

JAN • FEB
2018

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

**Brunch & Learn:
Financial
Knowledge**

Weather Untangled

**Red Hearts
for Women**

ONEILLCENTER.COM

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

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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.



DAVID WELLS AND OTIS CROCKRON
February 12 - 5pm

O'Neill Center and Interim Home Health are pleased to bring you a February Holiday evening with performing artists David Wells and Otis Crockron on February 12, at 5pm. David Wells, a gifted Flugelhorn/Trumpet player from Vienna, West Virginia has been living his dream as a full time musician. Since the age of nine, David began learning the Flugelhorn and Trumpet with his professional debut at the age of thirteen. David evolved into an instrumentalist soloist with the capability of reaching his audiences on an intimate level. Mr. Wells founded the Chocolate Jazz Foundation in August 2010. Its sole purpose as a charity organization is to assist schools and other qualified organizations in their fundraising efforts for their arts and music departments. Chocolate Jazz Foundation fundraising program encourages an appreciation of all cultures through music entertainment, cuisine, education, and artistic expression. Accompanying David will be Otis Crockron, a singer and pianist. Otis relocated to Athens, Ohio in 1986 for the purpose of attending Ohio University; however, he fell in love with the area and decided to make Athens his permanent home. Otis graduated from Ohio University with a Bachelor's Degree in Music Business and a Master of Business Administration Degree.

Light refreshments will be served and a donation of \$10 per person is requested. Please reserve your seat today as they are limited.



Otis Crockron is a skillful musician, songwriter, and performer who has been a band director for more than 27 years. Otis is a phenomenal R&B singer and piano playing has captured the hearts of audiences across the United States and abroad.



David Wells is a Grammy Nominee, and has released 15 CD's with 12 singles in the Top 20. He is National Jazz Co-Host of a National Syndicated Radio Show, Ceo of Chocolate Jazz Foundation 501C3 whose Mission is to fight against bullying in the public schools. In addition, he is Founder of Nashville Rib & Jazz Fest.



Trips

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.

Chair Volleyball (Free)
Mondays, Wednesdays, & Fridays
10-11 a.m.

Chi Walking (Free)
Wednesdays, 3:30 p.m.

Square Dance (\$5.00)
Tuesday, 7:00 p.m.

POUND (\$5/class or \$25/6 class pass)
Wednesdays, 1 p.m.

Tai Chi (Free)
Wednesdays, 2:30 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

Jan. 5	The Big Sick R
Jan. 12	The Promise PG-13
Jan. 19	King Arthur: Legend of the Sword PG-13
Jan. 26	The Great Wall PG-13
Feb. 2	Tommy's Honour PG
Feb. 9	The Resurrection of Gavin Stone PG
Feb. 16	Live by Night R
Feb. 23	A United Kingdom PG-13

2018 TRIPS

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 our appreciation to Kris-Mar Inc, for the use of their Frontier Shopping Center parking lot for 2017, and extend our appreciation to Warren's IGA Corp. for allowing us to use the former Food 4 Less parking area. Without the donation of these parking areas our charter bus travel would not be possible.

Wheeling Island, Jan 24, - \$38 - Enjoy senior day at Wheeling, we will stop at our favorite Meldman's cafeteria on our way, \$30 slot free play given with Players membership.

Meadows, Feb. 26, - \$40 - Arriving to the Meadows at 10:15 a.m., you will have plenty of time to enjoy your free play, wonderful eateries, and watch the horse racing, post time 1:00 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 beginning at \$2,699. Final payment due Dec. 20, due to early 2018 date.

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, April 26, - Columbus Palace Theater - \$112 includes early dinner, transportation & theater tickets.

Savannah GA, May 7-11, - 5 day, 4 nights - \$755 - Two evening receptions at hotel, two 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 Enjoy senior day at Wheeling, we will stop at our favorite Meldman's cafeteria on our way, \$30 slot free play given with Players membership.

Cuyahoga Scenic National Park Train ride, June 20 - 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. Board the train for a return trip to Akron.

Old England & 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 bus fare and \$free slot play.

Scotio Downs Casino trip - August 15, \$40 - Includes transportation and free slot play.

Branson, Missouri, Sept 10-15, - \$989 per person double occupancy - Six days, five nights, one lunch at Throed Rolls Lambert's Café, five fabulous shows visit the Gateway Arch and tour St. Louis, visit to the Anheuser-Busch Brewery.

Grand Canyon- Oct. 27-Nov. 2, - \$2100 per person double occupancy - Arrive at Las Vegas and enjoy three nights at this hotel, with a managers reception, two nights hotel accommodations in Flagstaff, AZ, and one 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, Ashville, NC - Dec. 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.

**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.*

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.

New MEDICARE Cards are coming

What do you need to know? Call 740-373-3914 and request to speak with a Medicare Counselor.

Weather Untangled

Jan. 8 • 1:00 p.m.

What you always wanted to know about the weather but were afraid to ask! Dr. Toni DeVore is back with a topic that will surprise and delight you all. She has spent many years studying the weather and its effects. The "highs" and "Lows" of weather will be explained. Also make a cloud in a bottle and discuss cloud formation and, of course, discuss the different kinds of clouds and what they can tell us about the weather. Guests will even look at different types of satellite imagery. Please call to show interest for this exciting weather program.

Blood Pressures by Ohio Home Health

Jan. 8 & Feb. 12 • 11 a.m.

2nd Monday of every month

Christmas Card Crafting

Jan 8 • 5 p.m.

Do you have some Christmas cards that are just too beautiful to throw away? Collect yours, and anyone else's, and bring them in to create all sorts of items from placemats to gift boxes and much more. Call to show interest.

Brunch & Learn

Fridays beginning January 12 – 9 a.m.

Increase your financial knowledge during this series of classes designed to answer all of your financial concerns.

Week 1 Stocks: The Nuts and Bolts

Week 2 Focus on Fixed Income- Learn about CD, Bonds

Week 3 An Investors Tour of Mutual Funds

Week 4 Tax Free Investing: It's not what you make, it's what you keep

Week 5 Retirement by Design- how to use the above knowledge and apply it to your situation

See more info below!

Alzheimer's Support Group

Thursday Jan. 4 • 2:30 p.m.

Thursday Feb. 1 • 2:30 p.m.

This support group will recur on the first Thursday of each month at 2:30 p.m. at the O'Neill Senior Center, located at 333 4th Street, Marietta, Ohio 45750. 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 optimal care for the person with dementia.

Book Club Meeting

3rd Tuesday

Jan. 16 - Reading "Remains of the Day" by Kazuo Ishiguro

Sponsored by Washington County Public Library

Feb. 20th a sharing month

Evening Bingo

Mondays • 5-7 p.m.

Jan. 22, sponsored by Interim Healthcare

Feb. 19, Sponsored by Marietta Center Genesis

Ten Touchstones of Grief & Mourning for all Losses

Wednesdays • 1:00 p.m.

Jan. 10 & Feb. 7

Jan. 24 & Feb. 21

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

Brunch and Learn

Fridays beginning Jan. 12 • 9-10 a.m.

Presented by Kim Luft, financial advisor for Edward Jones. Enjoy a cup of coffee and snacks while increasing your financial knowledge. During this series of classes participants will get binders and certificates of completion, as you go along. You will go away with a better sense of the financial world and a book of information for future reference. Registration is requested so enough materials will be on hand.

Wine & Canvas Party

Jan. 16 • 6-9 p.m.

Paint a perfect snowman to enjoy all winter long. Ginny Brown returns to us from Southeast Ohio Wine & Canvas to instruct this paint class, refreshments will be served. \$40 prepaid reservations required.



Revive your New Year Resolutions

Monday, Jan 29 • 5 p.m.

You did well to keep your new healthy life resolutions going after Christmas and the first few weeks, but now it is beginning to falter. Join Amanda Bohlen, from the OSU Extension Office, as she gives you motivation with easy recipes and healthy tips to get your New Year's Resolutions back on track. Please call for attendance.

Red Hearts for Women

Monday, Feb. 5 • 5:00 p.m.

Come and support heart health for woman by wearing something red. Enjoy a heart healthy game of bingo, heart healthy snacks and win some great prizes. Hear a speaker that has had the unexpected heart attack that primarily strikes women. Please call to show interest.

Valentine's Party

Feb. 12 • 1 p.m.

O'Neill's very own Tap class will start our afternoon off with "Singin' in the Rain." This class is taught by Rachel Burnham every Friday at the O'Neill Center. There will be love songs played and sung by Jackie Tawney. Enjoy all this along with refreshments with a St. Valentine's theme. Please call to show interest.

Holiday of the Month

Evening Valentine's party

Feb. 12 • 5 p.m.

Come spend the evening with friends for this Valentines celebration of music, snacks and fun. We will feature the smooth jazz of David Wells on his flugelhorn. David's first professional performance was at the age of 13 and has grown to include over five released musical cd's and performances across the country. Otis Crockron vocalist will accompany Mr. Wells. Appetizers and beverages will be served. Ticket price is \$10. This monthly evening holiday party is impart sponsored by Interim Healthcare.

Hydration & Diabetes

Monday, Feb. 26 • 5 p.m.

Find the importance of keeping well hydrated while living with diabetes. We will host a diabetic educator along with flavored water and a snack. Call to show attendance.

Lunch Bunch • 11:30 a.m.

Jan. 26-Empire Buffet- Pike Street, Marietta

Feb. 23rd- The Brewery, Front St., Marietta - Meeting at area restaurants. It's important to call O'Neill Center so we can give them an advanced count.

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.

Chi Walking

Wed's beginning Jan. 3 • 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.

Ohio Valley Hearing Professional Hearing Services

Jan. 4 cleaning and Feb. 6, Hearing Test- both beginning at 12:00 p.m.

Ohio Valley Hearing - Continued

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 appt. offered between Noon and 2pm.

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 experience is required. All classes tennis or tap shoes.

Red Hatters Events

Jan. 25 Feb. 22

Newly organized with exciting events planned. Meeting at O'Neill Center in Jan. & Feb.

Holding events the fourth Thursday of each month.

O'Neill Senior Singers 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 pm. Please call for more information on becoming part of this volunteer group. All ages are welcome.


THE FAIR HOUSING ACT AND THE RIGHTS OF PEOPLE WITH DISABILITIES

Presentation by Disability Rights Ohio
Monday, January 22 12:30 - 1:30 pm

"Topics covered will include protections under the Fair Housing Act for people with disabilities and unlawful discrimination (including a failure to accommodate one's disabilities, like allowing a service animal or emotional support animal, or an accessible parking space, or physical modifications to one's apartment) and how to handle such issues with one's landlord or housing provider. The presentation will also cover Disability Rights Ohio and the work we do and how one can contact us for advice and assistance."

January

O'Neill Center

Monday	Tuesday	Wednesday	Thursday	Friday
1 	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 10:00 Chair Volleyball 11:30 Fun & Fit 1:00 Senior Singers 1:00 Euchre 1:00 POUND 2:30 Tai Chi 3:30 Chi Walking	4 8:30 Bingo Breakfast 8:30 Blood Sugar Screening by Comfort Keepers 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	5 9:30 Massage Appts 10:00 Chair Volleyball 11:30 Fun & Fit 1:00 Tap & Burn 1:00 Afternoon @ the Movies
8 9:00 Mani & Pedis 10:00 Chair Volleyball 11:00 Blood Pressure by Ohio Home Health 11:30 Fun & Fit 1:00 Weather program 5:00 Christmas card crafting	9 9:30 Line Dance 10:00 Bible Study 12:30 Bridge 5:45 Zumba 7:00 Square Dance	10 9:00 Quilt group 11:00 Senior Club Potluck 1:00 Ten Touchstones of Grief for all Losses 1:00 Euchre 3:30 Chi Walking	11 8:30 Snacks by Marietta Center 9:45 Bingo 12:30 Hand & Foot 1:00 Knitting Group 5:45 Zumba 6:30 Line Dance	12 8:30 Men's Breakfast & Tournament 9:00 Financial Workshops 9:30 Massage Appts 10:00 Chair Volleyball 11:30 Fun & Fit 1:00 Tap & Burn 1:00 Afternoon @ the Movies
15	16 9:30 Line Dance 10:00 Bible Study 10:00 Book Club Reading 12:30 Bridge 5:45 Zumba 6:00 Snowman Paint class 6:00 Stampin Up 7:00 Square Dance	17 9:00 Quilt group 10:00 Chair Volleyball 11:30 Fun & Fit 1:00 Euchre 1:00 POUND 2:30 Tai Chi 3:30 Chi Walking	18 8:30 Snacks by Heartland 9:45 Bingo 11:30 Red Hat 12:30 Hand & Foot 1:00 Knitting Group 5:45 Zumba 6:30 Line Dance	19 9:00 Financial Workshops 9:30 Massage Appts 10:00 Chair Volleyball 11:30 Fun & Fit 1:00 Afternoon @ the Movies 1:00 Tap & Burn
22 10:00 Chair Volleyball 11:30 Fun & Fit 12:30 Fair Housing Program 5:00 Evening Bingo	23 9:30 Line Dance 10:00 Bible Study 12:30 Bridge 5:45 Zumba 7:00 Square Dance	24 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	25 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	26 9:00 Financial Workshops 10:00 Chair Volleyball 11:30 Fun & Fit 11:30 Lunch Bunch- 1:00 Afternoon @ the Movies 1:00 Tap & Burn
29 10:00 Chair Volleyball 11:30 Fun & Fit 1:00 Fraud Awareness 5:00 Revive your New Year's Resolution	30 9:30 Line Dance 10:00 Bible Study 12:30 Bridge 5:45 Zumba 7:00 Square Dance	31 10:00 Chair Volleyball 11:30 Fun & Fit 1:00 Euchre 1:00 POUND 2:30 Tai Chi 3:30 Chi Walking	<i>Come Paint with Us!</i>	

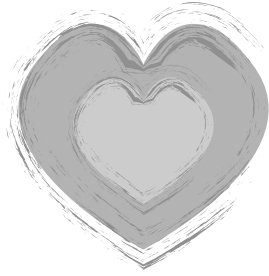
Monday

Tuesday

Wednesday

Thursday

Friday



*Happy
Valentine's
Day*

5

10:00 Chair Volleyball 🏐
11:30 Fun & Fit
5:00 Heart Health for Woman

6

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

7

8:30 Blood Sugar screening
10:00 Chair Volleyball 🏐
11:00 Fun & Fit
1:00 Euchre
1:00 Ten Touchstones of 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 Financial Workshops
9:30 Massage Appts
10:00 Chair Volleyball 🏐
11:30 Fun & Fit
1:00 Afternoon @ the Movies
1:00 Tap & Burn

12

9:00 Mani & Pedis
10:00 Chair Volleyball 🏐
11:00 Blood Pressure by Ohio Home Health
11:30 Fun & Fit
1:00 Afternoon Valentine's Day party
5:00 Evening Valentine's Day Party

13

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

14

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

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 🏐
1:00 Afternoon @ the Movies
1:00 Tap & Burn
11:30 Fun & Fit

19

10:00 Chair Volleyball 🏐
11:30 Fun & Fit
5:00 Evening Bingo

20

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

21

9:00 Quilt group
10:00 Chair Volleyball 🏐
11:30 Fun & Fit
1:00 Euchre
1:00 Ten Touchstones of Grief for Widows & Widowers
1:00 POUND
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
1:00 Tap & Burn
1:00 Afternoon @ the Movies

26

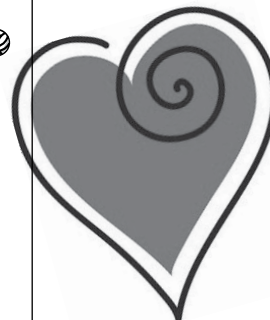
10:00 Chair Volleyball 🏐
11:30 Fun & Fit
5:00 Hydration & Diabetes

27

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

28

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



RED HEARTS FOR WOMEN

Monday, Feb. 5 • 5:00 p.m.

Come and support heart health for woman by wearing something red.



333 Fourth Street
Marietta, OH 45750

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SAVE THE DATE

FOR A SPECIAL EVENT CONCERT
FUNDRAISER TO BENEFIT
THE O'NEILL CENTER

Friday, May 18, 2018
At the Peoples Bank Theatre

FEATURING THREE LIVE BANDS:

- Chasiti Dawn Murphy
- John Kunze
- The Steve Hussey Band

The Mid-Ohio Valley has great local talent!
Come experience it with us!

If you are interested in sponsoring this event, please contact the O'Neill Center at 740-373-3914