

1614 Washington Boulevard
Belpre, OH 45714
740-423-6022
August, 2018

Belpre Senior Center

HEALTH AND COMMUNITY INFORMATION

O'Neill Center Program

Tues., Aug., 7th @ 11:00am

Come join us to hear Nancy Matheny and Hillary Foster speak on the trips available to our seniors. Nancy will be going over our trips planned for 2018 and will be explaining our offered Medical Transportation. Nancy or Hillary can answer your questions and provide you with the information you need.



OSHIIP/Medicare Program

Thurs., Aug., 9th @ 11:00am

Answers to Medicare questions may be easier to answer with the help of the Ohio Department of Insurance. The department's Ohio Senior Health Insurance Information Program (OSHIIP) provides answers to common questions on Medicare enrollment and coverage free of charge. Alicia Nighland, accompanied by Robin Collins, will be here to discuss how the O'Neill Center can help you with the upcoming open-enrollment period.



Know Your Emergency Room

Thurs., Aug., 16th @ 11:00am

When an emergency arises, it's comforting to know that unsurpassed care is right around the corner. Marietta Memorial Hospital is committed to providing quick yet thorough emergency care. Their process is focused on enabling their physicians to see a patient and begin diagnosis and treatment in a timely manner. You can expect the highest level of medical expertise delivered in the most efficient manner possible. Join us as representatives from MMH help you get to know your emergency room.



FRIDAY AFTERNOON MOVIES

- August 3rd — "Mountain Top"
- August 10th — "Big"
- August 17th — "A League of Their Own"
- August 24th — "The Secret Garden"
- August 31st — "The Help"

"When one has tasted
Watermelon,
He knows what the
angels eat"
—Mark Twain

Belpre Women's Club Presentation

Thurs., Aug. 23rd @ 11:00am

Representatives from Belpre Women's Club will be here to speak about the services they provide to our community and how you can get involved. Please come out to hear what they have to say!

**WOMEN'S
CLUB**

FUN AND ENTERTAINMENT

Dance Party

Tuesdays @ 3:00pm

Dance has always been a part of human culture, rituals and celebrations. Most dancing is about recreation and self-expression and can be an enjoyable way to be more physically active and stay fit. We just want you to move. If you want to chair dance, that's ok! If you want to bring a partner, that's good too! Just put those dancing shoes on and join us!



Line Dance Workshop

Sat. Aug. 11th @ 9:00am

Come and enjoy a fun day of dance! Tinia McPeck will be hosting a line dance workshop on August 11th from 9:00am-4:00pm. There will be easy line and circle dances for everyone! Admission will be \$7 and a sack lunch will be available for purchase for \$7. You are welcome to bring your own lunch.



We are looking for a Low-Impact Aerobics Instructor. If you know of anyone that might be interested, please contact Becky at 740-423-6022



FITNESS & DANCE

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

Birthday Party

Tues., Aug. 21st @ 11:00am

Our birthday celebration this month will be watermelon themed! The August birthdays share their birthday month with National Watermelon Day. Celebrate the sweetest of holidays and the sweetest of people by raising a wedge to a chin-dribblin' good time!



Labor Day Celebration and Country Store

Thurs., Aug. 30th @ 11:00am


We celebrate the working men and women on this day! Come join us as we give thanks for those men and women who forged this wonderful nation we are so blessed to live in. And don't forget to shop our country store! We have new items to check out! The store opens at 10:00am for those of you who would like to get an early start.

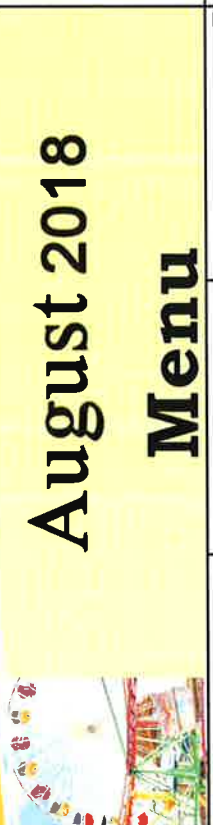


A Unit of the National Council on Aging



ACCREDITED BY
NATIONAL INSTITUTE OF
SENIOR CENTERS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="margin: 0;">August 2018</h1> <h2 style="margin: 0;">Belpre Senior Center</h2>						
	5 10am- Intermediate Tai Chi 11am-Tai Chi 11:45am-Stretch and Strength 1pm-Chair Volleyball 5:30pm-Low Impact Aerobics	7 11am - O'Neill Program 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Dance Party 6pm-Nickel Bingo	8 10am-Chair Volleyball 12pm-Matter of Balance 1pm-Chair Exercise 5:30pm-Low Impact Aerobics	9 10am-BP/BS Screening 11am-OSHIP Medicare Program 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Bunco 3pm-Line Dance (\$5)	10 9:30am-Bible Discussion Group 11am-Journaling 12:30pm-HealthyU 1pm-Movie "Big"	11 Tinia McPeek's Line Dance Workshop 9am-4pm
	12 10am- Intermediate Tai Chi 11am-Tai Chi 11:45am-Stretch and Strength 1pm-Chair Volleyball 1pm-Alzheimer's Support Group 5:30pm-Low Impact Aerobics	14 10am-BP Screening 11am-Club Meeting 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Craft 3pm-Dance Party	15 10am-Chair Volleyball 12pm-Matter of Balance 1pm-Chair Exercise 2pm-Book Club 5:30pm-Low Impact Aerobics	16 11am-Know Your Emergency Room 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance (\$5) 6pm-Nickel Bingo	17 9:30am-Bible Discussion Group 11am-Cooking Club 1pm-Movie "A League of Their Own"	18
	19 10am- Intermediate Tai Chi 11am-Tai Chi 11:45am-Stretch and Strength 1pm-Chair Volleyball 5:30pm-Low Impact Aerobics	21 10am-BP Screening 11am-Birthday Party 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Dance Party	22 10am-Chair Volleyball 12pm-Matter of Balance 1pm-Chair Exercise 5:30pm-Low Impact Aerobics	23 11am-Women's Club Presentation 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Bunco 3pm-Line Dance (\$5)	24 9:30am-Bible Discussion Group 11am-Journaling 1pm-Movie "The Secret Garden"	25
	26 10am- Intermediate Tai Chi 11am-Tai Chi 11:45am-Stretch and Strength 1pm-Chair Volleyball 5:30pm-Low Impact Aerobics	28 10:30-Nickel Bingo 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Dance Party	29 10am-Chair Volleyball 12pm-Matter of Balance 1pm-Chair Exercise 5:30pm-Low Impact Aerobics	30 10am-Country Store 11am-Labor Day Celebration 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5)	31 9:30am-Bible Discussion Group 1pm-Movie "The Help"	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
			1	2	3	4
				Fish Sandwich French Fries Cole Slaw Dessert		
		7	8	9	10	11
		Pork Fritter Mashed Potatoes And Gravy Lima Beans/Corn Bread Applesauce		Chicken & Noodles Mashed Potatoes Carrots Bread Dessert		
			15	16	17	18
				Hot Dogs Baked Beans Potato Salad Dessert		
		14				
		Salisbury Steak Mashed Potatoes And Gravy Peas/Carrots Bread Dessert				
			22	23	24	25
				Open Faced Roast Beef Sandwich Mashed Potatoes And Gravy Peas/Carrots Dessert		
		21				
		Spaghetti Salad Garlic Bread Dessert				
			29	30	31	
				Ham Sweet Potatoes Peas Bread Dessert		
		28				
		Baked Chicken Mashed Potatoes And Gravy Green Beans Bread Dessert				
		27				
		26				

The Belpre Senior Club serves lunch on Tues and Thurs @11:45am for seniors 55 and over for \$4. Call 740-423-6022 before 10am for local van transportation.