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Keeping Seniors HIP – Healthy, Independent and Productive

Belpre Senior Center

1614 Washington Blvd.

Belpre, Ohio 45714

Can a Hearing Aid Improve YOUR Quality of Life?

March 7th at 11:00am

Want to stay sharp as you age? Hearing aids may lower your risk of age-related cognitive decline. Hearing aids can also improve memory and mental acuity. Not only can hearing aids keep you mentally sharp, but having better memory and focus as well as faster mental processing actually makes you seem younger to the people you interact with every day! Come see if a hearing aid may improve YOUR quality of life!



March 12th at 11:00am

Hillary Foster will be joining us to talk about how the O'Neill Center and the Belpre Senior Center work together to accomplish our mission of keeping seniors HIP (Healthy, Independent and Productive).

Know Your Pharmacy Needs

March 26th at 11:00am

Are you making the most of your pharmacy resources? Whether it be immunizations, pill packs, delivery options, or something else, your local pharmacy probably offers more services than you know. Come join us for this program to hear a representative from Cox's Family Pharmacy speak about resources available.



Diabetes-Don't Sugar Coat It!

March 28th at 11:00am

All of us either have it or know someone that does. We are all affected in some way. Join us as Nathan Lonidier discusses the importance of knowing your numbers, what they mean and ways to keep them under control.



Support Groups

Alzheimer's Support Group

If you are struggling and need help dealing with coping or caring for a close friend or family member with Alzheimer's, come join our Alzheimer's Support Group. The group meets the 2nd Monday of each month at 1:00pm.

Diabetes Education Support Group

The MMH Diabetic Education Center in partnership with the Belpre Senior Center will be holding the 2nd session of their year long support group on March 26th at 1:00pm. The topic will be "A Spring in Your Step," with speaker Denise Cooper MS, RN, CDE. Make plans to join us!

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)
Wednesdays & Fridays @ 3pm

Line Dancing (\$5)
Thursdays @ 3pm

Ballroom Dancing (Free)
Wednesdays @ 7:00pm

Crockpot Irish Stew

Submitted by Angie Black

- | | |
|--|-----------------------------------|
| 1.5-2 pounds stew beef, cubed | 5 cups beef broth |
| 1 (14oz) can diced tomatoes | 2 cups water |
| 1 (8oz) can tomato sauce | 1 cup of Guinness extra stout |
| 2 cups carrot slices (cut into about 1/2 inch pieces) | 1 cup of hearty red wine |
| 1 cups celery slices (cut into about 1/2 inch pieces) | 1 tablespoon Worcestershire sauce |
| 1 cup onion slices (cut into about 1/2 inch pieces) | 1 tablespoon sugar |
| 4 cups russet potatoes, peeled, cut into 1/2 inch pieces | 1 teaspoon salt |
| 3/4 cup pearl barley (rinsed and drained) | 1/2 teaspoon sage |
| | 1/2 teaspoon thyme |
| | 1/2 teaspoon pepper |
| | 2 tablespoons butter |
| | 1 bay leaf |

Directions:

1. Combine all ingredients in slow cooker, mix well.
2. Cover and cook on LOW heat for 7 1/2—8 hours.



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.

March 1st – "The Pursuit of Happyness"

March 8th – No Movie

March 15th – "Dumplin"

March 22nd – "Still Mine"

March 29th – "St. Vincent"

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

-Roger Ebert

SUBMIT
your recipe!



Fun and Entertainment

Craft Day

March 12th at 11:00am

Arts and crafts and other creative projects help with hand-eye coordination, cognitive abilities and concentration. Even if you feel you are not creative or artistic enough, come join us! You will surprise yourself!



St. Patrick's Day Party

March 14th at 11:00am

Wherever you go and whatever you do, may the LUCK of the Irish be there with you! Come join us for a bit of Malarkey and lots of good cheer! Make no mistake we want you here!



Birthday Party

March 19th at 11:00am

March's birthday party theme will be "Elvis Presley." Elvis himself will be here to entertain us! In the spirit of the Irish, maybe he will grace us with his rendition of "Good Luck Charm." Come join us to celebrate our March birthdays!



Bunco

March 7th and 21st 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

March 5th and 21st at 10:30am

March 14th and 28th at 6:00pm

Play Nickel Bingo 4 times a 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

March 2019 Activities

3	<p>10am-Beginning Tai Chi 11am-Tai Chi 11:45am-Chair Exercise 1:30pm-Chair Volleyball 5:30pm-Low Impact Aerobics</p>	4	<p>10am-Chair Volleyball 12pm-Matter of Balance 1pm-Chair Exercise 3pm-YMCA Exercise(\$5) 5:30pm-Low Impact Aerobics 7pm- Ballroom Dance Class <small>Ash Wednesday</small></p>	5	<p>10:30am-Nickel Bingo 11:45am-Lunch(\$4) 1pm-Cards/Games</p>	2
10	<p>10am-Beginning Tai Chi 11am-Tai Chi 11:45am-Chair Exercise 1pm-Alzheimer's Support Group 1:30pm-Chair Volleyball 5:30pm-Low Impact Aerobics</p>	11	<p>10am-Chair Volleyball 12pm-Matter of Balance 1pm-Chair Exercise 3pm-YMCA Exercise(\$5) 5:30pm-Low Impact Aerobics 7pm- Ballroom Dancing</p>	12	<p>11am-Club Meeting 11:15am-O'Neill Center Speaker 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Craft</p>	9
17	<p>10am-Beginning Tai Chi 11am-Tai Chi 11:45am-Chair Exercise 1:30pm-Chair Volleyball 5:30pm-Low Impact Aerobics</p>	18	<p>10am-Chair Volleyball 12pm-Matter of Balance 1pm-Chair Exercise 3pm-YMCA Exercise(\$5) 5:30pm-Low Impact Aerobics 7pm- Ballroom Dancing</p>	19	<p>10am-BP Screening 11am-Birthday Party 11:45am-Lunch(\$4) 1pm-Cards/Games</p>	16
24	<p>10am-Beginning Tai Chi 11am-Tai Chi 11:45am-Chair Exercise 1:30pm-Chair Volleyball 5:30pm-Low Impact Aerobics</p>	25	<p>10am-Chair Volleyball 12pm-Matter of Balance 1pm-Chair Exercise 3pm-YMCA Exercise(\$5) 5:30pm-Low Impact Aerobics 7pm- Ballroom Dancing <small>Spring Begins</small></p>	26	<p>10am-BP Screening 11am-Know Your Pharmacy Needs 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Diabetes Education</p>	23
31	<p>10am-Chair Volleyball 12pm-Matter of Balance 1pm-Chair Exercise 3pm-YMCA Exercise(\$5) 5:30pm-Low Impact Aerobics 7pm- Ballroom Dancing</p>	27	<p>10am-Chair Volleyball 12pm-Matter of Balance 1pm-Chair Exercise 3pm-YMCA Exercise(\$5) 5:30pm-Low Impact Aerobics 7pm- Ballroom Dancing</p>	28	<p>11am-Diabetes-Don't Sugar Coat It!---MMH 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5) 6pm-Nickel Bingo</p>	30
					<p>9:30am-Bible Discussion Group 11am-Cooking Club 1pm-Movie "The Pursuit of Happyness" 3pm-YMCA Exercise(\$5)</p>	1
					<p>9:30am-Bible Discussion Group 11am- Board Recruitment Seminar (RSVP)</p>	8
					<p>9:30am-Bible Discussion Group 11am-Cooking Club 1pm-Movie "Dumplin" 3pm-YMCA Exercise(\$5)</p>	15
					<p>9:30am-Bible Discussion Group 11am-Journaling 1pm-Movie "Still Mine" 3pm-YMCA Exercise(\$5) 3pm-Paint Party RSVP</p>	22
					<p>9:30am-Bible Discussion Group 11am-Cooking Club 1pm-Movie "St Vincent" 3pm-YMCA Exercise(\$5)</p>	29

Belpre Senior Center

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March 2019 Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
	Soup Beans Fried Potatoes Corn Bread Applesauce Dessert <small>Marci Gras</small>			Meatloaf Mashed Potatoes Green Beans Bread Dessert		
10	11	12	13	14	15	16
	Spaghetti Salad Bread Dessert		<small>Ash Wednesday</small>	Irish Beef Stew Biscuits Cole Slaw Cheese Cubes Dessert		
17	18	19	20	21	22	23
<small>Daylight Saving Time Begins</small>	Lasagna Salad Bread Dessert			Salisbury Steak Mashed Potatoes Corn Bread Dessert <small>Purim</small>		
24	25	26	27	28	29	30
<small>St. Patrick's Day</small>	Baked Chicken Mashed Potatoes Peas/Carrots Bread Dessert		<small>Spring Begins</small>	Hamloaf Scalloped Potatoes Green Beans Applesauce Bread Dessert		
31	<p>The Belpre Senior Club serves lunch on Tuesdays and Thursdays at 11:45am for seniors 55 and older. The cost is \$4. Please call 740-423-6022 BEFORE 9:30am for local van transportation.</p>					