

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

Belpre Senior Center

HEALTH AND COMMUNITY INFORMATION

Breathe Easy Program Part 2 Thurs., Sept. 13th @ 11:00am

Breathe

Breathing difficulties can be caused by many different conditions. They can also develop as a result of stress and anxiety. It's important to note that frequent episodes of shortness of breath or sudden, intense breathing difficulty may be signs of a serious health issue that needs medical attention. You should discuss any breathing concerns with your doctor. Representatives from Marietta Memorial Hospital will be here on Sept. 13th to discuss breathing issues as a follow-up to the video presentation we had on July 26th. Come join us for this informative program.

Funeral Pre-Planning Program Thurs., Sept. 20th @ 11:00am

planning
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planning

More and more people today are choosing to pre-plan their own or a loved one's funeral as an alternative to having others make the decisions for them. Come join us to learn more!

Alzheimer's Association Walk to End Alzheimer's® Sat., Sept. 22nd @ 9:00am



Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's® is the world's largest event to raise awareness and funds for Alzheimer's care, support, and research. This inspiring event calls on participants of all ages and abilities to join the fight! We invite you to join Team Belpre as we walk from Tomlinson Park in Williamstown across the bridge into Marietta. See Becky or Angie to sign-up.



FRIDAY AFTERNOON MOVIES

- September 7th —
“Grace Unplugged”
- September 14th —
“The Great Gilly Hopkins”
- September 21st —
“Heart of the Country”
- September 28th —
“Love Comes Softly”

“We Remember Their Love When
They Can No Longer Remember”



United
Way



Lunch and Learn

Marcela Rugel-Aizprua, MD

Wed., Sept. 26th @ 11:30am



“What’s so special about being regular?” Constipation is a very common complaint affecting upwards of 15% of all Americans. Fortunately, constipation usually is simple to avoid and easy to treat when it occurs. However, symptoms of constipation may be a sign of a more serious problem requiring medical attention. Come join us for lunch and listen as Dr. Marcela Rugel-Aizprua, MD from WVUMedicine discusses this important issue.

FUN AND ENTERTAINMENT

Rockin’ Gold Line Dancers

Tues., Sept. 4th @ 10:30am



Our own Rockin’ Gold Line Dancers will be performing under the instruction of Tinia McPeck. These dancers have been working hard to prepare for this show, so come out and support their efforts. Tinia teaches Line Dance here at the Belpre Senior Center on Thursdays @ 3pm for a cost of \$5. If you are interested in joining, come to the center on Thursdays @ 3pm or see Tinia after this performance.

We will be Closed on Monday, September 3rd for Labor Day. We want to wish everyone a happy and safe holiday!

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

Birthday Party

Tues., Sept. 18th

@ 11:00am



Our birthday celebration this month will be newspaper themed! The September birthdays share their birthday month with National Newspaper Carrier Day and First Daily Newspaper Day. Make plans to come celebrate what makes this the most newsworthy event of the month...Our Birthday People!

The Price is Right

Thurs., Sept. 27th

@ 11:00am



Come on down! You’re the next contestant on The Price is Right! You might just be the big winner of the Showcase Showdown! Come join us here at the Belpre Senior center on Thursday, Sept. 27th at 11am for all of the fun! You might walk away with all the goods!

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



September 2018 Menu

2	3	4	5	6	7	8
	Beef Stew Grilled Cheese Sandwich Cole Slaw Dessert	Turkey/Gravy Dressing Peas/Carrots Dessert		Meatloaf Mashed Potatoes Peas/Carrots Bread Dessert		
9	10	11	12	13	14	15
Grandparents Day	Labor Day			Spaghetti Salad Bread Dessert		
16	17	18	19	20	21	22
		Birthday Party Baked Chicken Mashed Potatoes Green Beans Bread Dessert		Salisbury Steak Mashed Potatoes Corn Bread Dessert		
23	24	25	26	27	28	29
		Lasagna Salad Bread Dessert	Yom Kippur	Vegetable Soup Grilled Cheese Cole Slaw Dessert		Autumn Begins Oktoberfest Begins
30	<p><i>The Belpre Senior Club serves lunch on Tues and Thurs for Seniors 55 and over at 11:45 am for \$4. Please call 740-423-6022 before 10 am for local van transportation.</i></p>					



Sunday

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September 2018

Belpre Senior Center

2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Activities Calendar