

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

Belpre Senior Center

MERRY CHRISTMAS FROM ALL OF US
AT THE BELPRE SENIOR CENTER!

- C** is for the Child born that night to be our light
H is for holy is His name
R is for rejoice with gladness & joy
I is for Immanuel, God with us
S is for the star that led the Wise men to Him
T is for the truth & grace that was sent our way
M is for Mary laying Him in swaddling clothes in a manger
A is for angels singing sounds of joy
S is for salvation

HEALTH AND COMMUNITY INFORMATION

Benefits of Exercise Program

Winter is here and it's starting to get cold and when it's cold it's really hard to stay motivated about your health and fitness. Winter brings the cold, illness, the blues and isolation. Exercise in winter can provide more benefit than exercise during the rest of the year because it specifically answers our winter body needs. Here at the Belpre Senior Center we offer an array of different exercise programs that spans the different levels of activity. Come join us to stay HIP (Healthy, Independent, and Productive) this winter!



FRIDAY AFTERNOON MOVIES

- December 7th—
“It Happened on 5th Avenue”
- December 14th —
“The Holiday”
- December 21st —
“The Nativity Story”
11 am
“Holiday Inn” 1 pm
- December 28th —
“While You Were Sleeping”

**May your home be filled
with joy and love
This Christmas season.
Wishing you a wonderful
holiday!**

FUN AND ENTERTAINMENT

Belpre High School Handbells Tues., Dec. 4th @ 11am

With a flick of a handbell ringer's wrist, an ethereal tinkling floats forth. The heavenly sound produced by a handbell choir is apt to usher in a hushed reverence among listeners. Come listen to beautiful sounds of the seasons performed by the Belpre High School Handbell Choir.



Christmas Cards for Shut-Ins and Military Tue., Dec. 4th @ 1pm

Angie will be putting together Christmas Cards for nursing home residents, shut-ins and members of the military on Tues., Dec. 4th @ 1pm. If you would like to help, she will be in the activity room. She will be delivering to the nursing homes on Dec. 21st @ 11am.



Rockin' Gold Line Dancers Thurs., Dec. 13th @ 11am

Our Rockin' Gold Line Dancers will be performing their Christmas show on Thurs., Dec. 13th @ 10:30am. These ladies and gentlemen have been working extremely hard. Please come out and support them.



Birthday Party Tues., Dec. 18th @ 11am

Our birthday celebration this month will be Ugly Christmas Sweater themed! It's National Ugly Christmas Sweater Day! Come dressed in the ugliest Christmas sweater you can find and join in the fun. We will celebrate the most important part of today...our December Birthdays!!



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

Belpre Elementary 3rd Grade Singers Tue., Dec. 18th @ 10:30am

The 3rd graders from Belpre Elementary will be here to entertain us with their Christmas program on Dec. 18th @ 10:30am. Please come out to listen and enjoy their hard work.



Christmas Dinner/Celebration Thurs., Dec. 20th @ 11am

Please join us as we come together to celebrate this joyous holiday season! It will be a wonderful time of delicious food and cherished fellowship. This is an RSVP event so please sign up today!



New Year's Countdown to Noon Thurs., Dec. 27th @ 11am

Can you believe another year has passed? This is a time of reflection for some people but also a time of hope for most. We hope for a better year to come, good health and happiness. We here at the Belpre Senior Center want to THANK EACH AND EVERYONE ONE OF YOU for your continued support and wish everyone a blessed
New Year!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>December 2018</h1> <h2>Menu</h2>						
						
2	3	4	5	6	7	8
	Hamloaf Scalloped Potatoes Green Beans Bread Dessert	Baked Chicken Mashed Potatoes And Gravy Peas Rolls Dessert		Chili Grilled Cheese Cole Slaw Applesauce Dessert		
9	10	11	12	13	14	15
	First Day of Hanukkah	Baked Chicken Mashed Potatoes And Gravy Peas Rolls Dessert		Meatloaf Mashed Potatoes And Gravy Corn Bread Dessert		
16	17	18	19	20	21	22
		Spaghetti Salad Garlic Bread Fruit Birthday Cake		Christmas Dinner Baked Steak Mashed Potatoes And Gravy Lima Beans Rolls Dessert		
23	24	25	26	27	28	29
	Closed for the Holiday	Closed for the Holiday		New Year's Party Pork & Sauerkraut Mashed Potatoes And Gravy Bread Dessert		
30	31	Christmas Day		Kwanzaa Begins		
	Closed for the Holiday	Christmas Day		Kwanzaa Begins		
 <p>The Belpre Senior Club serves lunch on Tues. and Thurs. for Seniors 55 and over at 11:45am for \$4. Call 740-423-6022 BEFORE 10am for local van transportation.</p> 						