

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

## Belpre Senior Center

### HEALTH AND COMMUNITY INFORMATION



#### Healthy U Class

**Fri., July 6th @ 12:30pm**

“Healthy U” is a self-management education workshop for people with a variety of chronic health conditions. It aims to build participants’ confidence in managing their health and keep them active and engaged in their lives.

Participants attend a 2½-hour interactive workshop once a week for 6 weeks to learn problem-solving, decision-making, and other techniques for managing problems common to people with chronic diseases. Sign-up today and come join us! Lunch will be provided free of charge. RSVP at 740-423-6022.



#### A Matter of Balance Class

**Wed., July 11th @ 12:00pm**

A Matter of Balance is an 8-week structured group intervention that emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance. Lunch will be provided free of charge. Register today at 740-423-6022.



#### Funeral Pre-Planning Program

**Thurs., July 19th @ 11:00am**

More and more people today are choosing to pre-plan their own or a loved one’s funeral as an alternative to having others make the decisions for them. Come join us to learn more!



**“AMERICA IS A TUNE...IT MUST BE SUNG TOGETHER”**

FRIDAY AFTERNOON MOVIES

- July 6th — “Yankee Doodle Dandy”
- July 13th — “On Golden Pond”
- July 20th — “Ghost”
- July 27th — “Forever Young”



## Breathe Easy Program

**Thurs., July 26th @ 11:00am**

Breathing difficulties can be caused by many different conditions. They can also develop as a result of stress and anxiety. It's important to note that frequent episodes of shortness of breath or sudden, intense breathing difficulty may be signs of a serious health issue that needs medical attention. You should discuss any breathing concerns with your doctor. Representatives from Marietta Memorial Hospital will be here to discuss breathing issues on July 26th. Come join us for this informative program.



## JUST FOR FUN + ENTERTAINMENT

### Independence Day Celebration

**Tues., July 3rd @ 11:00am**

We celebrate the great United States of America on this day! Come join us as we give thanks for our freedom and celebrate this wonderful nation we are so blessed to live in.



### Ice Cream Social and

### Autoharp Music

**Thurs., July 12th @ 11:00am**

Who doesn't like ice cream? "Not me!" Join us for an ice cream social on July 12th and be entertained by the sounds of Betty Music and her autoharp. Come join the fun!!



**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., July 17th @ 11:00am**

Our birthday celebration this month will be pie themed! The July birthdays share their birthday month with Pie in the Face Day! We will be raffling off a chance to give Becky and Angie a pie in the face. All donations will go to the Alzheimer's Association. Come celebrate with us!



## Music with Bob Martin

**Tues., July 31st @ 11:00am**

Music is capable of a number of health benefits including lowering stress levels, raising states of consciousness, changing moods, accessing different states of mind, developing the brain and is useful in meditation, which has a ton of health benefits. On this last day of July we are in the full swing of summer, so come join us as we listen to the music of Bob Martin and let yourself relax.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
1 Canada Day	2 11am-Tai Chi 11:45am-Stretch and Strength 1pm-Chair Volleyball 5:30pm-Low Impact Aerobics	3 10am-BP Screening 11am-Independence Day Party 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Dance Party	4 Closed for the Holiday  Independence Day	5 10am-BP screening 10:30am-Nickel Bingo 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5)	6 9:30am-Bible Discussion Group 11:00am-Cooking Club 12:30pm-Healthy U 1pm-Movie "Yankee Doodle Dandy"	7		
8	9 11am-Tai Chi 11:45am-Stretch and Strength 1pm-Chair Volleyball 1pm-Alzheimer's Support Group 5:30pm-Low Impact Aerobics	10 11am-Hearing Awareness 11:30am-Club Meeting 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Craft 3pm-Dance Party 6pm-Nickel Bingo	11 10am-Chair Volleyball 12pm-Matter of Balance 1pm-Chair Exercise 5:30pm-Low Impact Aerobics	12 10am-BP/BS Screening 11am-Ice Cream Social/Autoharp Music 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Bunco 3pm-Line Dance(\$5)	13 9:30am-Bible Discussion Group 11:00am-Journaling 12:30pm-Healthy U 1pm-Movie "On Golden Pond"	14 Belpre Alumni Ice Cream Social 11am-3pm		
15	16 11am-Tai Chi 11:45am-Stretch and Strength 1pm-Chair Volleyball 5:30pm-Low Impact Aerobics	17 10am-BP Screening 11am-Birthday Party 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Dance Party	18 10am-Chair Volleyball 12pm-Matter of Balance 1pm-Chair Exercise 2pm-Book Club 5:30pm-Low Impact Aerobics	19 11am-Funeral Pre-Planning Program 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5) 6pm-Nickel Bingo	20 9:30am-Bible Discussion Group 11:00am-Cooking Club 12:30pm-Healthy U 1pm-Movie "Ghost"	21		
22	23 11am-Tai Chi 11:45am-Stretch and Strength 1pm-Chair Volleyball 5:30pm-Low Impact Aerobics	24 10am-BP Screening 10:30am-Nickel Bingo 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Diabetes Support Group "Heating Up the Grill" 3pm-Dance Party	25 10am-Chair Volleyball 12pm-Matter of Balance 1pm-Chair Exercise 5:30pm-Low Impact Aerobics	26 10am-Elbin Hearing 11am-Breathing Program 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Bunco 3pm-Line Dance(\$5)	27 9:30am-Bible Discussion Group 11:00am-Journaling 12:30pm-Healthy U 1pm-Movie "Forever Young"	28		
29	30 11am-Tai Chi 11:45am-Stretch and Strength 1pm-Chair Volleyball 5:30pm-Low Impact Aerobics	31 11am-Music with Bob Martin 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Dance Party					<h1>July 2018</h1> <h2>Belpre Senior Center</h2>	



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Canada Day	2 Hot Dog With Sauce Deviled Eggs Baked Beans Chips Dessert	3	4 Independence Day	5 Ham and Cheesy Potato Casserole Broccoli Bread Dessert	6	7
8	9 Meatloaf Scalloped Potatoes Green Beans Bread Dessert	10	11	12 Creamed Chicken Biscuit Mashed Potatoes Peas/Carrots Dessert	13	14
15	16 Spaghetti Salad Garlic Bread Dessert	17	18	19 Stuffed Peppers Roasted Potatoes Bread Applesauce	20	21
22	23 Baked Chicken Mashed Potatoes Carrots Dessert	24	25	26 Open-Faced Roast Beef Sandwich Mashed Potatoes Green Beans Dessert	27	28
29	30	31 Chicken Alfredo Broccoli Bread Dessert				