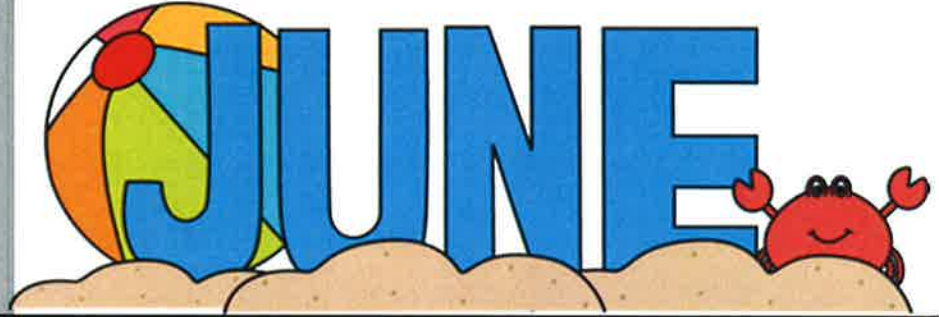


In this issue >>>

June 2019

Health and Community Information  
Fitness and Dance  
Recipes  
Calendar and Menu  
Puzzles  
Fun and Entertainment



**Keeping Seniors HIP – Healthy, Independent and Productive**

*Belpre Senior Center*

1614 Washington Blvd. Belpre, Ohio 45714

740-423-6022

**Lifetime Partners**

June 4th at 11:00am

Lifetime Partners is Camden Clark's exclusive organization that is free to those 55 and older. Members can learn about good health, take advantage of exclusive member benefits and savings, receive a no-cost prescription discount card that can be used at preferred local pharmacies, enjoy interesting activities and interact with other Lifetime Partners.

Joyce Hubner will be here to give you all of the information you need to become a member. Mark your calendar and join us!!



**Become a Volunteer**

June 20th at 11:00am

Memorial Health System volunteers are special people who help make the experience better for patients and families. If you are interested in helping others and making new friends along the way, there are many opportunities to discover.

Their volunteers are exceptional individuals who take the extra mile to make a difference in a patient's life. They help in countless ways. Help in the form of comforting worried families to delivering flowers and reading materials to patients. The volunteers' direct and indirect services are an essential extension of the MHS team. No matter your talents or interests, there's a place for you! Join us to find out more about becoming a volunteer for Memorial Health System.



**MEMORIAL  
HEALTH SYSTEM**



## Father's Day Celebration

For the month of June we will be celebrating Fathers! We will be "SPOTLIGHTING" our Fathers! If you would like to bring in a picture of your father/grandfather or share a story about him, please feel free. We will be displaying them on the bulletin board and celebrating the impact our Fathers had on our lives.



## Stuffed Zucchini

Serves 6-8

- 3 Zucchini
- 1 pound pork sausage
- 1 cup dry bread crumbs
- 1 clove garlic, minced
- 1 (32oz) jar spaghetti sauce
- 1/2 cup grated Parmesan cheese
- 1/2 cup shredded Mozzarella cheese



### Directions:

1. Preheat oven to 350° F.
2. Trim stems from zucchini and slice lengthwise. Scoop out seeds and put in bowl. Mix with sausage, garlic, bread crumbs and Parmesan cheese. Stuff zucchini with sausage mixture and place in 9x13 inch baking dish. Pour sauce over zucchini and cover pan with foil.
3. Bake in preheated oven for 45 minutes, or until sausage is cooked. Remove foil and cover with Mozzarella cheese. Cook until cheese is melted.

## Fitness & Dance

Tai Chi (Free)  
Mondays @ 11AM

Chair Volleyball (Free)  
Mondays @ 1:30pm  
Wednesdays @ 10am

Chair Exercise (Free)  
Mondays @ 11:45am  
Wednesdays @ 1pm

Low-Impact Aerobics (Donation)  
Mondays & Wednesdays @ 5:30pm

YMCA Exercise (\$5)  
Mondays @ 9am,  
Wednesdays & Fridays @ 3pm

Line Dancing (\$5)  
Thursdays @ 3pm

Ballroom Dancing (Free)  
Wednesdays @ 7:00pm

## Friday Afternoon at the Movies

Come enjoy an afternoon in front of our 85 inch big screen.

Free popcorn, snacks and beverages provided.

All movies will start at 1pm unless otherwise noted.

June 7th – "A Good Year"

June 14th – "Mrs. Doubtfire"

June 21st – "Sabrina"

June 28th – "Paddington"

*"Every great film should seem new every time you see it."*

*-Roger Ebert*

**SUBMIT**  
*your recipe!*





*Elvis Presley*

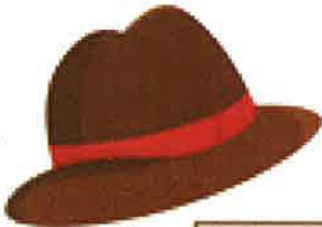
**Jim Forshey**  
**AS**  
**ELVIS**

June 27th at 10:30am



Jim Forshey began his Elvis tribute artist career in 2004. He appreciated Elvis' music growing up, but it took a lot of persuading for him to actually perform on stage. He sang at a benefit and decided to give regular performances a try. He hasn't stopped singing since.

Come and enjoy the music as we pay tribute to ELVIS!!!



## Fathers Day

### Word Search

DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

BEST

BREAKFAST

CARD

COURAGEOUS

DAD

DAUGHTER

FAMILY

FATHER

FISHING

FRIEND

GEFT

GOLF

JUNE

LOVE

PAPA

PATRIARCH

POPS

PROUD

SON


STRONG

SUNDAY

TEACHER

THIRD

VALUES



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# Fun and Entertainment

## Father's Day Party

June 13th at 11:00am

Father's Day is a day to reminisce about those men in our lives that made a difference. Come celebrate with us and have a Picnic in the Park! We will be eating under the shelter (weather permitting).



## Birthday Party

June 18th at 11:00am

We will have a special treat again this month for our Birthday party! Cedar Grove Assisted Living will be providing a boxed lunch today as we celebrate the first Happy Meal. Come see if there's a prize inside and celebrate the best thing about May... Our Birthdays!



## Bunco

June 13th and 27th at 1:00pm

Come join us for Bunco!

Play Bunco twice a month at the Belpre Senior Center. Prizes awarded. Come join the fun and make new friends!



## Bingo

June 6th and 25th at 10:30am


June 13th and 20th at 6:00pm

Play Nickel Bingo 4 times this month! Bring your nickels and your good luck charms and join us! It's a nickel per card per game and there is a 4 card maximum. Games will begin promptly at times specified.



"Never, ever underestimate the importance of having fun!"

~Randy Pausch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <h1 style="margin: 0;">June 2019</h1> <h2 style="margin: 0;">Belpre Senior Center</h2>							
2	<p>9am-YMCA Exercise(\$5)</p> <p>11am-Tai Chi</p> <p>11:45am-Chair Exercise</p> <p>1:30pm-Chair Volleyball</p> <p>5:30pm-Low Impact Aerobics</p>	<p>11:00am-Lifetime Partners</p> <p>11:45am-Lunch(\$4)</p> <p>1pm-Cards/Games</p>	<p>10am-Chair Volleyball</p> <p>1pm-Chair Exercise</p> <p>3pm-YMCA Exercise(\$5)</p> <p>5:30pm-Low Impact Aerobics</p> <p>7pm- Ballroom Dance Class</p>	<p>10am-BP Screening</p> <p>10:30am-Nickel Bingo</p> <p>11:45am-Lunch(\$4)</p> <p>1pm-Cards/Games</p> <p>3pm-Line Dance(\$5)</p>	<p>9:30am-Bible Discussion Group</p> <p>11am-Cooking Club</p> <p>1pm-Movie-"A Good Year"</p> <p>3pm-YMCA Exercise(\$5)</p>	8	
9	<p>9am-YMCA Exercise(\$5)</p> <p>11am-Tai Chi</p> <p>11:45am-Chair Exercise</p> <p>1:00pm-Alzheimer's Support Group</p> <p>1:30pm-Chair Volleyball</p> <p>5:30pm-Low Impact Aerobics</p>	<p>10am-BP Screening</p> <p>11am-Club Meeting</p> <p>11:45am-Lunch(\$4)</p> <p>1pm-Cards/Games</p> <p>1pm-Craft</p>	<p>10am-Chair Volleyball</p> <p>1pm-Chair Exercise</p> <p>3pm-YMCA Exercise(\$5)</p> <p>5:30pm-Low Impact Aerobics</p> <p>7pm- Ballroom Dance Class</p>	<p>10am-BP/BS Screening</p> <p>11am-Father's Day Celebration</p> <p>11:45am-Lunch(\$4)</p> <p>1pm-Cards/Games</p> <p>3pm-Line Dance(\$5)</p> <p>6pm-Nickel Bingo</p>	<p>9:30am-Bible Discussion Group</p> <p>11am-Journaling</p> <p>1pm-Movie-"Mrs. Doubtfire"</p> <p>3pm-YMCA Exercise(\$5)</p> <p style="text-align: center;">Flag Day (US)</p>	14	15
16	<p>9am-YMCA Exercise(\$5)</p> <p>11am-Tai Chi</p> <p>11:45am-Chair Exercise</p> <p>1:30pm-Chair Volleyball</p> <p>5:30pm-Low Impact Aerobics</p>	<p>10am-BP Screening</p> <p>11am-Birthday Party</p> <p>11:45am-Lunch(\$4)</p> <p>1pm-Cards/Games</p>	<p>10am-Chair Volleyball</p> <p>1pm-Chair Exercise</p> <p>3pm-YMCA Exercise(\$5)</p> <p>5:30pm-Low Impact Aerobics</p> <p>7pm- Ballroom Dance Class</p>	<p>11am-Volunteering</p> <p>11:45am-Lunch(\$4)</p> <p>1pm-Cards/Games</p> <p>3pm-Line Dance(\$5)</p> <p>6pm-Nickel Bingo</p>	<p>9:30am-Bible Discussion Group</p> <p>11am-Cooking Club</p> <p>1pm-Movie-"Sabrina"</p> <p>3pm-YMCA Exercise(\$5)</p> <p style="text-align: center;">Summer Begins</p>	21	22
23	<p>9am-YMCA Exercise(\$5)</p> <p>11am-Tai Chi</p> <p>11:45am-Chair Exercise</p> <p>1:30pm-Chair Volleyball</p> <p>5:30pm-Low Impact Aerobics</p>	<p>10am-BP Screening</p> <p>10:30am-Nickel Bingo</p> <p>11:45am-Lunch(\$4)</p> <p>1pm-Cards/Games</p>	<p>10am-Chair Volleyball</p> <p>1pm-Chair Exercise</p> <p>3pm-YMCA Exercise(\$5)</p> <p>5:30pm-Low Impact Aerobics</p> <p>7pm- Ballroom Dance Class</p>	<p>11am-Jim Forshey as Elvis</p> <p>11:45am-Lunch(\$4)</p> <p>1pm-Cards/Games</p> <p>1pm-Bunco</p> <p>3pm-Line Dance(\$5)</p>	<p>9:30am-Bible Discussion Group</p> <p>11am-Journaling</p> <p>1pm-Movie-"Paddington"</p> <p>3pm-YMCA Exercise(\$5)</p>	28	29
30	<h1 style="margin: 0;">Activities Calendar</h1>						

Sunday

Monday


Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="text-align: center;">June 2019</h1> <h2 style="text-align: center;">Belpre Senior Center</h2>						
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# Activities Calendar