



## Dinner With A Doc

**Mon., April 16th @ 5:30pm**

While vitamins and dietary supplements may promise a host of benefits, such as a longer life, healthier heart, more energy and a good night's sleep, recent scientific evidence suggests that many of these supplements are not only useless but in some cases harmful. Join Dr. Doug Brooks on Mon., April 16th @ 5:30pm here at Belpre Senior Center to find out more about how to navigate the confusion and often misleading world of vitamins and supplements. Cost is \$6/person. Dinner: 5:30pm Presentation: 6:00pm, please RSVP.



## Hospice Program

**Thurs., April 26th @ 11am**

Some people think that hospice is only about dying and that hospice is the place you go when there is nothing more to be done. Nothing could be further from the truth. Hospice helps people with a life-limiting illness focus on living as fully as possible for as long as possible. Come to the Belpre Senior Center to find out more about hospice on Thurs., April 26th @ 11am.



## FUN AND ENTERTAINMENT

### Country Store

**Tues., April 10th @ 10am**

"One person's trash is another man's treasure!" Come join us for our Country Store and shop for your treasure on Tues., April 10th @ 10am. Make sure you get your tickets to drop in the bag or bags of your choice. You just might be the big winner!



### Meet & Greet—Belpre Police Dept Drug Dog

**Thurs., April 12th @ 11am**



Come Meet & Greet the newest member of the Belpre Police Department, K9 Broski and his handler Patrolman Jesse Whittington on Thurs., April 12th @ 11 am at the Belpre Senior Center. Get to know how he works to assist your Police Department to keep us as a community safe. Everyone welcome!

### Birthday Party

**Tues., April 17th @ 11am**



Do you know who is on our US currency and all the types of currency we have here in the US? Well, wonder no more! Come join us for our April Birthday Party and learn all about it! Our April Birthday Babies will be shining like a new penny as we celebrate their special day!

## FITNESS & DANCE

CHI WALKING LEVEL -(FREE)MONDAYS @ 10AM

TAI CHI (FREE) -MONDAYS @ 11AM

CHAIR VOLLEYBALL (FREE) - MONDAYS @ 2PM & WEDNESDAYS @ 10AM

STRETCH & STRENGTH (FREE) - MONDAYS @ 11:45AM

CHAIR EXERCISE (FREE) - WEDNESDAYS @ 1PM

LOW-IMPACT AEROBICS (DONATIONS) -MONDAYS AND WEDNESDAYS @ 5:30PM

LINE DANCING (\$5) - THURSDAYS @ 3PM

## Volunteer Recognition Day

**Thurs., April 19th @ 11am**



National Volunteer Week is an opportunity to recognize and thank volunteers who lend their time, talent and voice to serve and inspire others. During National Volunteer Week, we celebrate the impact of our senior volunteers' service to shine a light on the people that inspire us.

## Heart to Heart Concert

**Fri., April 27th @ 1pm**



Come join us for the beautiful sounds of the Heart to Heart Harp Concert. The musical group is made up of the harp, flutes, and cello. Coffee, tea, and cookies will be provide. Please RSVP at (740)423-6022.

## Drug Take Back

**Sat., April 28**

**10am—2pm**



Bring all of your old and expired medications to the Belpre Senior Center on Saturday, April 27th between 10am-2pm. The Washington County Sheriff's Department will be here to collect and properly dispose of them.







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 All Fools' Day Easter Sunday	2 10am-Chi Walking 10am-Beginning Tai Chi 11am-Tai Chi 11:45am-Stretch and Strength 2pm-Chair Volleyball 5:30pm-Low Impact Aerobics	3 10am-BP Screening 11am-Skin Care with Oakview Dermatology 11:45am-Lunch(\$4) 1pm-Cards/Games	4 10am-Chair Volleyball 1pm-Chair Exercise 5:30pm-Low Impact Aerobics	5 10:30am-Nickel Bingo 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5)	6 9:30am-Bible Discussion Group 11am-Cooking Club 1pm-Movie "Battle of the Sexes"	7
8	9 8am-11:30am Health Fair 1pm-Alz Support Group 2pm-Chair Volleyball 5:30pm-Low Impact Aerobics	10 10am-Country Store 11am-Club Meeting 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Craft 6pm-Nickel Bingo	11 10am-Chair Volleyball 1pm-Chair Exercise 5:30pm-Low Impact Aerobics	12 10am-BP/BS Screening 11am-Drug Dog 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Bunco 3pm-Line Dance(\$5)	13 9:30am-Bible Discussion Group 11am-Cooking Club 1pm-Movie "Just Getting Started"	14
15	16 10am-Chi Walking 10am-Beginning Tai Chi 11am-Tai Chi 11:45am-Stretch and Strength 2pm-Chair Volleyball 6pm-Dinner With the Doctor(Dr. Brooks)	17 10am-BP Screening 11am-Birthday Party 11:45am-Lunch(\$4) 1pm-Cards/Games	18 10am-Chair Volleyball 1pm-Chair Exercise 5:30pm-Low Impact Aerobics	19 11am-Volunteer Recognition Day 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5) 6pm-Nickel Bingo	20 9:30am-Bible Discussion Group 1pm- "Heart to Heart" Concert	21
22 Club Trip to Fairmont Bus leaves at 11:00am Please be here at 10:30am Earth Day	23 10am-Chi Walking 10am-Beginning Tai Chi 11am-Tai Chi 11:45am-Stretch and Strength 2pm-Chair Volleyball 5:30pm-Low Impact Aerobics	24 10am-BP Screening 10:30pm-Nickel Bingo 11:45am-Lunch(\$4) 1pm-Cards/Games	25 10am-Chair Volleyball 1pm-Chair Exercise 5:30pm-Low Impact Aerobics	26 11am-Hospice Program 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Bunco 3pm-Line Dance(\$5)	27 9:30am-Bible Discussion Group 11am-Journaling 1pm-Movie "Freedom Writers"	28 Drug Take Back 10am-2pm
29	30 10am-Chi Walking 10am-Beginning Tai Chi 11am-Tai Chi 11:45am-Stretch and Strength 2pm-Chair Volleyball 5:30pm-Low Impact Aerobics					



# April 2018

## Belpre Senior Center



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1  All Fools' Day Easter Sunday	2  Chili Grilled Cheese Cole Slaw Dessert	3 	4	5 Pork Tenderloin Sweet Potato Casserole Lima Beans Dessert	6	7
8 	9  Salisbury Steak Mashed Potatoes Peas/Carrots Dessert	10	11	12 Sauerkraut & Wieners Mashed Potatoes Applesauce	13	14
15 	16 <b>Birthdays Party</b> Baked Chicken Mashed Potatoes Green Beans Dessert	17	18	19 Baked Potato Bar Cheese, Bacon, Gravy, Butter, Sour Cream Salad Dessert	20	21
22	23 Meat Loaf Mashed Potatoes Cole Slaw Dessert	24	25	26 Chicken Noodles Mashed Potatoes Peas/Carrots Dessert	27	28
29 Earth Day	30	Arbor Day				

# April 2018

Belpre Senior Center provides lunch @11:45am Tues and Thurs for \$4 for Seniors 55 and over. Call 740-423-6022 BEFORE 10AM for local van transportation.

