

Belpre, OH 45714  
740-423-6022  
January, 2018

# Belpre Senior Center

## HEALTH & FITNESS CLASSES

HERE AT THE BELPRE SENIOR CENTER OUR GOAL IS TO KEEP OUR SENIORS H.I.P., HEALTHY, INDEPENDENT AND PRODUCTIVE. WE ARE STARTING OFF THE NEW YEAR WITH OUR MATTER OF BALANCE CLASS AND INTRODUCING A NEW WALKING PROGRAM CALLED CHI WALKING

### **MATTER OF BALANCE WED., JAN. 3RD 1PM**



New Matter of Balance Class! Many older adults experience concerns about falling and, because of that, restrict their activities. A Matter of Balance is an evidence based, award-winning program designed to manage falls and increase activity levels. The class runs for 2 hours every Wednesday 1pm—3pm from January 3rd through February 21st. Please RSVP at the Belpre Senior Center or call (740) 423-6022 to sign up

### **CHI WALKING MON., JAN. 22ND 10AM**



Whether you are a fitness walker already, want to manage or release weight, are rehabilitating after illness or injury, or have signed up for a walking event and want support, Chi Walking will help you reach your personal goals, including looking and feeling better than ever. Chi Walking will help you improve your posture, strengthen crucial core muscles, relax tight and overused muscles, and gain cardio and aerobic conditioning. This class will consist of three 1 hour instruction classes followed by three 1 hour observation classes. If this is something that you think you might be interested in, come join us on January 22nd at 10am for an INFORMATION ONLY session.



### **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**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Closed for the Holiday  <small>New Year's Day</small>	<b>2</b> 10am-BP Screening 11am-O'Neill 11:45-Lunch(\$4) 1pm-Cards/Games	<b>3</b> 10am-Chair Volleyball 1pm-Chair Exercise 1pm-Matter of Balance 5:30pm-Low-Impact Aerobics	<b>4</b> 10:30am-Nickel Bingo 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5)	<b>5</b> 10am-Bible Discussion Group 11am-Cooking Club 1pm-Movie	<b>6</b>
<b>7</b>	<b>8</b> 11am-Tai Chi 11:45am-Stretch And Strength 2pm-Chair Volleyball 5:30pm-Low-Impact Aerobics	<b>9</b> 11am-Club Meeting 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Craft 6pm-Nickel Bingo	<b>10</b> 10am-Chair Volleyball 1pm-Chair Exercise 1pm-Matter of Balance 5:30pm-Low-Impact Aerobics	<b>11</b> 10am-BP/BS Screening 11am-Back Pain Program 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Bunco 3pm-Line Dance(\$5)	<b>12</b> 10am-Bible Discussion Group 11am-Journaling 1pm-Movie	<b>13</b>
<b>14</b>	<b>15</b> Closed for the Holiday  <small>Martin Luther King Day</small>	<b>16</b> 10am-BP Screening 11am-Birthday Party 11:45am-Lunch(\$4) 1pm-Cards/Games	<b>17</b> 10am-Chair Volleyball 1pm-Chair Exercise 1pm-Matter of Balance 5:30pm-Low-Impact Aerobics	<b>18</b> 11am-Belpre Fire Department 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5) 6pm-Nickel Bingo	<b>19</b> 10am-Bible Discussion Group 11am-Cooking Club 1pm-Movie	<b>20</b>
<b>21</b>	<b>22</b> 10am-Chi Walking 11am-Tai Chi 11:45am-Stretch and Strength 2pm-Chair Volleyball 5:30pm-Low-Impact Aerobics	<b>23</b> 10am-BP Screening 10:30am-Nickel Bingo 11:45am-Lunch(\$4) 1pm-Cards/Games	<b>24</b> 10am-Chair Volleyball 1pm-Chair Exercise 1pm-Matter of Balance 5:30pm-Low-Impact Aerobics	<b>25</b> 10am-Elbin Hearing 11am-Let's Make a Deal 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5) 1pm-Bunco	<b>26</b> 10am-Bible Discussion Group 11am-Journaling 1pm-Movie  <small>Australia Day</small>	<b>27</b>
<b>28</b>	<b>29</b> 10am-Chi Walking 11am-Tai Chi 11:45am-Stretch and Strength 2pm-Chair Volleyball 5:30pm-Low-Impact Aerobics	<b>30</b> 10am-BP Screening 11am-Dr.Hawkins Oral Health 11:45am-Lunch(\$4) 1pm-Cards/Games	<b>31</b> 10am-Chair Volleyball 1pm-Chair Exercise 1pm-Matter of Balance 5:30pm-Low-Impact Aerobics  <small>Tu B'Shevat</small>	<h1>January 2018</h1> <h2>Belpre Senior Center</h2>		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Belpre Senior Center provides lunch @11:45am for Seniors 55 and over; Cost is \$4. Call 740-423-6022 BEFORE 10am for local van transportation.	1 New Year's Day	2 Soup Beans with Ham Corn Bread Dessert	3	4 Spaghetti Salad Garlic Bread Dessert	5	6
7	8	9 Creamed Chicken With Biscuits Peas Dessert	10	11 Pork Roast Mashed Potatoes Harvard Beets Dessert	12	13
14	15 Martin Luther King Day	16 Salisbury Steak Mashed Potatoes Peas/Carrots Dessert	17	18 Chili Peanut Butter Sandwich Cole Slaw Dessert	19	20
21	22	23 Potato Soup Cheese Salad Sandwich 3 Bean Salad Dessert	24	25 Baked Chicken Mashed Potatoes Green Beans Dessert	26 Australia Day	27
28	29	30 Polish Sausage Peppers/Onions Fried Potatoes Baked Apples	31 Tu B'Shevat	<h1>January 2018</h1> <h2>Belpre Senior Center</h2> <h3>Menu</h3>		



## **INFORMATIVE PROGRAMS**

We always try to keep seniors updated about important services available to them by providing informative programming. We will have representatives here from O'Neill Center, APEX Physical Therapy, Belpre Fire Department, and Dr. Hawkins, DDS to speak about their respective services and what they provide for the community.

### **O'Neill Senior Center**

**Tues., Jan 2nd**

**11am**

Are you interested in traveling? Come and hear about O'Neill Center's line up of trips for 2018. Hillary and Nancy will be here to explain the process and answer any questions you may have about going on trips.



### **Back Pain Program**

**Thurs., Jan. 11th**

**11 am**

Are you or someone you know suffering from low back pain? Pain affects your mobility, your emotions and mood, your relationships, your rest and sleep, and your overall health. Laura Freed, MPT, from Apex Physical Therapy will be here to talk about ways to avoid and alleviate that frustrating pain. Come join us!!



### **Belpre Fire Department**

**Thurs., Jan., 18th**

**11 am**

Knowing what to do in the event of a fire is particularly important for older adults. At age 65, people are twice as likely to be injured by fires compared to the population at large. It's essential to take the necessary steps to stay safe. Please come to the Belpre Senior Center on Thursday, January 18th at 11am to meet a local firefighter and learn about the training and extra time they put in to make sure we are all safe.

### **Oral Health Program**

**Tues., Jan. 30th**

**11am**

Most people know that regular medical and dental check-ups are important. Most of us don't realize that the health of our mouth is important not only for our oral health, but for our overall health as well. The mouth is a window to the rest of the body. That's why maintaining good oral health is one of the smartest things you can do for your body. Come join us as a representative from Dr. Hawkins DDS speaks to us about our oral health.

## **PARTIES AND FUN**

One of the critical needs in the lives of Seniors is socialization. Many seniors live alone and isolation is not an uncommon problem. This critical need can seem difficult to remedy, but it can actually be an easy dilemma to solve. Our Center is all about having fun and socializing. We provide many opportunities for Seniors to come together and enjoy the company of others just like themselves. Check out the calendar of events, grab a friend and come join us for all the fun!

### **BIRTHDAY PARTY/THE BIRTH OF JAZZ**

**Tues., Jan 16th**

**11am**

Come join us as we look back to the early days of jazz music. We will listen to the sounds of Louis Armstrong and we may even see a special guest! Our birthday celebrations are a wonderful time of fun and fellowship.



### **Let's Make A Deal**

**Thurs., Jan 25th**

**11am**

Join us for a fun trip down game show memory lane. Bring a pocketful of odds and ends, you might be chosen to be a Trader! Watch out for ZONKS!!! It's sure to be a great time!!!



### **FRIDAY AFTERNOON AT THE MOVIES**

- **Jan. 5— Coat of Many Colors**
- **Jan. 12 — Last Chance Harvey**
- **Jan. 19 — Midnight in Paris**
- **Jan. 26—Breakfast at Tiffany's**

