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May 2019



Keeping Seniors HIP – Healthy, Independent and Productive

Belpre Senior Center

1614 Washington Blvd. Belpre, Ohio 45714

740-423-6022

Banking Safety

May 7th at 11:00am

As you age you may want to look into making some changes in the way you manage your finances. Banking for senior citizens often has to accommodate planning for future medical expenses as well as everyday spending. Proper management of your checking account can help to ensure you get as much as you can out of your retirement savings. As you may be on a more structured income, it's also important to step up safety measures when it comes to senior citizen banking. There will be a representative from Peoples Bank coming to speak to us about all of your banking needs on May 7th at 11:00am. Mark your calendars and come join us for this informative program.



Advances in Audiology

May 16th at 11:00am

Age-related hearing loss is a complex degenerative disease that affects tens of millions of people worldwide. It is one of the most prevalent chronic conditions of the aged, afflicting approximately half of those over age 65 in the United States. It can cause people to withdraw from friends and become isolated and depressed. Research into the causes of and treatment of age-related hearing loss is increasingly urgent, as the population grows older. On May 16th at 11:00am there will a representative from Marietta Memorial Health Systems joining us to discuss the latest advances in audiology. Please make plans to attend and learn what might be able to be done for you if you are experiencing hearing loss. This is sure to be full of helpful information for you or a loved one.



HealthyU Class

May 8th at 12:00pm

"HealthyU" 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 to keep them active and engaged in their lives.

Participants attend a 2 1/2 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.



Blueberry Cobbler

Serves 8-10

5 cups of fresh or frozen blueberries	2 teaspoons baking soda
2 tablespoons fresh lemon juice	1 teaspoon salt, split
2 cups flour	1/2 teaspoon vanilla extract
3 cups sugar, split	1/4 teaspoon ground nutmeg
1 cup whole milk	1/4 teaspoon ground mace
5 tablespoons butter, softened	2 tablespoons cornstarch
	1 1/2 cups boiling water

Directions:

1. Preheat oven to 350° F. Spread blueberries in a 9x13 baking dish. Drizzle with lemon juice. Set aside.
2. In a medium bowl, combine flour, 1 1/2 cups sugar, milk, butter, baking soda, 1/2 teaspoon salt, vanilla, nutmeg, and mace. Spoon over berries in an even layer.
3. Combine remaining 1 1/2 cups sugar, 1/2 teaspoon salt, and cornstarch. Sprinkle mixture over the batter.
4. Pour boiling water evenly over top of cobbler. Poke a few holes down in the batter with the handle of a wooden spoon.
5. Bake cobbler at 350° F for 1 hour or until berries are bubbling and the top is golden brown.

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

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.

May 3rd
NO MOVIE

May 10th
"Mary Poppins Returns"

May 17th
"Same Kind of Different As Me"

May 24th
"Little Women" (Re-Make)

May 31st
"The Zookeeper's Wife"

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

-Roger Ebert

SUBMIT
your recipe!



Becky's Retirement Party

May 30th at 11:00am



Please come join us as we celebrate Becky's retirement. Bob Martin will be here to sing and play music for us. This will be a day to thank Becky for her 10 years of service to the Belpre Senior Center. We want her to know how much we have appreciated her time and dedication to the Center and for her to always know how much she is loved. We wish her nothing but the best as she starts this next chapter of her life!

Chair Volleyball Tournament

May 17th at 8:00am

The Belpre Senior Center Chair Volleyball Teams will be traveling to Athens to compete in the state Chair Volleyball Tournament. We have three teams participating this year. They have been practicing hard since March and they are looking great! Last year one of our teams made it to the final round and represented the Belpre Senior Center with class. We hope to see our teams do well again this year and respectfully represent our Center. If you get a chance, wish our volleyball players good luck!!



Happy Mother's Day

Word Search

W	H	A	P	P	Y	W	G	N	I	R	A	C	O	H
S	N	S	R	E	H	T	O	M	D	N	A	R	G	L
P	V	T	H	O	U	G	H	T	F	U	L	D	N	K
G	A	E	N	H	N	E	N	E	N	H	H	Y	V	L
N	C	R	C	G	G	O	C	R	C	G	R	A	N	A
E	N	G	E	F	F	U	H	U	N	E	F	D	C	I
R	S	I	S	N	K	I	D	S	S	P	A	I	N	C
D	P	V	P	L	T	U	P	P	P	L	M	L	S	E
L	L	I	L	A	A	J	E	J	L	A	I	O	F	P
I	O	N	O	Y	S	C	O	H	A	P	O	H	A	S
H	I	G	A	W	T	L	O	V	I	N	G	K	M	W
C	K	M	K	Q	Q	M	K	M	K	Q	Q	O	I	Q
B	U	D	U	S	P	R	I	N	G	A	M	B	L	A
J	A	E	T	A	R	E	D	I	S	N	O	C	Y	Z
Y	H	H	S	R	E	H	T	O	M	V	V	M	J	P

See how many of these newspaper related words you can find in the puzzle. The words can be forward, backward or diagonal.

- | | | | |
|------------|-----------------|-----------------|-------------|
| 1. Mothers | 6. Holiday | 11. Respect | 16. Giving |
| 2. Day | 7. Loving | 12. Thoughtful | 17. Special |
| 3. Moms | 8. Caring | 13. Family | 18. Happy |
| 4. Kids | 9. Children | 14. Considerate | 19. May |
| 5. Parent | 10. Grandmother | 15. Honor | 20. Spring |

Fun and Entertainment

Mother's Day Party

May 9th at 11:00am

Mother's Day is a day to reminisce about those women in our lives that made a difference. Come celebrate with us and share a fond memory or your mother, grandmother, or any woman who has made an impact on your life.



Birthday Party

May 21st at 11:00am

We will have a special treat again this month for our Birthday party! Jerry Theobald and his son will be here to play music for us. Come join us to celebrate the best thing about May...our birthdays!



Memorial Day Party

May 23rd at 11:00am

Please join the Belpre Senior Center and the members of the Belpre Area Veterans for our annual Memorial Day program. We will be paying respect to fallen soldiers as well as remembering civilian loved ones.



Bunco

May 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

May 2nd and 28th at 10:30am

May 9th, 16th & 23rd at 6:00pm

Play Nickel Bingo 5 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