

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

Belpre Senior Center

HAPPY THANKSGIVING FROM ALL OF US HERE
AT THE BELPRE SENIOR CENTER!

A recipe for a thankful heart:
One cup of true love
Two cups of kindness
Three cups of grace
A tablespoon of patience and forgiveness
Just a pinch of zest for living
That's the kind of Thanksgiving meal
we're cooking in our lives together!



HEALTH AND COMMUNITY INFORMATION

Alzheimer's Support Group

Mon., Nov. 12th @ 1:00pm

Coping with caring for a close friend or family member with Alzheimer's commonly brings about feelings of isolation, burnout, emotional and physical exhaustion. If you are struggling and need help dealing with any of these feelings and emotions, come join our Alzheimer's support group. The group meets every second Monday at 1:00pm.



Holiday Energy Savings

Thurs., Nov. 15th @ 11:00am

The holidays can be an energy guzzler. The Christmas lights are hung and turned on 24/7. The oven is busy baking. The family is at home and turns on all of the lights...and the television...and the computer. Between driving to stores to buy gifts and attend holiday dinners and parties, the car gets double its normal use. Not only is all of this excessive energy use bad for the planet, but it drains your wallet as well. Come join us as Andy Tinkham from Ohio Consumer Counseling gives us some tips for Holiday Energy Savings.



FRIDAY AFTERNOON MOVIES

- November 2nd — "Ghost and Mr. Chicken"
- November 9th — "Fly Away Home"
- November 16th — "An Old Fashioned Thanksgiving"
- November 23rd — **Closed for the Holiday**
- November 30th — **No Movie**

Give Thanks With a Grateful Heart

1 Thessalonians 5:18

Diabetic Support Group

Tues., Nov. 27th @ 1:00pm

If you are living with diabetes, you know how important it is to check your blood sugar, eat the right foods, and stay active. Being aware of these actions and actually doing them can be two very different things. Connecting with other people who have diabetes can help you stay motivated to take care of yourself. The topic this month is "Keeping the Holidays Happy," led by Lisa Reed, RN. Come join the group!



Senior Scams

Thur., Nov. 29th @ 11am

When scammers know how to confuse and gain the trust of the elderly, they have virtual free reign of bank accounts, personal information, and even assets. If you're concerned about protecting yourself, come hear a representative from the Ohio Attorney General's office to learn about common risks and scams.



FUN AND ENTERTAINMENT

Harp Music by Kim Henry

Tues., Nov. 13th @ 11:00am

Our own Kim Henry will be presenting the sounds of the season with beautiful harp music. Come enjoy the celestial sounds of Christmas!



Birthday Party

Tues., Nov. 13th @ 11:00am

Our birthday celebration this month will be pizza themed! It's National Pizza with Everything Day! Come join the fun and celebrate the most important part of today...our November Birthdays!!



FITNESS & DANCE

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

Quarter Auction Fundraiser

Fri., Nov. 16th @ 6:00pm

We are gearing up for our O'Neill Center Quarter Auction Fundraiser to be held on Friday, November 16th at the O'Neill Senior Center in Marietta! Bring a roll or two of quarters and bid on your favorite items. You might walk out the big winner!



Thanksgiving Dinner/Celebration Tues., Nov. 20th @ 11:30am

Please join us as we give thanks for all of the blessings bestowed upon us. It will be a wonderful time of delicious food and cherished fellowship. This is an RSVP event so please sign up today!



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2018

Menu

The Belpre Senior Club serves lunch on Tues. and Thurs. for Seniors 55 and over at 11:45am for \$4. Call 740-423-6022 before 10am for local van transportation.

4	5	6	7	8	9	10
	Soup Beans with Ham Corn Bread Fried Potatoes Applesauce Dessert			Baked Chicken Mashed Potatoes Peas/Carrots Bread Dessert		
11	12	13	14	15	16	17
Daylight Saving Time Ends	Birthday Party Pizza Salad Birthday Cake			Beef Stew Biscuits Cheese Stick Cole Slaw Dessert		
18	19	20	21	22	23	24
Veterans Day (US) Remembrance Day (Canada)	Thanksgiving Turkey Mashed Potatoes Green Beans Sweet Potatoes Stuffing Rolls Pumpkin Pie			 Closed for the Holiday	Closed for the Holiday	
25	26	27	28	29	30	
	Meat Loaf Mashed Potatoes Peas/Carrots Bread Dessert			Thanksgiving Day (US) Chicken Noodle Soup Grilled Cheese Cole Slaw Applesauce Dessert		