



MARCH • APRIL  
2018

A Unit of the National Council on Aging



# O'NEILL Center

HELPING AREA SENIORS LIVE HIP: HEALTHY, INDEPENDENT AND PRODUCTIVE

**St. Patrick's  
Day Party**

**Boom Fest**



**Craft with your  
Grandkids**

ONEILLCENTER.COM



NEWS	2
TRIPS	3
FITNESS & DANCE SCHEDULE	3
MOVIES	3
O'NEILL CENTER EVENTS	4-5
O'NEILL CENTER CALENDAR	6-7

O'Neill Center  
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Marietta, Ohio 45750  
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Find us on **facebook**

[www.facebook.com/oneillcenter](http://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.



**Friday, May 18, 2018**  
**7-10 p.m. at Peoples Bank Theatre**

This event is open to the public. Enjoy a night of live music, drinks, wine raffle and more!

O'Neill's Boom Fest 2018 will provide "booming" live entertainment featuring local artists of the Mid-Ohio Valley! Proceeds will benefit the O'Neill Center, allowing us to continue offering valuable services to seniors in our community, specifically the baby boomer generation, who are now reaching the age when they are beginning to find themselves in need of services!

For information on ticket sales, check online at the Peoples Bank Theatre website: [www.peoplesbanktheatre.com/events](http://www.peoplesbanktheatre.com/events) or call the O'Neill Center at 740-373-3914



Follow our event page at [Facebook.com/oneillcenter](https://www.facebook.com/oneillcenter)



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

O'Neill Center wishes to show appreciation to Warren's IGA Corp for the use of the former Food 4 Less parking area. Without the donation of this parking area our charter bus travel would not be possible.

**Mountaineer Casino & Resort, April 16-17** - \$100  
Enjoy a 2 day stay at a resort and receive \$20 free food voucher and \$20 free slot play.

**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.

**Wheeling Island, May 23** - \$38  
Includes bus fare and free slot play.

**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.

**Meadows Casino, July 23** - \$40  
Includes transportation and free play on slot machines.

**Scioto Downs Casino, August 15** - \$40, includes transportation and free slot play.

**Branson, Missouri, September 10-15** - \$989 per person double occupancy  
6 days, 5 nights, 1 lunch at Throated Rolls Lambert's Café, 5 fabulous shows, visit the Gateway Arch, tour St. Louis, and visit to the Anheuser-Busch Brewery.

**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.

**Biltmore Estate, Asheville, NC, December 5-7** - \$430 per person double occupancy  
Includes, Holiday Dinner at the Biltmore Estate, Candlelight tour of the Biltmore, gingerbread house competition, tasting at the Biltmore Estate Winery, Ashville Christmas Wonderland Lights display.

**2019 Rhine River Cruise on Viking's Longship "Eir"**  
Limited cabins, call Nancy for pricing and dates

*\*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.*

## FITNESS & DANCE

**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.

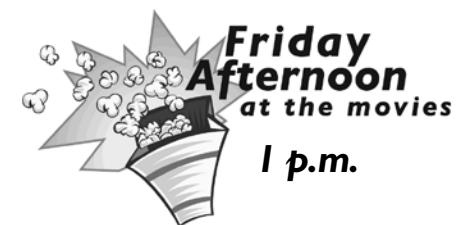
**Square Dance** (\$5/class)  
Beginners - Tuesdays, 5 p.m.

**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.

**Tap-N- Burn** (\$5/class or \$25/6 class pass) Fridays, 1 p.m.



### O'Neill Center Sponsored by Heartland of Marietta

- March 2 Snowmen **PG**
- March 9 The Dinner **PG-13**
- March 16 Wakefield **R**
- March 23 Megan Leavey **PG-13**
- March 30 Beauty and the Beast **PG**
- April 6 Everything, Everything **PG-13**
- April 13 Spiderman (2017) **PG-13**
- April 20 Dean **PG-13**
- April 27 The Fate of the Furious **PG-13**

# 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.

### Knit & Crochet Group

**Thursdays • 1 p.m.**

O'Neill Center received a wonderful donation of yarn so let's start early and prepare for a cold winter of 2018. We will be making a "mile a minute" afghan to donate to shelters. There is enough yarn for everyone to make something for yourself as well. Nancy will be giving instructions for beginners of crochet and knitting.

### Computer Classes

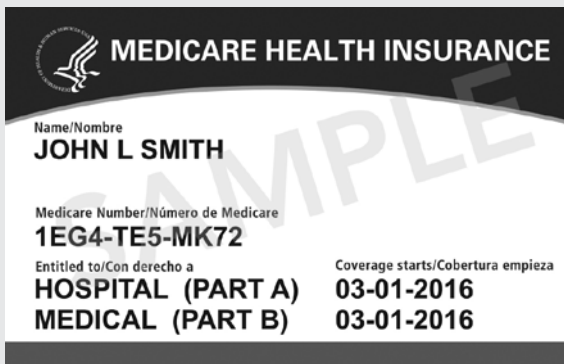
**Beginning March 5 • 10 a.m.**

We are so pleased to have computer classes back on our schedule! The goal of these three weekly sessions is to give you a solid foundation of basic computer skills. Once you understand these basics, you will have a clear understanding on which to build your future knowledge of and skill with computers. The course will cover the basic computer components, keyboard and mouse, windows basics, using minimize feature and the taskbar, using scroll bars, pull down menus, working with text, inserting text and printing. Please call to register, class size is limited.

### Matter of Balance

**Series begins March 12 • 9:30-11:30 a.m.**

Don't let your fear of falling keep you from enjoying activities. This evidence based program, was



### Welcome to Medicare

**April 23 • 6-8 p.m.**

The Ohio Senior Health Insurance Information Program (OSHIIP) provides free, objective information on Medicare as a service of the Ohio Department of Insurance. OSHIIP can help answer questions you may have about Medicare including:

- Do I need to sign up for Medicare now?
- How is Medicare supplement insurance different from Medicare Advantage plans?
- Why should I use my complimentary Welcome to Medicare doctor visit?
- How do I select my best Medicare prescription drug plan?

developed through a grant from the Administration on Aging and developed by the Ohio Department of Aging. The 8 -week series 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. A boxed lunch will be provided after each class, thanks to special arrangements through Buckeye Hills Regional Council.

### St Patrick's Day Party

**March 12 • 5 p.m.**

The luck of the Irish will be with you for this afternoon filled with green fun. A traditional Irish stew will be served as well as fun trivia games and laughter. \$5 allows you to enjoy food, fun and prizes. Please call to reserve your seat for this event.

### Diabetic Empowerment Education Program

**Series begins March 13 • 1-3 p.m.**

**Last class April 17**

DEEP- Do you or someone you love have diabetes? This six week program encourages small lifestyle

Medicare cards have a new design and a new number that is unique to you, not your social security number. Look for your new card beginning in April, 2018.

changes while learning about your diabetes and the way it affects your health. Have fun with friends and family while learning how to manage diabetes through these educational workshops. This program is not a replacement for medical care. Participants should keep all medical appointments and follow the directions of healthcare providers. There is no cost to this evidence based 6 week program. Registration is required.

### Dinner with the Doctor

**March 26 • 5 p.m.**

Enjoy a light healthy dinner while learning interesting aging tips from a local doctor. This event is sponsored by Brookdale, Comfort Keepers, Marietta Center Genesis, and O'Neill Center. Please call to reserve your seat as seating is limited and fills up quickly.

### Craft with your Grandkids

**March 30 • 12:30 p.m.**

School is out for spring break so bring the grandkids to the O'Neill Center for a fun afternoon of crafting. We'll be making water bracelets and a few more crafting surprises to get ready for Easter.

### **Alzheimer's Support Group**

**March 1 & April 5 • 2:30 p.m.**

The Alzheimer's support groups 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 optimal care for the person with dementia.

### **Mystery Game Night**

**March 5 & April 9 • 5 p.m.**

Who knows what game we will choose on these Monday's of the month mystery game nights? Games could be anything from LCR to trivia, but no matter what, we can guarantee you will have fun!

### **Rock Painting**

**April 30 • 5 p.m.**

Gather you grandkids or even great-grandkids for an evening of rocking painting. Discuss where you will hide them to be found by another for their enjoyment. Snacks will be provided. Please call to show interest.

### **O'Neill Senior Singers**

**First & Fourth Wednesdays • 1 p.m.**

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.

### **Blood Pressures**

**by Stonerise at Home**

**March 12 & April 9 • 11 a.m.**  
2nd Monday of every month

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

**March 7 & April 4 • 1 p.m.**

### **Holiday of the Month, Easter Renewal**

**April 2 • 5 p.m.**

Renewal of the spring season with this re-enactment of Cleopas on the Emmaus Road. Cleopas was walking towards Emmaus with another disciple when they met Jesus. They did not recognize him, and discussed their sadness at recent events with him. This will be a spiritual evening not to miss. Come spend the evening with friends for this monthly evening holiday party is sponsored in part by Interim Healthcare. Please call for registration.



### **Ohio Valley Hearing Professional Hearing Services**

**March 1:** Cleaning

**April 3:** Hearing Test

*Both beginning at 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 2pm.

### **Evening Bingo • 5-7 p.m.**

**March 19:** sponsored by Interim Healthcare

**April 16:** sponsored by Marietta Center Genesis

### **Red Hatters Events**

**March 22 & April 26**

Newly organized with exciting events planned. Holding events the fourth Monday of each month.

### **Ten Touchstones of Grief & Mourning for Widows & Widowers**

**March 21 & April 18 • 1 p.m.**

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

### **Book Club Meeting**

**3rd Tuesday • 10 a.m.**

Sponsored by Washington County Public Library

**March 20:** Reading *She Walks These Hills* by Sharyn McCrumb

**April 17:** a 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.

**March 23:** Changed Plate, Belpre Medical Center of MMH, 803 Farson St.

**April 27:** Marietta Wine Cellars, 211 2nd St. Marietta

### **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.**

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 Chi Walking program you'll be able to walk faster and farther with less effort.

### **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.

# March

## O'Neill Center

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



### Dinner with the Doctor

March 26 • 5 p.m.

Enjoy a light healthy dinner while learning interesting aging tips from a local doctor. This event is sponsored by Brookdale, Comfort Keepers, Marietta Center Genesis, and O'Neill Center. Please call to reserve your seat as seating is limited and fills up quickly.

**5**

10:00 Chair Volleyball 🏐  
10:00 Computer Class  
11:30 Fun & Fit  
5:00 MysteryGameNight

**6**

9:30 Line Dance  
10:00 Bible Study  
12:30 Bridge  
5:45 Zumba  
6:30 Line Dance  
7:00 Square Dance

**7**

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

**8**

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

**9**

8:30 Men's Breakfast &  
Tournament  
9:00 Movie: The Dinner  
9:30 Massage Appts  
10:00 Chair Volleyball 🏐  
11:30 Fun & Fit  
1:00 Tap & Burn

**12**

9:00 Manicures&Pedicures  
9:30 Matter of Balance  
10:00 Computer Class  
10:00 Chair Volleyball 🏐  
11:00 Blood Pressure  
by Stonerise at Home  
11:30 Fun & Fit  
5:00 St. Patrick's  
Day Party

**13**

9:30 Line Dance  
10:00 Bible Study  
12:30 Bridge  
1:00 DEEP  
5:45 Zumba  
6:30 Line Dance  
7:00 Square Dance

**14**

9:00 Quilt Group  
11:00 Senior Club Potluck  
1:00 Euchre  
3:30 Chi Walking

**15**

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

**16**

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

**19**

9:30 Matter of Balance  
10:00 Chair Volleyball 🏐  
10:00 Computer Class  
11:30 Fun & Fit  
5:00 Evening Bingo

**20**

9:30 Line Dance  
10:00 Bible Study  
10:00 Book Club  
12:30 Bridge  
1:00 DEEP  
5:45 Zumba  
6:30 Line Dance  
6:30 Stampin' Up  
7:00 Square Dance

**21**

9:00 Quilt Group  
10:00 Chair Volleyball 🏐  
11:30 Fun & Fit  
1:00 Euchre  
1:00 POUND  
1:00 Grief for Widows  
and Widowers  
2:30 Tai Chi  
3:30 Chi Walking

**22**

8:30 Snacks by  
Brookdale  
9:45 Bingo  
11:30 Red Hat  
12:30 Hand & Foot  
1:00 Knitting Group  
5:45 Zumba  
6:30 Line Dance

**23**

10:00 Chair Volleyball 🏐  
11:30 Fun & Fit  
11:30 Lunch Bunch:  
Changed Plate  
1:00 Tap & Burn  
1:00 Movie: Megan Leavey

**26**

9:30 Matter of Balance  
10:00 Chair Volleyball 🏐  
11:30 Fun & Fit  
5:00 Dinner with the Doc

**27**

9:30 Line Dance  
10:00 Bible Study  
12:30 Bridge  
1:00 DEEP  
5:45 Zumba  
6:30 Line Dance  
7:00 Square Dance

**28**

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

**29**

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

**30**

10:00 Chair Volleyball 🏐  
11:30 Fun & Fit  
12:30 CraftwithGrandkids  
1:00 Movie: Beauty and  
the Beast  
1:00 Tap & Burn

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 9:30 Matter of Balance 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 5:00 Easter Renewal	<b>3</b> 9:30 Line Dance 10:00 Bible Study 12:00 Hearing Test 12:30 Bridge 1:00 DEEP 5:45 Zumba 6:30 Line Dance 7:00 Square Dance	<b>4</b> 8:30 Blood Sugar 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 1:00 Euchre 1:00 Senior Singers 1:00 POUND 1:00 Grief for all Losses 2:30 Tai Chi 3:30 Chi Walking	<b>5</b> 8:30 Bingo Breakfast 8:30 Blood Sugar Comfort Keepers 9:45 Bingo 12:30 Hand & Foot 1:00 Knitting Group 1:00 Billiard tournament 2:30 Alzheimer's Support 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: Everything, Everything 1:00 Tap & Burn
<b>9</b> 9:00 Manicures&Pedicures 9:30 Matter of Balance 10:00 Chair Volleyball 🏐 11:00 Blood Pressure by Stonerise at Home 11:30 Fun & Fit 5:00 Mystery Game Night	<b>10</b> 9:30 Line Dance 10:00 Bible Study 12:30 Bridge 1:00 DEEP 5:45 Zumba 6:30 Line Dance 7:00 Square Dance	<b>11</b> 9:00 Quilt Group 11:00 Senior Club Potluck 1:00 Euchre 3:30 Chi Walking	<b>12</b> 8:30 Snacks by Marietta Center 9:45 Bingo 12:30 Hand & Foot 1:00 Knitting Group 5:45 Zumba 6:30 Line Dance	<b>13</b> 8:30 Men's Breakfast and Tournament 9:30 Massage Appts 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 1:00 Movie: Spiderman 1:00 Tap & Burn
<b>16</b> 9:30 Matter of Balance 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 5:00 Evening Bingo	<b>17</b> 9:30 Line Dance 10:00 Bible Study 10:00 Book Club 12:30 Bridge 1:00 DEEP 5:45 Zumba 6:00 Stampin' Up 7:00 Square Dance	<b>18</b> 9:00 Quilt Group 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 1:00 Grief for Widows and 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 Knitting Group 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: Dean 1:00 Tap & Burn
<b>23</b> 9:30 Matter of Balance 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 5:00 Welcome to Medicare	<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 Senior Singers 1:00 POUND 2:30 Tai Chi 3:30 Chi Walking	<b>26</b> 8:30 Snacks by Brookdale 9:45 Bingo 11:30 Red Hat 12:30 Hand & Foot 1:00 Knitting Group 5:45 Zumba 6:30 Line Dance	<b>27</b> 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 11:30 Lunch Bunch: Marietta Wine Cellars 1:00 Movie: Fate of the Furious
<b>30</b> 9:30 Matter of Balance 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 5:00 Rock Painting with grandkids				<b>Mystery Game Night</b> March 5 & April 9 • 5 p.m. Who knows what game we will chose on these Monday's of the month mystery game nights? Games could be anything from LCR to trivia, but no matter what, we can guarantee you will have fun!



# Friday, May 18, 2018

## 7-10 p.m. at Peoples Bank Theatre

[www.peoplesbanktheatre.com/events](http://www.peoplesbanktheatre.com/events)

**740-373-3914**

### Meet the Artists:

**CHASITI MURPHY** 19 years old and a 2017 graduate from Waterford, Ohio. Chasiti has been singing since she was able to talk and has continued to follow her love for music throughout her whole life. She has been in several talent shows, choir concerts and anything associated with music! She is currently a child care provider at Sandhill Childcare in Reno, Ohio and plans to go to college to get a bachelor's degree in Early Childhood Education to become a Kindergarten teacher. "Although, no matter what I pursue in life...music and singing will always be a part of me, wherever life takes me," says Chasiti.



**JOHN KUNZE** A local country music singer/songwriter originally from Parkersburg, WV and currently living in Belpre, Ohio. John is the 2016 West Virginia/Ohio State winner of the local and state rounds of the country's largest country music competition, the Country Showdown. His musical influence comes from his love of the outdoors, hard work, friends and family. John's favorite part of playing music is meeting new people, which he considers friends and listening to their stories and experience. John is also a new Nashville recording artist with plans to release his first CD into the national country music market in 2018.



**THE STEVE HUSSEY BAND** Steve is a singer/songwriter and producer from Washington, West Virginia. Steve has been playing professionally for almost 20 years in various bands including Stuck on Amber, The Steve Hussey Band, and Luvbox. He has entertained at clubs, fairs and festivals, and private parties all over the east coast. He bought a Yamaha FG acoustic guitar and an Eagles book of chords when he was 19. The rest, as they say, is history. He has since released four albums on his own label, Merf Records, over the years—two with his eponymous band the Steve Hussey Band, and one EP with his rock alter ego LuvBox.

