

1614 Washington Boulevard
Belpre, OH 45714
740-423-6022
January, 2019

Belpre Senior Center

**HAPPY NEW YEAR FROM ALL OF US
AT THE BELPRE SENIOR CENTER!**

It's hard to believe that another year has come and gone.
We want to wish everyone a safe, happy and prosperous new
year!



HEALTH AND COMMUNITY INFORMATION

Hillary from the O'Neill Center

Tues., Jan. 8th @ 11:15am

Come out and join us as Hillary from the O'Neill Center will be here to tell us about all the new happenings in and around our senior centers.



Winter Home Safety

Thurs., Jan. 10th @ 11:00am

The season of cold, ice, and snow is here, and that wintry weather can pose a variety of risks to older adults in and around the home. There will be a representative here from Addus Homecare to give us some home safety tips. Make sure to mark your calendars for this informative program.



FRIDAY AFTERNOON MOVIES

- January 4th
"Mama Mia" 1 pm
- January 11th
"Mama Mia II" 1 pm
- January 18th
"Sleepless in Seattle"
1pm
- January 25th
"Christopher Robin" 1pm

*"And now let us believe in a
long year that is given to us,
new, untouched, full of things
that have never been"*

-Rainer Maria Rilke

Colon Health-MMH
Thurs., Jan. 17th @ 11:00am



Keeping your colon healthy is essential to leading a healthy lifestyle, and the good news is that it doesn't have to be that hard. There are easy steps you can include in your daily life that can keep your colon healthy and out of danger. Marietta Memorial Hospital will be here to give us tips on how to keep a healthy colon.

The American Red Cross
Thurs., Jan. 24th @ 11:00am



The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40 percent of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. Come listen to a representative from the American Red Cross speak about the services available.

FUN AND ENTERTAINMENT

Birthday Party
Tues., Dec. 18th @ 11:00am



Our birthday celebration this month will be flower themed! It's International Flower Day! It's a day that is all about spreading happiness to others by means of a simple flower! Come join us as we celebrate the most important part of today... our January Birthdays!!



A Unit of the National Council on Aging



FITNESS & DANCE

TAI CHI (FREE)
MONDAYS @ 11AM

CHAIR VOLLEYBALL (FREE)
MONDAYS @ 1:30PM & 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

BALLROOM DANCING (FREE)
FRIDAYS @ 6PM

Super Bowl Chili Cook-Off
Thurs., Jan. 31st @ 11:00am



Calling all cooks! Get out your best chili recipe and sign-up for the chili cook-off! We will be having our annual Super Bowl Party and Chili Cook-Off on January 31st at 11am. Whether you like it hot or mild, there will sure to be something for everyone! Come join the fun!

In the New Year



In the New Year,
Let's Talk more, Chat less.
Let's Call more, Text less.
Let's Meet more, Skype less.
Let's Travel more, Collect less.
Let's Care more, Ignore less.
Let's Do more, Gossip less.
Let's Praise more, Blame less.
Let's Share more, Accumulate less.
Let's Experience more, Fear less.
Let's Love more, Hate less.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|--|--|--|--|--|
| | January 2019 Activities | Closed for the Holiday New Year's Day | 1 10am-Chair Volleyball 1pm-Chair Exercise 2pm-Book Club 3pm-YMCA Exercise(\$5) 5:30pm-Low Impact Aerobics | 2 10am-BP Screening 10:30am-Nickel Bingo 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5) | 3 9:30am-Bible Discussion Group 11am-Cooking Club 1pm-Movie "Mama Mia" 3pm-YMCA Exercise(\$5) 6pm-Ballroom Dancing | 4 9:30am-Bible Discussion Group 11am-Cooking Club 1pm-Movie "Mama Mia" 3pm-YMCA Exercise(\$5) 6pm-Ballroom Dancing |
| | 6 11am-Tai Chi and Strength 11:45am-Stretch and Strength 1:30pm-Chair Volleyball 5:30pm-Low Impact Aerobics | 7 11am-Club Meeting 11:15am-O'Neill 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Craft | 8 10am-Chair Volleyball 1pm-Chair Exercise 3pm-YMCA Exercise(\$5) 5:30pm-Low Impact Aerobics | 9 10am-BP/BS Screening 11am-Winter Home Safety 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Bunco 3pm-Line Dance(\$5) 6pm-Nickel Bingo | 10 9:30am-Bible Discussion Group 11am-Journaling 12pm-Participant Council 1pm-Movie - "Mama Mia II" 3pm-YMCA Exercise(\$5) 6pm-Ballroom Dancing | 11 9:30am-Bible Discussion Group 11am-Journaling 12pm-Participant Council 1pm-Movie - "Mama Mia II" 3pm-YMCA Exercise(\$5) 6pm-Ballroom Dancing |
| | 13 11am-Tai Chi and Strength 11:45am-Stretch and Strength 1pm-Alzheimer's Support Group 1:30pm-Chair Volleyball 5:30pm-Low Impact Aerobics | 14 10am-BP Screening 11am-Birthday Party 11:45am-Lunch(\$4) 1pm-Cards/Games | 15 10am-Chair Volleyball 1pm-Chair Exercise 3pm-YMCA Exercise(\$5) 5:30pm-Low Impact Aerobics | 16 11am-Colon Health 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 "Sleepless In Seattle" 3pm-YMCA Exercise(\$5) 6pm-Ballroom Dancing | 18 9:30am-Bible Discussion Group 11am-Cooking Club 1pm-Movie "Sleepless In Seattle" 3pm-YMCA Exercise(\$5) 6pm-Ballroom Dancing |
| | 20 Closed for the Holiday 5:30pm-Low Impact Aerobics Martin Luther King Day Tu B'Shevat | 21 10:30am-Nickel Bingo 11:45am-Lunch(\$4) 1pm-Cards/Games | 22 10am-Chair Volleyball 1pm-Chair Exercise 3pm-YMCA Exercise(\$5) 5:30pm-Low Impact Aerobics | 23 11am-Red Cross 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Bunco 3pm-Line Dance(\$5) | 24 9:30am-Bible Discussion Group 11am-Journaling 1pm-Movie "Christopher Robin" 3pm-YMCA Exercise(\$5) 6pm-Ballroom Dancing | 25 9:30am-Bible Discussion Group 11am-Journaling 1pm-Movie "Christopher Robin" 3pm-YMCA Exercise(\$5) 6pm-Ballroom Dancing |
| | 27 11am-Tai Chi and Strength 11:45am-Stretch and Strength 1:30pm-Chair Volleyball 5:30pm-Low Impact Aerobics Australia Day (observed) | 28 10am-BP Screening 11am-Price is Right 11:45am-Lunch(\$4) 1pm-Cards/Games | 29 10am-Chair Volleyball 1pm-Chair Exercise 3pm-YMCA Exercise(\$5) 5:30pm-Low Impact Aerobics | 30 11am-Super Bowl Chili Cook-Off 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5) | Belpre Senior Center | |



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2019

Menu

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---|-----------|---|--|----------|
| | | 1 Closed For The Holiday | 2 | 3 Baked Chicken Mashed Potatoes Green Beans Bread Dessert | 4 | 5 |
| 6 | 7 New Year's Day | 8 Soup Beans/Ham Hash Browns Fruit Corn Bread Dessert | 9 | 10 Meatloaf Mashed Potatoes Creamed Peas Bread Dessert | 11 | 12 |
| 13 | 14 Birthday Party | 15 Spaghetti Salad Garlic Bread Apple Sauce Birthday Cake | 16 | 17 Eggs Potatoes Sausage Patty Biscuit/Gravy Coffee Cake | 18 | 19 |
| 20 | 21 Martin Luther King Day Tu, B, Shevat | 22 Vegetable Soup Cheese Salad Sandwich Baked Apples Dessert | 23 | 24 Soft Tacos Quesadillas (Lettuce, Cheese, Tomatoes, Tortilla Chips, Dips, Beans, Rice) Dessert | 25 | 26 |
| 27 | 28 Australia Day (observed) | 29 Hot Dogs/Kraut Mashed Potatoes Fruit Dessert | 30 | 31 Chili Peanut Butter Sandwich Cheese Cubes Fruit Dessert | <p>The Belpre Senior Club serves lunch on Tues. and Thurs. at 11:45am for \$4 for seniors 55 and older. Please call 740-423-6022 BEFORE 9:30am for local van transportation.</p> | |