



NOVEMBER • DECEMBER
2017

A Unit of the National Council on Aging



Center

HELPING AREA SENIORS LIVE HIP: HEALTHY, INDEPENDENT AND PRODUCTIVE

**24 Hour
Nurse Line**

**Christmas
Cookies**

**Christmas Dinner
& Concert**

ONEILLCENTER.COM

O'NEILL Center

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

Find us on **facebook**

www.facebook.com/oneillcenter

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.



Looking for a convenient, affordable location to host a birthday party, shower, anniversary celebration, or even a family reunion?

O'Neill Center can accommodate groups **up to 100!**

Call for rates and arrange a tour. Special rates available for Golden Anniversaries and 75+ birthday parties.

**333 Fourth Street
Marietta, Ohio
740-373-3914**



Trips FITNESS & DANCE

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

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

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!

Wheeling Island, January 24, 2018 - Enjoy senior day at Wheeling, we will stop at Mehlman Cafeteria, on our way, \$30 slot free play given with players membership.

Meadows Casino, February 26

Arriving to the Meadows at 10:15am, you will have plenty of time to enjoy your free play, wonderful eateries, and watch the horse racing, post time 1 p.m.

California Coastal Cruise, March 9-17

Deposits now being taken for this exciting cruise down the California coast, call for cabin costs and details. All-inclusive cost begins at \$2,699. Final payment due Dec. 20, due to early 2018 date.

The King and I Broadway at Columbus Palace Theater, April 26

- \$112
Includes, early dinner, transportation & theater ticket

Savannah, Georgia, May 7-11

- \$775
5 day, 4 nights – 2 evening receptions at hotel, 2 dinners to include The Pirate's House, guided tour of Historic Savannah, performance at the Savannah Historic Theater, trolley tour of Jekyll Island, tour of St. Simon Islands and the lighthouse, visit and shopping along River Street.

Cuyahoga Scenic National Park Train Ride, June 20

- \$68
Board the train at the Akron depot and ride through the national park with the stop at Peninsula, Ohio for lunch and shopping on your own.

Old England and Wales Tour, July 16

- \$120
Amish shopping, morning brunch tea, Hanoverton tour, lunch at Spread Eagle Tavern, and tour Glamorgan Castle.

Branson, Missouri, September 10-15

- \$989 per person double occupancy
6 days, 5 nights, 1 lunch at Throed Rolls Lambert's Café, 5 fabulous shows, visit the Gateway Arch, tour St. Louis, and visit to the Anheuser-Busch Brewery. Transportation to the airport included.

Grand Canyon, October 27- November 2, 2018

- \$2100 per person double occupancy
Arrive at Las Vegas and enjoy 3 nights at this hotel, with a managers reception, 2 nights hotel accommodations in Flagstaff, AZ; 1 night in Phoenix, AZ. Enjoy a scenic train ride and visit to the Grand Canyon, Visit Hoover Dam, Red Rock Canyon, guided tour of Sedona, AZ, and explore the quaint town of Scottsdale, AZ. Round trip airfare and transportation to the airport included.

**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.

Tai Chi (\$25/6 classes)

Wednesdays, 2:30 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

Nov. 3 The Hero **R**

Nov. 10 Going in Style **PG-13**

Nov. 17 The Zookeeper's
Wife **PG-13**

Dec. 1 Gifted **PG-13**

Dec. 15 The Circle **PG-13**

Dec. 22 Holiday Inn 1942 version

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.

Medicare Open Enrollment

Open Enrollment is from October 15 through December 7. Time for Medicare recipients to look over their current insurance coverage to make sure that they are receiving the best coverage for their money. Call the O'Neill Center to set up an appointment with our trained staff to review your current coverage and find out if there are better options for you in 2018. Call (740)373-3914 and request to speak with a Medicare Counselor.

POUND Rockout Workout

Wednesdays • 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.

Tai Chi

Wednesdays • 2:30 p.m.

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.

Chi Walking

Wednesdays • 3:30 p.m.

We will continue this walking program and if the weather is not good outside, we will do some walking and exercising inside. 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. Walking is the ideal way to get and stay fit. With the Chi Walking program you'll be able to walk faster and farther with less effort.

TAP N BURN

Fridays • 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.

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 at 1 p.m.** Please call for more information on becoming part of this volunteer group. All ages are welcome.

Book Club Meeting

3rd Tuesday • 10 a.m.

Sponsored by Washington County Public Library

Nov. 21: Reading *The Last Painting of Sara DeVos* by Dominic Smith
No meeting in December

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.

Ten Touchstones of Grief & Mourning for all Losses

Nov. 1 & Dec. 13 • 1 p.m.

Ohio Valley Hearing Professional Hearing Services • 12 p.m.

Nov. 2: Cleaning

Dec. 5: Hearing Test

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.

Alzheimer's Support Group

Nov. 2 & Dec. 7 • 2:30 p.m.

This support group will recur on the first Thursday of each month at the O'Neill Senior Center. 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.

Holiday Smart Energy Living: Saving Money During the Holidays

Nov. 12 • 5 p.m.

Participants will learn how to save money on heating, cooking, holiday lighting, and much more.



**Salvaged Gatherings
Necklace Craft**

Nov. 6 • 5 p.m.

Collect old broken pieces of jewelry, chains, charms, even broken rosaries. Bring your own or we will have some here for you to choose from. We will provide tools and jump rings and a few odds and ends to help complete your necklace. \$10 covers supplies and instructions by Nancy.

Blood Pressures

Nov. 13 & Dec. 11 • 11 a.m.

2nd Monday of every month by Ohio Home Health

Ten Touchstones of Grief & Mourning for Widows & Widowers

Nov. 15 & Dec. 27 • 1 p.m.

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

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.

Nov. 17: DaVincis, Williamstown, meet At O'Neill Center 11:15 p.m.

Dec. 15: Third St. Deli, Marietta

Evening Bingo • 5-7 p.m.

Nov. 20: sponsored by Highland Oaks

Dec. 18: Sponsored by Marietta Center Genesis



Christmas Cookies

Nov. 27 • 5 p.m.

Join us for this wonderful Christmas tradition. We will be decorating sugar cookies for Christmas. Not only are cookies fun to make and decorate, but they make great gifts for friends and family. Cookies and icing will be provided for \$5 suggested donation, so bring your Christmas cheer and your imagination for a fun afternoon of decorating. If you have icing tools at home, please bring them to help take our decorating to the next level. Call to register, so we will be sure to have enough for everyone.

Red Hatters Events

Newly organized with exciting events planned.

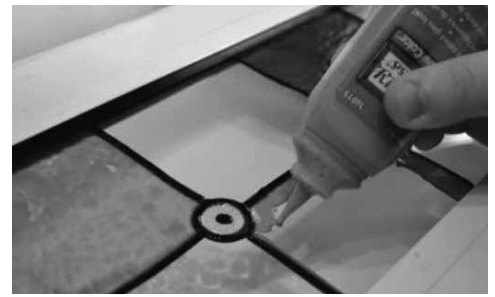
Nov. 16: Tonya's Country Kitchen

Dec. 21: At Sylvia Reed's home for Christmas Party

Craft Sale

Dec. 2 • 8 a.m.-3 p.m.

Many local artisans will be on hand to sell you their handmade items. This is the time to shop for all those Christmas gifts. Don't stop shopping yet, there will be more opportunity to shop on **Sunday, Dec. 3 from 1-5 p.m.** Your favorite local vendors such as Thirty One gifts, Longaberger, Scentsy, Mary Kay, Tupperware and lots more. We will be selling lunch at both events.



Gallery Glass Craft

Dec. 4 • 5 p.m.

Create a special framed faux stained glass window hanging. Materials, instructions, and supplies will be provided. Your choice of three patterns will be available. Your project will be completed on a 11x14 framed glass. \$30 covers all. Please call to register and prepay for this class.

Evening Christmas Dinner & Concert

Dec. 11 • 5 p.m.

Enjoy an evening dinner and concert from Tom Roddy. Mr. Roddy will mix country and Christmas to make an evening of Christmas spirit. \$12 is the cost to cover our dinner and the entertainment. A special performance from Sister Act will also highlight our evening. Call to purchase tickets.

Afternoon Christmas Party

Dec. 18 • 1 p.m.

The soft Christmas sounds of Cynthia and David Puls will bring a Christmas spirit to the O'Neill Center this afternoon. Enjoy fellowship of the holiday with friends and family.






24 Hour Nurse Line

Dec. 4 • 1 p.m.

Did you know that you can reach our nurse line 24 hours a day, seven days a week for the health of you and your family? Marietta Health System's nurses will ask about your symptoms, provide you with self-care tips, and help you decide on the best course of care. Hear Jessi Cline from Marietta Hospital Health system tell us more about this service. Please call to show interest.

November

O'Neill Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>TRIP to Wheeling, WV to see the Festival of Lights: Dec. 13 \$70 includes dinner and tour</p>  <p>To book a trip or for complete details on upcoming trips please contact the O'Neill Center at 373-3914.</p>		<p>1</p> <ul style="list-style-type: none"> 8:30 Blood Sugar 10:00 Chair Volleyball 🏐 11:30 Fun & 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>2</p> <ul style="list-style-type: none"> 8:30 Bingo Breakfast 8:30 Blood Sugar 9:45 Bingo 12:00 Hearing Aid Cleaning 12:30 Hand & Foot 1:00 Billiard tournament 1:00 Knitting Group 2:30 Alzheimer's Support 5:45 Zumba 6:30 Line Dance 	<p>3</p> <ul style="list-style-type: none"> 9:30 Massage Appts 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 1:00 Movie: The Hero 1:00 Tap & Burn
<p>6</p> <ul style="list-style-type: none"> 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 5:00 Salvaged Gatherings Necklace Craft 	<p>7</p> <ul style="list-style-type: none"> 8:30 Blood Sugar 9:30 Line Dance 10:00 Bible Study 12:30 Bridge 5:45 Zumba 7:00 Square Dance 	<p>8</p> <ul style="list-style-type: none"> 9:00 Quilt Group 11:00 Senior Club Potluck 1:00 Euchre 3:30 Chi Walking 	<p>9</p> <ul style="list-style-type: none"> 8:30 Snacks by Marietta Center 9:45 Bingo 12:30 Hand & Foot 1:00 Knitting Group 5:45 Zumba 6:30 Line Dance 	<p>10</p> <ul style="list-style-type: none"> 8:30 Men's Breakfast & Tournament 9:00 Stretch & Flex 9:30 Massage Appts 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 1:00 Tap & Burn 1:00 Movie: Going in Style
<p>13</p> <ul style="list-style-type: none"> 9:00 Manicures & Pedicures 10:00 Chair Volleyball 🏐 11:00 Blood Pressure by Ohio Home Health 11:30 Fun & Fit 1:00 Massage Appts. 5:00 Holiday Smart Savings 	<p>14</p> <ul style="list-style-type: none"> 9:30 Line Dance 10:00 Bible Study 12:30 Bridge 5:45 Zumba 7:00 Square Dance 	<p>15</p> <ul style="list-style-type: none"> 9:00 Quilt Group 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 1:00 Euchre 1:00 Grief for Widows & Widowers 1:00 POUND 2:30 Tai Chi 3:30 Chi Walking 	<p>16</p> <ul style="list-style-type: none"> 8:30 Snacks by Heartland 9:45 Bingo 11:30 Red Hat: Tonya's Country Kitchen 12:30 Hand & Foot 1:00 Knitting Group 5:45 Zumba 6:30 Line Dance 	<p>17</p> <ul style="list-style-type: none"> 9:30 Massage Appts 10:00 Chair Volleyball 🏐 11:30 Lunch Bunch: DaVincis 11:30 Fun & Fit 1:00 Movie: The Zookeeper's Wife 1:00 Tap & Burn
<p>20</p> <ul style="list-style-type: none"> 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 5:00 Evening Bingo 	<p>21</p> <ul style="list-style-type: none"> 9:30 Line Dance 10:00 Bible Study 10:00 Book Club 12:30 Bridge 5:45 Zumba 6:30 Stampin' Up 7:00 Square Dance 	<p>22</p> <ul style="list-style-type: none"> 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 	<p>23 24</p> <p>Center CLOSED</p>  <p><i>Happy Thanksgiving!</i></p>	
<p>27</p> <ul style="list-style-type: none"> 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 5:00 Christmas Cookies 	<p>28</p> <ul style="list-style-type: none"> 9:30 Line Dance 10:00 Bible Study 12:30 Bridge 5:45 Zumba 7:00 Square Dance 	<p>29</p> <ul style="list-style-type: none"> 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 1:00 Euchre 1:00 Senior Singers 1:00 POUND 2:30 Tai Chi 3:30 Chi Walking 	<p>30</p> <ul style="list-style-type: none"> 8:30 Snacks by Glenwood 9:45 Bingo 12:30 Hand & Foot 1:00 Knitting Group 5:45 Zumba 6:30 Line Dance 	<p>Christmas Cookies Nov. 27 • 5 p.m. Decorate sugar cookies for Christmas! Cookies and icing will be provided for \$5 suggested donation. Call to register. </p>

Monday

Tuesday

Wednesday

Thursday

Friday



EVENING CHRISTMAS DINNER & CONCERT

Dec. 11 • 5 p.m.

Enjoy an evening dinner and concert from Tom Roddy. Mr. Roddy will mix country and Christmas to make an evening of Christmas spirit. \$12 is the cost to cover our dinner and the entertainment. A special performance from Sister Act will also highlight our evening. Call to purchase tickets.

9:30 Massage Appts
10:00 Chair Volleyball
11:30 Fun & Fit
1:00 Movie: Gifted
1:00 Tap & Burn

4
10:00 Chair Volleyball
11:30 Fun & Fit
1:00 24 Hours Nurse Program
5:00 Faux stained glass craft

5
9:30 Line Dance
10:00 Bible Study
12:00 Hearing Test
12:30 Bridge
5:45 Zumba
7:00 Square Dance

6
8:30 Blood Sugar
10:00 Chair Volleyball
11:30 Fun & Fit
1:00 Euchre
1:00 Senior Singers
1:00 POUND
2:30 Tai Chi
3:30 Chi Walking

7
8:30 Bingo Breakfast
9:45 Bingo
10:00 Massage Appts
12:30 Hand & Foot
1:00 Knitting Group
1:00 Billiard tournament
2:30 Alzheimer's Support
5:45 Zumba
6:30 Line Dance

8
CLOSED
staff in-service

11
9:00 Manicures&Pedicures
10:00 Chair Volleyball
11:00 Blood Pressure by Ohio Home Health
11:30 Fun & Fit
5:00 Evening Christmas Party

12
9:30 Line Dance
10:00 Bible Study
12:30 Bridge
5:45 Zumba
7:00 Square Dance

13
9:00 Quilt Group
11:00 Senior Club Potluck
1:00 Grief for All Losses
1:00 Euchre
3:30 Chi Walking

14
8:30 Snacks by Marietta Center
9:45 Bingo
12:30 Hand & Foot
1:00 Knitting Group
5:45 Zumba
6:30 Line Dance

15
9:30 Massage Appts
10:00 Chair Volleyball
11:30 Lunch Bunch: Third St. Deli
11:30 Fun & Fit
1:00 Movie: The Circle
1:00 Tap & Burn

18
10:00 Chair Volleyball
11:30 Fun & Fit
1:00 Afternoon Christmas Party
1:00 Massage Appts
1:00 Evening Bingo

19
9:30 Line Dance
10:00 Bible Study
12:30 Bridge
5:45 Zumba
7:00 Square Dance

20
10:00 Chair Volleyball
11:30 Fun & Fit
1:00 Euchre
1:00 POUND
2:30 Tai Chi
3:30 Chi Walking

21
8:30 Snacks by Heartland
9:45 Bingo
11:30 Red Hat Christmas Sylvia Reed's Home
12:30 Hand & Foot
1:00 Knitting Group
5:45 Zumba
6:30 Line Dance

22
11:30 Fun & Fit
1:00 Movie: Holiday Inn 1942 version
1:00 Tap & Burn

25
Center CLOSED

Merry Christmas!

26

27
10:00 Chair Volleyball
11:30 Fun & Fit
1:00 Euchre
1:00 Grief for Widows & Widowers

28
8:30 Snacks by Brookdale
9:45 Bingo
12:30 Hand & Foot
5:45 Zumba

29
10:00 Chair Volleyball
11:30 Fun & Fit



333 Fourth Street
Marietta, OH 45750

US POSTAGE
PAID
Non-profit
Marietta, Ohio
Permit #37

Change Service Requested



Craft Sale

Saturday, Dec. 2 • 8 a.m.-3 p.m.

Many local artisans will be on hand to sell you their handmade items. This is the time to shop for all those Christmas gifts.

Don't stop shopping yet, there will be more opportunity to shop!

Sunday, Dec. 3 • 1-5 p.m.

Your favorite local vendors such as Thirty One gifts, Longaberger, Scentsy, Mary Kay, Tupperware and lots more.

We will be selling lunch at both events.

