



SEPTEMBER • OCTOBER  
2017

A Unit of the National Council on Aging



# Center

HELPING AREA SENIORS LIVE HIP: HEALTHY, INDEPENDENT AND PRODUCTIVE

Ever wanted  
to learn chess?

Chi Walking

California Coastal Cruise

ONEILLCENTER.COM

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O'Neill Center  
333 Fourth Street  
Marietta, Ohio 45750  
(740) 373-3914

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A Unit of the National Council on Aging



Funded (in part) by a Title III grant of the Older Americans Act administered by the Ohio Department of Aging through the Buckeye Hills Area Agency on Aging, Washington County Senior Service Levy, United Way and Contributions. The O'Neill Senior Center is non-discriminatory in services and employment and our facilities are accessible to the handicapped.



## Did you know that 1 in 4 Americans aged 65+ falls every year?



Falls are the leading cause of fatal and non-fatal injuries for older Americans. Falls are costly—in dollars and in quality of life. However, falling is not an inevitable part of aging. Through practical lifestyle adjustments, evidence-based programs, and community partnerships, the number of falls among seniors can be reduced substantially.

### **Health is the Goal and Movement is the Key!**

Falls Prevention Awareness Day is being held on Sept. 22, 2017 and at the O'Neill Center we take these statistics very seriously. We have implemented several evidence based classes for this area. "A Matter of Balance" is an 8-week structured group intervention that emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

Tai Chi is a gentle form of exercise that can help maintain strength, flexibility, and balance, and could be the perfect activity for the rest of your life. Tai Chi is being instructed by R.V.S.P. volunteers that have had extensive training and practice. These classes are held on Wednesdays at 3:30 p.m.

Chi Walking, our newest program is beginning this September. We will learn the Five Mindful Steps to Chi Walking and practice the Chi-skills. Walking without pain in the knees, hips or back is the goal for Chi Walking.



# 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.

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

**Wheeling Island, Oct. 4** - \$38, \$25 free play on the slot machine of your choice. A stop at the famous Melheman's Cafeteria for an early lunch on your own.

**Mountaineer Casino & Resort, Oct. 16-17** - \$100 for double occupancy, \$120 for a single, \$20 free play and \$20 food voucher, Horse racing in the evening, spa, indoor pool are just a few of the extras for the casino resort trip.

**New York, NY - Oct. 23-26** - \$775 - Flyer available on request. Tour at NBC Studios, a fabulous Broadway Show, the new (9/11 Museum and Memorial, Shopping in NYC and tours of Greenwich village, Little Italy, Soho, St. Patrick's Cathedral, Central Park and much more.

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

A day spent rich in history, English brunch, Trees, Trains & Treasures, shopping at the Dutch Cupboard, a German Feast for lunch, ending with an English tea, all this in one exciting day away.

**Meadows Casino, Nov. 13** - \$40, Free play \$25 - last casino trip for 2017

Featuring over 3,000 slot machines, electronic and live table games, a variety of dining options, live entertainment, bowling lanes, and a racetrack with harness horse racing. \$40 will include transportation and free play at the casino.

**Cahal Dunne in Concert, Nov. 15** - \$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" held in Columbus, with a full luncheon served prior to the concert.

**Olde Southern Holiday Trip, Dec. 6-8, 2017** - \$430 cash or check, \$450.00 credit card payments - flyer available on request

**Festival of Lights, Wheeling, WV, Dec. 13** - \$70 includes dinner and tour

## Looking Ahead to 2018!

**California Coastal Cruise, March 9-17, 2018** - deposits now being taken for this exciting cruise down the California coast, call for cabin costs and details.

*\*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.*

**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.

**Square Dance** (\$5/class)

Beginners - Tuesdays, 7 p.m.

**Chair Volleyball** (Free)

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

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

Wednesdays, 1 p.m.

**Chi Walking** (Free)

Wednesdays, 3:30 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

Sept. 1 A Dogs Purpose **PG**

Sept 8 Queen of Katwe **PG**

Sept 15 A Monster Calls **PG-13**

Sept 22 Jason Bourne, 2016 **PG-13**

Sept 29 I'm Not Ashamed **PG-13**

Oct. 6 A Street Cat Named Bob, **PG**

Oct. 13 The Shack **PG**

Oct. 20 Jack Reacher  
Never Go Back, **PG-13**

Oct. 27 Hidden Figures **PG**



# 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. and 3rd Monday at 5 p.m.

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

### O'Neill Senior Singers

This group of volunteers spread their cheerful voices to all area Senior Living Homes and practices 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.

### Monthly Billiard Tournaments

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

### Ohio Valley Hearing Professional Hearing Services

**Sept 7:** Cleaning • 12 p.m.

**Oct. 3:** Hearing Test • 12 p.m.

Have your hearing needs met each month. Bringing us this free service monthly is the Eye MD's. 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 2 p.m.

### Evening Bingo • 5-7 p.m.

**Sept. 18:** Sponsored by Highland Oaks

**Oct. 16:** Sponsored by Marietta Center Genesis

### Book Club Meeting

3rd Tuesday • 10 a.m.

Sponsored by Washington County Public Library

**Sept. 19:** Reading *The Rainbow Comes and Goes* by Anderson Cooper

**Oct. 17:** Sharing month

### Lunch Bunch • 11:30 a.m.

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

**Sept. 22:** D&E Restaurant-Macksburg Exit off I-77

**Oct. 27:** I Don't Care Eatery, Grand Central Ave. Next to Scots

### Red Hatters Events

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

**Sept. 25 & Oct. 23:** Call for details

### Chi Walking

**Beginning Sept. 6 • 3:30 p.m.**

The Chi Walking program is an exciting, new approach to creating health, fitness and well-being through walking. Chi Walking blends walking with the inner focuses of Tai Chi, the ancient Chinese martial art proven to increase balance, strength, and mental focus. With the program you'll be able to walk faster and farther with less effort. You'll slim down and get stronger and more centered with every workout.

### Ten Touchstones of Grief & Mourning for all Losses

**Sept. 6 & Oct. 4 • 1 p.m.**

"Ten Touchstones of Grief & Mourning for Widows & Widowers  
**Sept 20 & Oct. 18**

Grief support groups sponsored by Marietta Hospice, led by BRV Coordinator Kent Lowther

### Alzheimer's Support Group

**Sept. 7 & Oct. 5 • 2:30 p.m.**

Designed to provide emotional, educational, and social support for caregivers through regularly scheduled meetings, support groups help participants develop



### Steampunk Necklace Craft Class

**Oct. 2 • 5 p.m.**

Steampunk is a style of design and fashion that combines historical elements with anachronistic technological features inspired by science fiction. "The essence of steampunk is homage to vintage fashion with a modern, sassy twist." We will be embracing this with your very own creation of a necklace, We will supplies some of the fittings and the appropriate bonding materials, but you are welcome to bring something of your own to make it very personal. \$10 covers supplies and instructions by Nancy.

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 optimal care for the person with dementia.

### Matter of Balance

**Sept. 7 – Oct. 26 • 1-3 p.m.**

Don't let your fear of falling keep you from enjoying activities. This evidence based program, was developed through a grant from the Administration on Aging and developed by the Ohio Department of Aging. The 8 week program helps older adults reduce their fear of falling, thereby enhancing activity 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.

### **Blood Pressure Screenings**

by Ohio Home Health  
Sept. 11 & Oct. 9 • 11 a.m.

### **Patriotism Celebration**

Sept 11 • 5 p.m.

On this very special day of remembrance we will celebrate the patriotism that founded our country with Revolutionary War Private George Adam Mann. He will tell us his story and many stories of the American Revolution and the founding of our country. A reminder of the sacrifices that they made so that we could have the freedoms that we have and the sacrifices still being made. ALZ fundraiser dinner 4-6 p.m. Reservations appreciated.

### **Journal to the Self**

Sept. 12-Oct. 17 • 5:30-7:30 p.m.

This 12 hour course on how to keep a journal for personal growth, creative expression and life enrichment, was created by Kathleen Adams, LPC, PTR, Director of the Center for Journal Therapy, Inc. People around the globe have learned this easy, effective, empowering model of journal keeping. Our workshop will be led by Certified Instructor Annelle Edwards, MSW, LISW-S Lecturer, Department of Social and Public Health Social Work Program, Ohio University. There is a \$12 workbook that needs to be purchased with the workshop, so registration and prepaid workbook costs should be made before class begins.

### **Canvas Painting Party**

Sept 12 • 6-9 p.m.

A great painting for the fall, it just looks like autumn and the wood burning season. We are so proud of being from Ohio, but any other state outline could be adapted for this painting to use as an "O." \$40 includes instructions and all supplies, from Southeast Ohio Wine & Canvas, with Ginny Brown as our instructor. Please register early and prepay for the class.

### **Chess Lessons**

Begins Thursday, Sept 14 • 5 p.m.

John Rudie, a volunteer and a member the Marietta High School Chess club, will be coming in on Thursdays to teach basic chess moves. Playing games like chess can stimulate our minds, increase our social interactions with others and possibly reduce stress. Please call to confirm interest.

### **"Now Where did that River Go?"**

Sept. 18 • 1 p.m.

Presented by Retired Professor Toni DeVore. Let's take a trip back in time and discover how our rivers and lands have changed here in the Ohio Valley over the course of the years. Learn about how glaciers changed the path/direction of the Teays River which became the Ohio and how sedimentary rocks were formed.

### **AARP Safe Driving**

Sept. 25 • 1-5 p.m.

Dennis Urban, RSVP volunteer and AARP Drive trained professional, will be the instructor. The course is the nation's largest refresher course for today's road safety so drivers can stay independent. Register by calling 740-373-3914. Cost for the class is \$19.95 for AARP members and \$24.95 for non-members payable by check to AARP the day of the class.



### **Wildlife of Ohio Now and Then**

Sept. 25 • 5 p.m.

Lions, Tigers and Bears, OH MY!!! Well, maybe not Lions and Tigers but have you ever wondered what animals did roam our state and local areas long ago and how many are still here? Dean Sinclair, Wildlife/Forestry Specialist Washington County Soil & Water Conservation District will enlighten us on this subject. Please call to show interest.

### **Holiday of the Month**

Oct. 9 • 5 p.m.

October has a multitude of special days, including Columbus Day, Beer & Pizza Day, National Sneakers Day, and Fire Prevention Day. We will welcome this day with an evening party of non-alcoholic beer and pizza and a fire safety quiz. Of course we will not forget Christopher Columbus, we'll have a tribute to all things Columbus. For National Sneaker Day, we will collect "used but still have good life left to them" sneakers—bring them in to be donated. Cost of the party is \$5 to cover food and drink.

### **The Security of Online Banking**

Oct. 23 • 5 p.m.

With the growth of electronic banking have come new forms of security risks. From electric check depositing to auto payment withdraws, Peoples Bank Corp staff will give us the information needed to safely bank online. Please call ahead to make reservations.


### **Halloween Bingo**

Oct. 30 • 5-7 p.m.

This Halloween the Ghouls and Goblins will be at the O'Neill Center. Dress in your best costume, although it is not required, and come out to have a howling good time with the Bingo Players. We will have some spooky surprises for this evening along with food being sponsored by Marietta Memorial Hospital Hospice and Home Health. There will be hotdogs, chips and cookies.

# September

## O'Neill Center

Monday	Tuesday	Wednesday	Thursday	Friday
<h3>JOURNAL TO THE SELF</h3> <p>Sept. 12 • 5:30-7:30 p.m.</p> <p>This 12 hour course on how to keep a journal for personal growth, creative expression and life enrichment, was created by Kathleen Adams, LPC, PTR, Director of the Center for Journal Therapy, Inc. People around the globe have learned this easy, effective, empowering model of journal keeping. \$12 workbook fee should be made in advance.</p>				<p><b>1</b></p> <p>9:30 Massage Appts            10:00 Chair Volleyball 🏐            1:00 Movie: A Dog's Purpose            1:00 Tap &amp; Burn</p>
<p><b>4</b></p> <p><b>Center CLOSED</b></p>  <p><b>HAPPY LABOR DAY</b></p>	<p><b>5</b></p> <p>8:30 Blood Sugar            9:30 Line Dance            10:00 Bible Study            12:30 Bridge            5:45 Zumba            7:00 Square Dance</p>	<p><b>6</b></p> <p>8:30 Blood Sugar            10:00 Chair Volleyball 🏐            11:30 Fun &amp; Fit            1:00 Euchre            1:00 Grief for all Losses            1:00 POUND            1:00 Senior Singers            2:30 Tai Chi            3:30 Chi Walking</p>	<p><b>7</b></p> <p>8:30 Bingo Breakfast            8:30 Blood Sugar            9:45 Bingo            12:00 Hearing Aid Cleaning            12:30 Hand &amp; Foot            1:00 Billiard tournament            1:00 Knitting Group            1:00 Matter of Balance            2:30 Alzheimer's Support            5:45 Zumba            6:30 Line Dance</p>	<p><b>8</b></p> <p>8:30 Men's Breakfast &amp; Tournament            10:00 Massage Appts            10:00 Chair Volleyball 🏐            11:30 Fun &amp; Fit            1:00 Movie: Queen of Katwe            1:00 Tap &amp; Burn</p>
<p><b>11</b></p> <p>9:00 Manicures&amp;Pedicures            10:00 Chair Volleyball 🏐            11:00 Blood Pressure by Ohio Home Health            11:30 Fun &amp; Fit            4:00 Alzheimer Dinner            5:00 Patriotism Celebration</p>	<p><b>12</b></p> <p>9:30 Line Dance            10:00 Bible Study            12:30 Bridge            5:00 Journal to the Self            5:45 Zumba            6:00 Painting Party Wine &amp; Canvas            7:00 Square Dance</p>	<p><b>13</b></p> <p>8:30 Snacks by Marietta Center            11:00 Senior Club Potluck            1:00 Euchre            1:00 POUND            3:30 Chi Walking</p>	<p><b>14</b></p> <p>8:30 Snacks by Marietta Center            9:45 Bingo            12:30 Hand &amp; Foot            1:00 Knitting Group            1:00 Massage Appts.            1:00 Matter of Balance            5:00 Chess Class            5:45 Zumba            6:30 Line Dance</p>	<p><b>15</b></p> <p>9:00 Massage Appts            10:00 Chair Volleyball 🏐            11:30 Fun &amp; Fit            1:00 Movie: A Monster Calls            1:00 Tap &amp; Burn</p>
<p><b>18</b></p> <p>10:00 Chair Volleyball 🏐            11:30 Fun &amp; Fit            1:00 Where did River Go?            1:00 Massage Appts.            5:00 Evening Bingo</p>	<p><b>19</b></p> <p>9:30 Line Dance            10:00 Bible Study            10:00 Book Club            12:30 Bridge            5:00 Journal to the Self            5:45 Zumba            7:00 Square Dance</p>	<p><b>20</b></p> <p>10:00 Chair Volleyball 🏐            11:30 Fun &amp; Fit            1:00 Euchre            1:00 Grief for Widows &amp; Widowers            1:00 POUND            2:30 Tai Chi            3:30 Chi Walking</p>	<p><b>21</b></p> <p>8:30 Snacks by Heartland            9:45 Bingo            12:30 Hand &amp; Foot            1:00 Knitting Group            1:00 Matter of Balance            5:00 Chess Class            5:45 Zumba            6:30 Line Dance</p>	<p><b>22</b></p> <p>10:00 Chair Volleyball 🏐            11:30 Fun &amp; Fit            11:30 Lunch Bunch D&amp;E Restaurant, Macksburg            1:00 Tap &amp; Burn            1:00 Movie: Jason Bourne</p>
<p><b>25</b></p> <p>9:30 Line Dance            10:00 Chair Volleyball 🏐            11:30 Fun &amp; Fit            11:30 Red Hat -            1:00 AARP Safe Driving            5:00 Wildlife of Ohio</p>	<p><b>26</b></p> <p>10:00 Bible Study            12:30 Bridge            5:00 Journal to the Self            5:45 Zumba            7:00 Square Dance</p>	<p><b>27</b></p> <p>10:00 Chair Volleyball 🏐            11:30 Fun &amp; Fit            1:00 Euchre            1:00 Senior Singers            1:00 POUND            2:30 Tai Chi            3:30 Chi Walking</p>	<p><b>28</b></p> <p>8:30 Snacks by Brookdale            9:45 Bingo            12:30 Hand &amp; Foot            1:00 Knitting Group            1:00 Matter of Balance            5:00 Chess Class            5:45 Zumba            6:30 Line Dance</p>	<p><b>29</b></p> <p>10:00 Chair Volleyball 🏐            11:30 Fun &amp; Fit            1:00 Movie: I'm Not Ashamed            1:00 Tap &amp; Burn</p>

# October

## O'Neill Center

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 5:00 Steampunk Necklace	<b>3</b> 9:30 Line Dance 10:00 Bible Study 12:00 Hearing Tests 12:30 Bridge 5:00 Journal to the Self 5:45 Zumba 7:00 Square Dance	<b>4</b> 8:30 Blood Sugar screening 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 1:00 Grief for all Losses 1:00 Euchre 1:00 POUND 1:00 Senior Singers 2:30 Tai Chi 3:30 Chi Walking	<b>5</b> 8:30 Bingo Breakfast 9:45 Bingo 12:00 Hand & Foot 1:00 Knitting Group 1:00 Billiard Tournament 1:00 Matter of Balance 2:30 Alzheimer's Support 5:00 Chess Class 5:45 Zumba 6:30 Line Dance	<b>6</b> 9:30 Massage Appts 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 1:00 Movie: A Street Cat Named Bob 1:00 Tap & Burn
<b>9</b> 9:00 Manicure & Pedicures 10:00 Chair Volleyball 🏐 11:00 Blood Pressure by Ohio Home Health 11:30 Fun & Fit 1:00 Tap & Burn 5:00 Holiday of the Month Party	<b>10</b> 9:30 Line Dance 10:00 Bible Study 12:30 Bridge 5:00 Journal to the Self 5:45 Zumba 7:00 Square Dance	<b>11</b> 11:00 Senior Club Potluck 1:00 Euchre 1:00 POUND 3:30 Chi Walking	<b>12</b> 8:30 Snacks by Marietta Center 9:45 Bingo 12:30 Hand & Foot 1:00 Knitting Group 1:00 Billiard tournament 1:00 Massage Appts 5:00 Chess Class 5:45 Zumba 6:30 Line Dance	<b>13</b> 8:30 Men's Breakfast & Tournament 9:30 Massage Appts 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 1:00 Movie: The Shack 1:00 Tap & Burn
<b>16</b> 10:00 Chair Volleyball 🏐 10:00 Massage Appts 11:30 Fun & Fit 5:00 Evening Bingo	<b>17</b> 9:30 Line Dance 10:00 Bible Study 10:00 Book Club Sharing 12:30 Bridge 5:00 Journal to the Self 5:45 Zumba 7:00 Square Dance	<b>18</b> 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 1:00 Grief for Widows & Widowers 1:00 Euchre 1:00 POUND 2:30 Tai Chi 3:30 Chi Walking	<b>19</b> 8:30 Snacks by Heartland 9:45 Bingo 12:30 Hand & Foot 1:00 Matter of Balance 1:00 Knitting Group 5:00 Chess Class 5:45 Zumba 6:30 Line Dance	<b>20</b> 9:30 Massage Appts 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 1:00 Movie: Jack Reacher Never Go Back 1:00 Tap & Burn
<b>23</b> 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 11:30 Red Hat - 5:00 Online Banking	<b>24</b> 9:30 Line Dance 10:00 Bible Study 12:30 Bridge 5:45 Zumba 7:00 Square Dance	<b>25</b> 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 1:00 Euchre 1:00 POUND 1:00 Senior Singers 2:30 Tai Chi 3:30 Chi Walking	<b>26</b> 8:30 Snacks by Brookdale 9:45 Bingo 12:30 Hand & Foot 1:00 Knitting Group 5:00 Chess Class 5:45 Zumba 6:30 Line Dance	<b>27</b> 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 11:30 Lunch Bunch- Don't Care Eatery 1:00 Movie: Hidden Figures 1:00 Tap & Burn
<b>30</b> 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 5:00 Halloween BINGO	<b>31</b> 9:30 Line Dance 10:00 Bible Study 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 12:30 Bridge 5:45 Zumba 7:00 Square Dance	<h1>HALLOWEEN BINGO</h1> <p>Oct. 30 • 5-7 p.m.</p>  <p>This Halloween the Ghouls and Goblins will be at the O'Neill Center. Dress in your best costume, although it is not required, and come out to have a howling good time with the Bingo Players.</p>		





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Marietta, OH 45750

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Change Service Requested

## Join the Fight for Alzheimer's First Survivor

**SEPT. 11**  
**4-6 p.m.**

**\$5.00 ALL-YOU-CAN-EAT**  
**Spaghetti Dinner and**  
**Dessert Bake Sale**  
to Support "Walk to End Alzheimer's"  
Mid-Ohio Valley



Stay for the Patriotism  
Celebration Program

**5 p.m.**

SPONSORED BY BROOKDALE, MEDI GOLD AND O'NEILL CENTER