

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

Belpre Senior Center

HEALTH AND COMMUNITY INFORMATION

DINNER WITH A DOC

RSVP REQUIRED

MON., MAY 7TH @5:30PM

If you missed the April Dinner With a Doc featuring Dr. Doug Brooks, here is your chance to hear him speak again. Belpre Senior Center will be hosting a second session with Dr. Brooks' talk on vitamins and supplements on May 7th. Cost is \$6/person. Dinner will be served at 5:30pm with presentation beginning at 6:00pm. This is an RSVP ONLY event. Please call 740-423-6022 to sign-up.



STROKE PROGRAM

THURS., MAY 17TH @ 11AM

Time is Critical!! Strokes can happen to anyone at any time, regardless of sex or age. Each year, nearly 800,000 people in the U.S. have a stroke, and 130,000 die from one. Of those who survive, more than two-thirds will have some disability. Recognizing stroke symptoms is key to preventing a needless death. Cami Smith, Physical Therapy director at Health South will give an overview on the important topic of stroke recognition.



The Moon and Human Behavior

Tues., May 29th @ 11am

Always surrounded by an aura of mystery, the moon and its possible influence over human behavior has been an object of fascination for centuries. Come join us as a representative from Harmar Place explains how the moon affects our behavior.



Good Bye Winter So Long Snow It's Time to Watch The Flowers Grow

FRIDAY AFTERNOON MOVIES

- May 4th – "Secretariat"
- May 11th – NO MOVIE
- May 18th – "The Vow"
- May 25th – "Norbit"

Volleyball Tournament

May 18th

Make sure to wish our volleyball players luck!

FUN AND ENTERTAINMENT

Horse Races

Tues., May 1st @ 10:30am

And they're off!! While they are "Running for the Roses" at Churchill downs the first weekend in May, the Belpre Senior Center will be "horsing around" too! Come join us for our own Kentucky Derby horse race and Celebration and find out who wins our "Run for the Roses." Race begins at 10:30am on Tuesday, May 1st.



O'Neill Center Program

Tues., May 1st @ 11am

Hillary from the O'Neill Center will be joining us again here at the Belpre Senior Center. She will be telling us all about the upcoming fundraiser for the O'Neill Center. The Boomfest, featuring 3 local country music artists will be on May 18th from 7pm-10pm at the People's Bank Theater in Marietta. Come join us to hear about all of the fun and exciting things happening at the O'Neill Center.



Mother's Day Party

Thurs., May 10th @ 11am

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



Ladies Spa Day

Fri., May 11th @ 11am-2pm

We will be celebrating and pampering our ladies (gentleman you are welcome too) on Friday, May 11th from 11am-2pm. We will be having a light lunch and having a speaker with us talking about osteoporosis. After lunch there will nail painting, shoulder massages, glamour photos and just a lot of pampering. Come out and join the fun!



FITNESS & DANCE

CHI WALKING LEVEL 2 (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

Birthday Party

Tues., May 15th @ 11am



Come join us as we celebrate our May birthdays! Our May birthdays share their month with Coca-Cola. Coca-Cola will be 132 years old this year. Come on down and have a Coke and a Smile!

Memorial Day Party

Thurs., May 24th @ 11am

Please join the Belpre Senior Center and the members of the American Legion Post 495 at the annual Memorial Day remembrance program. We will be paying respect to fallen soldiers and also remember civilian loved ones. The Senior Club will honor members who have passed away this past year.





Music with Bob Martin

Thurs., May 31st @ 11am

On this last day of May we will be celebrating the arrival of Summer with sounds of music with Bob Martin. Come join us and sing a song or two!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>May 2018 Belpre Senior Center</p>	<p>1 10am-Blood Pressure Screening 10:30am-Horse Races 11am-O'Neill Program 11:45am-Lunch(\$4) 1pm-Cards/Games <small>May Day</small></p>	<p>2 10am-Chair Volleyball 1pm-Chair Exercise 5:30pm-Low Impact Aerobics</p>	<p>3 10:30am-Nickel Bingo 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5)</p>	<p>4 9:30am-Bible Discussion Group 11am-Cooking Club 1pm-Movie "Secretariat"</p>	<p>5 <small>Cinco de Mayo</small></p>	
<p>6</p>	<p>7 10am-Chi Walking 10am-Beginning Tai Chi 11am-Tai Chi 11:45am-Stretch and Strength 2pm-Chair Volleyball 5:30pm-Dinner with a Doc</p>	<p>8 11am-Club Meeting 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Crafts 6pm-Nickel Bingo</p>	<p>9 10am-Chair Volleyball 1pm-Chair Exercise 5:30pm-Low Impact Aerobics</p>	<p>10 10am-Blood Pressure/Sugar Screening 11am-Mother's Day 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Bunco 3pm-Line Dance(\$5)</p>	<p>11 9:30am-Bible Discussion Group Ladies Spa Day 11am-2pm NO MOVIE</p>	<p>12</p>
<p>13</p>	<p>14 10am-Chi Walking 11am-Tai Chi 11:45am-Stretch and Strength 1pm- Alz. Caregiver 2pm-Chair Volleyball 5:30pm-Low Impact</p>	<p>15 11am-Birthday Party 11:45am-Lunch(\$4) 1pm-Cards/Games</p>	<p>16 10am-Chair Volleyball 1pm-Chair Exercise 5:30pm-Low Impact Aerobics <small>First Day of Ramadan</small></p>	<p>17 11am-Stroke Program 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5) 6pm-Nickel Bingo</p>	<p>18 9:30am-Bible Discussion Group Volleyball Tournament 1pm-Movie "The Vow"</p>	<p>19</p>
<p>20 <small>Mother's Day</small></p>	<p>21 10am-Chi Walking 11am-Tai Chi 11:45am-Stretch and Strength 2pm-Chair Volleyball 5:30pm-Low Impact Aerobics</p>	<p>22 10:30-Nickel Bingo 11:45am-Lunch(\$4) 1pm-Diabetes Support Group 1pm-Cards/Games</p>	<p>23 10am-Chair Volleyball 1pm-Chair Exercise 5:30pm-Low Impact Aerobics</p>	<p>24 10am-Elbin Hearing 11am-Memorial Day 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5) 1pm-Bunco</p>	<p>25 9:30am-Bible Discussion Group 11am-Journaling 1pm-Movie "The Great Debaters"</p>	<p>26 <small>Armed Forces Day</small></p>
<p>27 <small>First Day of Shavuot</small></p>	<p>28 10am-Chi Walking 11am-Tai Chi 11:45am-Stretch and Strength 2pm-Chair Volleyball 5:30pm-Low Impact Aerobics <small>Memorial Day</small></p>	<p>29 11am-Harmer Place Full Moon Talk 11:45am-Lunch(\$4) 1pm-Cards/Games</p>	<p>30 10am-Chair Volleyball 1pm-Chair Exercise 5:30pm-Low Impact Aerobics</p>	<p>31 11am-Music with Bob Martin 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5)</p>	<p><i>As full of spirit as the month of May, and as gorgeous as the sun in Midsummer... -William Shakespeare</i></p>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Roast Beef Mashed Potatoes Lima Beans/Corn Dessert	2	3 Spaghetti Salad Garlic Bread Dessert	4	5
6	7	May Day 8 Baked Chicken Mashed Potatoes Peas/Carrots Dessert	9	10 Meatloaf Mashed Potatoes Green Beans Dessert	11	12 Cinco de Mayo
13	14	15 Turkey Mashed Potatoes Dressing Dessert	16	17 Salmon Patties Mac & Cheese Baked Beans Cole Slaw Dessert	18	19
Mother's Day 20	21	22 Creamed Chicken Biscuits Mashed Potatoes Green Beans Dessert	First Day of Ramadan 23	24 Hamburgers Potato Salad Cole Slaw Baked Beans Dessert	25	Armed Forces Day 26
First Day of Shavuot 27	28	29 Baked Chicken Mashed Potatoes Peas/Carrots Dessert	30	31 Salisbury Steak Mashed Potatoes Green Beans Dessert	Belpre Senior Club serves lunch @ 11:45am Tues and Thurs for \$4 for Seniors 55 and over. Call 740-423-6022 BEFORE 10AM for local van transportation.	
Memorial Day	28	29 Baked Chicken Mashed Potatoes Peas/Carrots Dessert	30	31 Salisbury Steak Mashed Potatoes Green Beans Dessert	Belpre Senior Club serves lunch @ 11:45am Tues and Thurs for \$4 for Seniors 55 and over. Call 740-423-6022 BEFORE 10AM for local van transportation.	