

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

## Belpre Senior Center

### HEALTH AND COMMUNITY INFORMATION

#### What Is Sepsis and How to Prevent It

**Tues., June 5th @ 11am**

Sometimes incorrectly called blood poisoning, sepsis is the body's often deadly response to infection. Sepsis and septic shock can result from an infection anywhere in the body. Sepsis can be caused by any type of infection: bacterial, viral, fungal, or even parasitic. Come join us as a representative from Marietta Memorial will be telling us exactly what sepsis is and how to prevent it.

#### Miracle Ear Hearing Awareness

**Tues., June 12th @ 11am**

Hearing loss is one of the most common chronic, but manageable, health conditions in the United States. Yet, fewer than half of those with hearing loss who could benefit from hearing aids use them. Come join us as a representative from Miracle Ear speaks to us about the importance of taking the steps to detect and manage hearing loss early.



#### Hot Tips for Summer Overheating

**Thurs., June 21st @ 11am**

We all know that hot weather can be dangerous. This is especially true for older adults. Every summer, nearly 200 Americans die of health problems caused by high heat and humidity. Most of these individuals happen to be aged 50 or older. Come join us for an informative program as a representative from Cedar Grove Assisted Living gives us tips to stay cool this summer.



**“SUN IS SHINING.  
WEATHER IS  
SWEET. MAKE YOU  
WANNA MOVE YOUR  
DANCING FEET.” –  
BOB MARLEY**

#### FRIDAY AFTERNOON MOVIES

- June 1st – “The Greatest Showman”
- June 8th – “Something’s Gotta Give”
- June 15th – “Father of the Bride”
- June 22nd – “This Beautiful Fantastic”
- June 29th – “Casablanca”

## Energy Choice with Andy Tinkham from Ohio Consumer's Council

**Thurs., June 28th @ 11am**

Just as you shop for other products and services, you may also be able to shop for an energy supplier. With choice, energy customers are able to shop for energy options from a diverse group of competitive suppliers certified by the Public Utilities Commission of Ohio (PUCO). Come join us for this very informative program as Andy Tinkham from Ohio Consumer's Council speaks about the different energy choices for our area.

## FUN AND ENTERTAINMENT

### New Book Club Starting Wed., June 6th @ 2pm

If you would like to participate in a book club but don't know what it's all about, here's an opportunity to join one and learn the ropes! We will be meeting twice a month and our first meeting will be June 6th. Come join us to find out all about it!



### Father's Day Celebration

**Thurs., June 14th @ 11am**

Come join us as we celebrate Father's Day! We will be outside for a Picnic in the Park, weather permitting. There will be a car show and lots of food and fun! Bring your lawn chair and join the fun!

**HAPPY  
FATHER'S  
DAY!**

### Birthday Party

**Tues., June 19th @ 11am**

Our birthday celebration this month will be Flag themed! The June birthdays share their birthday month with Old Glory! Flag your calendar and come celebrate with us!



## FITNESS & DANCE

BEGINNERS CHI WALKING (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

### Rock-A-Thon Fundraiser Fri., June 15th @ 2pm

One, Two, Three O'clock, Four O'clock  
rock

Five, Six, Seven O'clock, Eight O'clock  
rock

Nine, Ten, Eleven O'clock, Twelve O'clock  
rock  
We're gonna rock around the clock tonight



Here at the Belpre Senior Center we are having a fundraiser for The Walk to End Alzheimer's. We will be having a Rock-A-Thon and our team will be rocking the night away in our rocking chairs. Come see us and donate to this wonderful cause! If you would like to join us, contact Becky Hennen at 740-423-6022.

### New Healthy U Class Starting in July!

This is a wonderful class for anyone with a chronic health condition! Sign up now! We will be starting Friday, July 6th. See Angie for more information or call 740-423-6022.

### New Matter of Balance Class Starting in July!

The new Matter of Balance class will begin Wednesday, July 11th. Get signed up now!

**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**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>JUNE 2018</b></p> <p><b>Belpre Senior Center</b></p>						
3	4	5	6	7	8	9
	10am- Beginners Chi Walking 11am-Tai Chi 11:45am-Stretch and Strength 1pm-Chair Volleyball 5:30pm-Low Impact Aerobics	10am-Eye Glass Adjustment 11am-What is Sepsis and How to Prevent It 11:45am-Lunch(\$4) 1pm-Cards/Games	10am-Chair Volleyball 1pm-Chair Exercise 2pm-Book Club 5:30pm-Low Impact Aerobics	10am-BP Screening 10:30am-Nickel Bingo 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5)	9:30am-Bible Discussion Group 1pm-Movie "The Greatest Showman"	
10	11	12	13	14	15	16
	10am-Beginners Chi Walking 11am-Tai Chi 11:45am-Stretch and Strength 1pm-Alzheimer's Support Group 1pm-Chair Volleyball 5:30pm-Low Impact Aerobics	11am-Miracle Ear Hearing Awareness 11:30am-Club Meeting 11:45am-Lunch(\$4) 1pm-Craft 1pm-Cards/Games 6pm-Nickel Bingo	10am-Chair Volleyball 1pm-Chair Exercise 5:30pm-Low Impact Aerobics	10am-BP/BS Screening 11am-Father's Day Celebration 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Bunco 3pm-Line Dance(\$5) <small>Flag Day, US</small>	9:30am-Bible Discussion Group 11am-Journaling 1pm-Movie "Father of the Bride" 2pm-Midnight Rock-a-Thon Fundraiser	
17	18	19	20	21	22	23
	10am-Beginners Chi Walking 11am-Tai Chi 11:45am-Stretch and Strength 1pm-Chair Volleyball 5:30pm-Low Impact Aerobics	10am-BP Screening 11am-Birthday Party 11:45am-Lunch(\$4) 1pm-Cards/Games	10am-Chair Volleyball 1pm-Chair Exercise 2pm-Book Club 5:30pm-Low Impact Aerobics	10am-Elbin Hearing Center 11am-Hot Tips For Summer Overheating 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5) 6pm-Nickel Bingo <small>Summer Begins</small>	9:30am-Bible Discussion Group 11am-Cooking Club 1pm-Movie "This Beautiful Fantastic"	
24	25	26	27	28	29	30
<small>Father's Day</small>	11am-Tai Chi 11:45am-Stretch and Strength 1pm-Chair Volleyball 5:30pm-Low Impact Aerobics	10am-BP Screening 10:30am-Nickel Bingo 11:45am-Lunch(\$4) 1pm-Cards/Games	10am-Chair Volleyball 1pm-Chair Exercise 5:30pm-Low Impact Aerobics	11am-Energy Choice 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Bunco 3pm-Line Dance(\$5)	9:30am-Bible Discussion Group 1pm-Movie "Casablanca"	



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>JUNE 2018</b> <b>MENU</b>				
	3	4	5	6	7	8
		Pork and Kraut Mashed Potatoes Bread Dessert			Baked Chicken Mashed Potatoes And Gravy Green Beans Bread Dessert	
	10	11	12	13	14	15
		Spaghetti Salad Garlic Bread Dessert			Hot Dogs/Bun w/sauce Macaroni Salad Chips Dessert	
	17	18	19	20	21	22
		Lasagna Salad Garlic Bread Dessert			Flag Day (US) Creamed Chicken over Biscuit Mashed Potatoes and Gravy Peas Dessert	
	24	25	26	27	28	29
Father's Day		Salisbury Steak Mashed Potatoes and Gravy Carrots Roll Dessert			Summer Begins Potato Bar Chili Dessert	
	31	1	2	3	4	5

Belpre Senior Club serves lunch @ 11:45am Tues. and Thurs. for \$4 for Seniors 55 and over.