30 Massage Appts. 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 1:00 Movie: Free State of Jones
8 9:00 Mani & Pedi 9:00 Rhythm moves 10:00 Chair Volleyball 🏐 11:00 Blood Pressure <i>by Ohio Home Health</i> 11:30 Fun & Fit 1:00 DEEP 1:00 Historic Homes of Marietta 5:00 Meet the Pharmacist	9 9:30 Line Dance 10:00 Bible Study 12:30 Bridge 5:45 Zumba 7:00 Square Dance	10 9:00 Quilting Group 11:00 Senior Club Potluck 1:00 Euchre	11 8:30 Marietta Center Snacks 9:45 BINGO 12:30 Hand & Foot Cards 1:00 Knitting Group 1:00 Massage Appointments 4:30 Weight Watchers 5:45 Zumba 6:30 Line Dance	12 8:30 Men's Breakfast and Tournament 9:00 Stretch & Flex 9:30 Massage Appts. 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 1:00 Downton Abbey Tea Party
15 9:00 Mani & Pedi 9:00 Rhythm Moves 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 1:00 DEEP 1:00 Historic Homes of Marietta 1:00 Massage Appts. 5:00 Evening Bingo	16 9:30 Line Dance 10:00 Bible Study 10:00 Book Club Reading 12:30 Bridge 5:45 Zumba 7:00 Square Dance	17 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 1:00 POUND 1:00 Euchre 1:00 Healing a Grieving Heart 2:30 Tai Chi	18 8:30 Heartland Snacks 9:00 Red Hatters Trip <i>Amish Country</i> 9:45 BINGO 12:30 Hand & Foot Cards 1:00 Knitting Group 4:30 Weight Watchers 5:45 Zumba 6:30 Line Dance	19 9:00 Stretch & Flex 9:00 Massage Appts. 10:00 Chair Volleyball 🏐 11:00 Bike to Lunch 11:30 Fun & Fit 11:30 Lunch Bunch- Route 60 Grill, Lowell 1:00 Tap N Burn 1:00 Movie: Sully
22 9:00 Mani & Pedi 9:00 Rhythm moves 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 1:00 DEEP 1:00 Historic Homes of Marietta 6:30 Welcome to Medicare	23 9:30 Line Dance 10:00 Bible Study 12:30 Bridge 5:45 Zumba 7:00 Square Dance	24 9:00 Rhythm Moves 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 1:00 Euchre 1:00 Senior Singers 1:00 POUND 2:30 Tai Chi	25 8:30 Brookdale Snacks 9:45 BINGO 12:30 Hand & Foot Cards 1:00 Knitting Group 4:30 Weight Watchers 5:45 Zumba 6:30 Line Dance	26 11:30 Fun & Fit 12:00 Chair Volleyball 🏐 1:00 Tap N Burn 1:00 Movie: Ben-Hur
29 Center Closed Happy Memorial Day	30 9:30 Line Dance 10:00 Bible Study 12:30 Bridge 5:45 Zumba 7:00 Square Dance	31 11:30 Fun & Fit 12:00 Chair Volleyball 🏐 1:00 Euchre 1:00 Healing a Grieving Heart 1:00 POUND 2:30 Tai Chi		
			Tai Chi Wednesday at 2:30	

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">Lifeline Presentation by Ohio Consumer Council Monday, June 19 • 12:30 p.m.</p> <p>Learn about recent changes to the Lifeline telephone programs that are available to Ohioans. The presentation will focus on the benefits and how to qualify for the program.</p> <p align="center"></p>			<p>1</p> <p>8:30 Blood Sugar 8:30 Bingo Breakfast 9:45 BINGO 12:00 Hand & Foot Cards 1:00 Knitting Group 1:00 Billiard Tournament 2:30 Alzheimer's Support 4:30 Weight Watchers 5:45 Zumba 6:30 Line Dance</p>	<p>2</p> <p>9:30 Massage Appts. 10:00 Chair Volleyball  11:30 Fun & Fit 1:00 Tap N Burn 1:00 Movie: Pele</p>
<p>5</p> <p>9:00 Mani & Pedi 10:00 Chair Volleyball  11:30 Fun & Fit 1:00 DEEP 5:00 Rock Painting</p>	<p>6</p> <p>9:30 Line Dance 10:00 Bible Study 12:00 Hearing Test 12:30 Bridge 5:00 Matter of Balance 5:45 Zumba 7:00 Square Dance</p>	<p>7</p> <p>8:30 Blood Sugar Screening 9:00 Rhythm moves 10:00 Chair Volleyball  11:30 Fun & Fit 1:00 Euchre 1:00 POUND 1:00 Senior Singers 2:30 Tai Chi</p>	<p>8</p> <p>8:30 Snack by Marietta Center 9:45 BINGO 12:30 Hand & Foot Cards 12:30 Healthy U 1:00 Knitting Group 1:00 Massage Appts. 4:30 Weight Watchers 5:45 Zumba 6:30 Line Dance</p>	<p>9</p> <p>8:30 Men's Breakfast and Tournament 9:00 Stretch & Flex 9:30 Massage Appts. 10:00 Chair Volleyball  11:30 Fun & Fit 1:00 Movie: Pete's Dragon 1:00 Tap N Burn</p>
<p>12</p> <p>8:30 Blood Pressure by Ohio Home Health 9:00 Mani & Pedi 9:00 Rhythm moves 10:00 Chair Volleyball  11:00 Blood Pressure by Ohio Home Health 11:30 Fun & Fit 1:00 DEEP 5:00 Classic Movie</p>	<p>13</p> <p>9:30 Line Dance 10:00 Bible Study 12:30 Bridge 5:00 Matter of Balance 5:45 Zumba 7:00 Square Dance</p>	<p>14</p> <p>9:00 Quilting Group 11:00 Senior Club Potluck 1:00 Euchre 1:00 Healing a Grieving Heart</p>	<p>15</p> <p>8:30 Snacks by Heartland 9:45 BINGO 12:30 Hand & Foot 12:30 Healthy U 1:00 Knitting Group 5:45 Zumba 6:30 Line Dance 4:30 Weight Watchers</p>	<p>16</p> <p>9:00 Stretch & Flex 9:30 Massage Appts. 10:00 Chair Volleyball  11:00 Bike to Lunch 11:30 Fun & Fit 1:00 Movie: Lost & Found 1:00 Tap N Burn</p>
<p>19</p> <p>9:00 Mani & Pedi 9:00 Rhythm Moves 10:00 Chair Volleyball  11:30 Fun & Fit 12:30 Lifeline Presentation by OCC 1:00 DEEP 1:00 Massage Appts. 5:00 Bingo</p>	<p>20</p> <p>9:30 Line Dance 10:00 Bible Study 10:00 Book Club Sharing 12:30 Bridge 5:00 Matter of Balance 5:45 Zumba 7:00 Square Dance</p>	<p>21</p> <p>9:00 Rhythm moves 10:00 Chair Volleyball  11:30 Fun & Fit 1:00 Euchre 1:00 POUND 2:30 Tai Chi</p>	<p>22</p> <p>8:30 Snacks by Brookdale 9:45 BINGO 12:30 Hand & Foot Cards 12:30 Healthy U 1:00 Knitting Group 4:30 Weight Watchers 5:45 Zumba 6:30 Line Dance</p>	<p>23</p> <p>9:00 Stretch & Flex 10:00 Chair Volleyball  11:30 Fun & Fit 11:30 Lunch Bunch: Hucks 1:00 Movie: Oddball & the Penguins 1:00 Tap N Burn 5:00 Rock Painting</p>
<p>26</p> <p>9:00 Mani & Pedi 10:00 Chair Volleyball  11:30 Fun & Fit  11:30 Red Hat – Stockport Mill 5:00 Cooking Class</p>	<p>27</p> <p>9:30 Line Dance 10:00 Bible Study 12:30 Bridge 5:00 Matter of Balance 5:45 Zumba 7:00 Square Dance</p>	<p>28</p> <p>10:00 Chair Volleyball  11:30 Fun & Fit 1:00 Healing a Grieving Heart 1:00 POUND 1:00 Euchre 1:00 Senior Singers 2:30 Tai Chi</p>	<p>29</p> <p>8:30 Snacks by Glenwood 9:45 BINGO 12:30 Hand & Foot 12:30 Healthy U 4:30 Weight Watchers 5:45 Zumba 6:30 Line Dance</p>	<p>30</p> <p>10:00 Chair Volleyball  11:30 Fun & Fit 1:00 Movie - Who Gets the Dog? 1:00 Tap & Burn</p>

O'Neill Center's 2017 GALA!



Join Us in a Celebration of Aging

Monday, May 8, 5:30 pm
O'Neill Center, Marietta

Mock-tails • Appetizers • Music by "The Faculty Band"