

1614 Washington Boulevard
Belpre, OH 45714
740-423-6022
August, 2017

Belpre Senior Center

LINE DANCE SHOW
THURS., AUG. 1ST
11 AM



Come join us for some good old fashioned line dancing! Tina McPeck has been teaching line dancing since 2006 and has choreographed an energetic and exciting show featuring our own ladies the Rockin' Gold Line Dancers. This will be a lot of fun. Bring a friend and come on down!

CRAFT TIME
TUES., AUG. 8TH
1 PM



Have you heard about the newest fad spreading around the US lately? People of all ages are painting rocks and hiding them at parks and other public places around their towns for people to find. You can find hidden rocks all over your town and you never know when or where the next one will show up. Here at Belpre Senior Center we will be painting our own rocks to hide. Don't worry if you're not a painter or an artist. Just finding the fun painted treasures will bring a smile to someone's face! Call 740-423-6022 or stop by to see us to sign up.

MEDICARE INSURANCE PROGRAM
THURS., AUG. 10TH
11AM

Alicia Nighland from the Ohio Department of Insurance will be here at the Belpre Senior Center to discuss frequent problems or issues that are encountered, or upcoming changes to expect concerning Medicare. She will also be speaking about open-enrollment coming up soon so be sure to attend this important program.

Medicare



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

United Way



O'NEILL
Center
Enriching. Engaging. Empowering.

**Wizard of Oz Day
Birthday Party
Tues., Aug. 15th
11 am**



"We're off to see the Wizard, the wonderful Wizard of Oz." Today we honor the film's theatrical release along with celebrating our August birthdays. Come join us here at the Belpre Senior Center for a fun filled party!

**Diabetes Empowerment
Education Program (DEEP)
Wed., Aug., 16th**

Belpre Senior Center will be offering a six week class on diabetic education running from Aug. 16th through Sept. 20th. If you have been newly diagnosed with diabetes, are a caregiver for someone, or have had it for years, this class is for you. This program is chocked full of wonderful information. Call 740-423-6022 or stop in to see us for more information and to sign up.

**Art Center Program
Thurs., Aug. 17th
11 am**



During August, here at the Belpre Senior Center, we celebrate Art Appreciation Month. A representative from The Parkersburg Art Center will be here to speak to us about what the Art Center is all about and upcoming events we may be interested in attending. The Art Center is host to an array of activities geared toward all ages. Come see us at the Belpre Senior Center and see what new adventure awaits you.

**Alzheimer's Caregivers
Program
Tues., Aug. 21st
1 pm**



Are you caring for someone with dementia or Alzheimer's? Are you struggling? Susie Casto will be here to discuss the challenges you may be facing and ways to overcome them. This will be a very informative program so come out and see what we can do to help you.

**Blood Pressure Program
Thurs., Aug. 29th
11 am**

Do you know what your blood pressure numbers are and what they mean? First Choice Home Health will be here at the Belpre Senior Center to discuss how important our blood pressure is to our overall health. Come join us for this informative program.



**National Dog Day
Thurs., Aug. 24th
11 am**



Nancy Miller from Miller Prosthetics and Orthotics will be here with her therapy dog Keating on Thursday, August 24th. Keating's certification from Therapy Dogs International (TDI) is a result of a series of classes and intense personal training. Owners Mark & Nancy Miller rescued the amputee puppy two years ago from a shelter in Chattanooga, Tennessee. Keating is a regular fixture at their offices. He greets patients and shows them how happy and well-adapted he is with his artificial leg. Come join us as we celebrate National Dog Day and meet Keating!

**Labor Day Party
Thurs., Aug. 31st
11 am**



Labor Day is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country. One June 28, 1894, Congress passed an act making the first Monday in September of each year a legal holiday in the District of Columbia and the territories. Come celebrate the American worker with good food, fellowship, and enjoy the music of the Country Pickers!

**FRIDAY AFTERNOON AT
THE MOVIES**

- Aug. 4— **Sing**
- Aug. 11 — **Hachi**
- Aug. 18 — **Northern Exposure (4)**
- Aug. 25 — **Beauty and the Beast**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p style="text-align: center;">August 2017 Belpre Senior Center</p>		<p style="text-align: right;">1</p> 11am-Line Dance Show 11:45am-Lunch \$4 1pm-Cards/games 1pm-Crafts	<p style="text-align: right;">2</p> 10am-Chair Volleyball 1pm-Matter of Balance (last class) 1pm-Chair exercise 5:30pm-Low-Impact Aerobics	<p style="text-align: right;">3</p> 10am-BP Screening 10:30-Nickel Bingo 11:45am-Lunch \$4 1pm-Cards/games 3pm-Line Dance \$5	<p style="text-align: right;">4</p> 10am-Bible Discussion Group 11am-Cooking Club 1pm-Movie "Sing"	<p style="text-align: right;">5</p>
<p style="text-align: right;">6</p>	<p style="text-align: right;">7</p> 11am-Tai Chi 11:45am-Stretch & Strength 2pm-ChairVolleyball 5:30pm-Low-Impact Aerobics	<p style="text-align: right;">8</p> 11am-Club Meeting 11:45am-Lunch \$4 1pm-Cards/games 6pm-Nickel Bingo	<p style="text-align: right;">9</p> 10am-Chair Volleyball 1pm-Chair exercise 5:30-Low-Impact Aerobics	<p style="text-align: right;">10</p> 10am-BP/BS Screening 11am-Medicare Insurance Program 11:45-Lunch \$4 1pm-Bunco No Line Dance	<p style="text-align: right;">11</p> 10am-Bible Discussion Group 11am-Journaling 1pm-Movie "Hachi"	<p style="text-align: right;">12</p>
<p style="text-align: right;">13</p>	<p style="text-align: right;">14</p> 11am-Tai Chi 11:45am-Stretch & Strength 2pm-ChairVolleyball 5:30pm-Low-Impact Aerobics	<p style="text-align: right;">15</p> "Wizard of Oz Day" 10am-BP Screening 11am-Birthday party 11:45am-Lunch \$4 1pm-Cards/games	<p style="text-align: right;">16</p> 10am-Chair Volleyball 1pm-Chair exercise 1pm-DEEP Class 5:30pm-Low-Impact Aerobics	<p style="text-align: right;">17</p> 11am-Art Center Program 11:45am-Lunch \$4 1pm-Cards/games 3pm-Line Dance \$5 6pm-Nickel Bingo	<p style="text-align: right;">18</p> 10am-Bible Discussion Group 11am-Cooking Club 1pm-Movie "Northern Exposure Season 4"	<p style="text-align: right;">19</p>
<p style="text-align: right;">20</p>	<p style="text-align: right;">21</p> 11am-Tai Chi 11:45-Stretch & Strength 1pm-Alz Caregivers 2pm-ChairVolleyball 5:30pm-Low-Impact Aerobics	<p style="text-align: right;">22</p> 10am-BP Screening 10:30-Nickel Bingo 11:45am-Lunch \$4 1pm-Cards/games	<p style="text-align: right;">23</p> 10am-Chair Volleyball 1pm-Chair exercise 1pm-DEEP Class 5:30pm-Low-Impact Aerobics	<p style="text-align: right;">24</p> 10am-Elbin Hearing Center-Cleanings Only 11am-National Dog Day-Keating the Therapy Dog 11:45am-Lunch \$4 1pm-Bunco 3pm-Line Dance \$5	<p style="text-align: right;">25</p> 10am-Bible Discussion Group 11am-Journaling 1pm-Movie "Beauty and the Beast"	<p style="text-align: right;">26</p>
<p style="text-align: right;">27</p>	<p style="text-align: right;">28</p> 11am-Tai Chi 11:45am-Stretch & Strength 2pm-ChairVolleyball 5:30pm-Low-Imapct Aerobics	<p style="text-align: right;">29</p> 10am-BP Screening 11am-BP Program 11:45am-Lunch \$4 1pm- Cards/games	<p style="text-align: right;">30</p> 10am-Chair Volleyball 1pm-Chair exercise 1pm-DEEP Class 5:30pm-Low-Impact Aerobics	<p style="text-align: right;">31</p> 11am-Labor Day Party-Country Pickers 11:45pm-Lunch \$4 1pm-Cards/games 3pm-Line Dance \$5	<p>The Belpre Senior Center 1614 Washington Blvd. Belpre, Ohio 45714 (740)423-6022 Becky Hennen-Manager rhennen@oneillcenter.com</p>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
 <p style="text-align: center;">August 2017 Belpre Senior Center</p>		1 Meatloaf Scalloped Potatoes Peas and Carrots Dessert	2	3 Chicken Alfredo Salad Baked Apples Dessert	4	5		
		6	7	8 Lasagna Salad Watermelon Slice Dessert	9	10 Hamburgers Pasta Salad Berry Cobbler Chips	11	12
		13	14	15 Ground Beef Steak & Gravy Mashed Potatoes Green Beans Dessert Birthday Cake	16	17 Pancakes Sausage Gravy Biscuits Eggs	18	19
		20	21	22 Spaghetti Salad Zucchini Dessert	23	24 Hot Dogs Baked Beans Macaroni Salad Chips Dessert	25	26
		27	28	29 Pulled Pork BBQ Sandwich Cole Slaw Tater Tots Dessert	30	31 Baked Chicken Mashed Potatoes And Gravy Peas and Carrots Dessert	<p style="text-align: center;">Belpre Senior Club provides lunches@11:45am for seniors 55 and over, cost \$4. Call 740-423-6022 BEFORE 10am for local van transportation</p>	

