

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



Belpre Senior Center

HEALTH AND COMMUNITY INFORMATION

O'Neill Center Program



Tues., Oct. 2nd @ 11:00 am

Hillary from the O'Neill Center will be here to tell us all about the Quarter Auction coming up on Oct. 12th. If you have never been to a quarter auction or have no idea what it is all about, this is your chance to find out! Come listen as Hillary explains all the in and outs of how it works!

Benefits of a Walking Program



Thurs., Oct. 11th @ 11:00 am

Almost every older person can do some form of exercise. Walking has so many benefits for older people. It can improve your health and wellbeing in many ways, and it can help you to live independently for longer. There will be a representative here from MMHS speaking about the benefits of a walking program on Thurs., Oct. 11th @ 11:00 am. Make plans to join us!

What are Carbohydrates?



Thurs., Oct. 18th @ 11:00 am

How many times have you heard "Watch your carbohydrates!" Well, what the heck ARE carbohydrates? And how do I watch them? Representatives from Brookdale will be here to give us all the good, the bad, and the ugly information we need about this sometimes confusing topic. Come join us!



FRIDAY AFTERNOON MOVIES

**October 5th
"Christopher Robin"**

**October 12th
NO MOVIE**

**October 19th
"Life of the Party"**

**October 26th
"Love's Enduring Promise"**

"I'm so glad I live in a world where there are Octobers"...Anne of Green Gables

**United
Way**



Talk of the Town

With Mayor Mike Lorentz

Thur., Oct. 25th @ 11:00 am



What's new in town? Mayor Mike Lorentz will be here to discuss what's new and upcoming in town. Be here to hear all the latest news!



Drug Take Back Day

Sat., Oct. 27th @ 10am-2pm

Bring all of your old and expired medications to the Belpre Senior Center on Saturday, Oct. 27th between 10am-2pm. The Washington County Sheriff's Department will be here to collect and properly dispose of them.

FUN AND ENTERTAINMENT

Quarter Auction Fundraiser

Fri., Oct. 12th @ 6:00 pm

We are gearing up for our O'Neill Center Quarter Auction Fundraiser to be held on Friday, October 12th at the Belpre Senior Center! Bring a roll or two of quarters and bid on your favorite items. You might walk out the big winner!



Birthday Party

Tues., Oct. 16th @ 11:00 am

Our birthday celebration this month will be pumpkin and gourd themed! October is National Pumpkin Month. Don't forget to decorate your "gourd-eous" pumpkin and bring it to our party to be judged!



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

Painting Party

Fri., Oct. 26th @ 3:00 pm

We invite you to join us as we wet our palettes at our snowman painting party.

There will be appetizers and non-alcoholic cocktails available. No experience? No problem! This is a beginner class and we all learn together. Come join the fun!



Halloween Party

Tues., Oct. 30th @ 11:00 am

Make plans to attend our Monster Mash! It's sure to be a smash! Dress up as your favorite monster, ghoul, or goblin and join the fun! Whether you're ghoulish, glam or wear a mask, dress up and join our party...that's all we ask! Prizes will be awarded for best costumes!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 11am-Tai Chi 11:45am-Stretch and Strength 1:30pm-Chair Volleyball 5:30pm-Low Impact Aerobics	2 10am-Eye Glass Adjustments 11am-Hillary from O'Neill upcoming Quarter Auction 11:45am-Lunch(\$4) 1pm-Cards/Games <small>Simchat Torah</small>	3 10am-Chair Volleyball 1pm-Chair Exercise Balance 2pm-Book Club 5:30pm-Low Impact Aerobics	4 10am-BP Screening 10:30am-Nickel Bingo 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5)	5 9:30am-Bible Discussion Group 11am-Journaling 1pm-Movie "Bridge of Spies"	6	
7 	8 11am-Tai Chi 11:45am-Stretch and Strength 1:30pm-Chair Volleyball 1pm-Aiz Support Group 5:30pm-Low Impact Aerobics <small>Columbus Day (US) Thanksgiving Day (Canada)</small>	9 11am-Club Meeting 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Craft 6pm-Nickel Bingo	10 10am-Chair Volleyball 1pm-Chair Exercise 1pm-Matter of Balance 5:30pm-Low Impact Aerobics	11 10am-BP/BS Screening 11am-Benefits of Walking Program 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Bunco 3pm-Line Dance(\$5)	12 9:30am-Bible Discussion Group 6pm-Quarter Auction Doors Open 5pm	13	
14	15 11am-Tai Chi 11:45am-Stretch and Strength 1:30pm-Chair Volleyball 5:30pm-Low Impact Aerobics	16 10am-BP Screening 11am-Birthday Party 11:45am-Lunch(\$4) 1pm-Cards/Games	17 10am-Chair Volleyball 1pm-Chair Exercise 1pm-Matter of Balance 2pm-Book Club 5:30pm-Low Impact Aerobics	18 11am-What are Carbohydrates? 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5) 6pm-Nickel Bingo	19 9:30am-Bible Discussion Group 11am-Journaling 1:30pm- "Heart to Heart Music concert"	20	
21	22 11am-Tai Chi 11:45am-Stretch and Strength 1:30pm-Chair Volleyball 5:30pm-Low Impact Aerobics	23 10:30am-Nickel Bingo 11:45am-Lunch(\$4) 1pm-Cards/Games	24 10am-Chair Volleyball 1pm-Chair Exercise 1pm-Matter of Balance 5:30pm-Low Impact Aerobics	25 10am-Elbin Hearing 11am-Talk of the Town with Mayor Mike Lorentz 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Bunco 3pm-Line Dance(\$5)	26 9:30am-Bible Discussion Group 11am-Cooking Club with Cedar Grove 1pm-Movie "Love's Enduring Promise" 3pm-Paint Party- RSVP	27 Drug Take Back 10am-2pm	
28	29 11am-Tai Chi 11:45am-Stretch and Strength 1:30pm-Chair Volleyball 5:30pm-Low Impact Aerobics	30 11am-Halloween Party/Monster Mash 11:45am-Lunch(\$4) 1pm-Cards/Games	31 10am-Chair Volleyball 1pm-Chair Exercise 1pm-Matter of Balance 5:30pm-Low Impact Aerobics <small>Halloween</small>	<h1>October 2018</h1>  <h2>Belpre Senior Center</h2>			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 1	Baked Chicken Mashed Potatoes Creamed Peas Bread Dessert	3	Meatloaf Mashed Potatoes Green Beans Bread Dessert	5	6
	8 <small>Columbus Day (US) Thanksgiving Day (Canada)</small>	<small>Simchat Torah</small> Cabbage Rolls Creamed Potatoes Carrots Bread Dessert	10	Chili Grilled Cheese Pasta Salad Dessert	12	13
14	15 Birth Day Party Chicken Alfredo Salad Garlic Bread Applesauce	16	17	Beef Stew Biscuits Cole Slaw Cheese Stick Dessert	19	20
21	22 Fish Sandwich Mac&Cheese Cole Slaw Desserts	23	24	Spaghetti Salad Garlic Bread Dessert	26	27
28	29 Chicken and Noodles Mashed Potatoes Creamed Peas Orange Jello	30	31 <small>Halloween</small>	October 2018  Menu		