

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

Belpre Senior Center

BELPRE HIGH SCHOOL HAND BELLS THURS., DEC., 7TH 10:30AM



The Belpre High School's Hand Bell Choir will be joining us on December 7th at 10:30am with the sounds of Christmas. We would like to thank the High School Students for their hard work and for sharing their talents with the seniors. A special thanks to the teachers and chaperones who make it possible. We would also like to thank Mr. Van Pelt, the Belpre High School music director! Come out and join us for this beautiful music.

ALZHEIMER'S CAREGIVER SUPPORT GROUP MON., DEC. 11TH 1PM

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 support group is a wonderful source of information so come out and see what we can do to help you.

CHRISTMAS SING-A-LONG TUES., DEC. 12TH 11:15AM



Thanksgiving is over so it's time to get into the Christmas Spirit! All of us here at the Belpre Senior Center thought a Sing-A-Long would be the perfect way to bring the holiday spirit to all. Everyone is welcome to sing or just listen to let the spirit of Christmas into their hearts.

BELPRE 3RD GRADE CHRISTMAS CAROLING THURS., DEC. 14TH 10AM

The Belpre Seniors are looking forward to the Belpre Elementary 3rd Grade Students caroling for us on Thursday, December 14th at 10:00am. It will be a fun time to listen to these children sing for us. Thanks to all-from teachers to bus drivers and chaperones who make it possible for the children to provide such joy for our seniors.



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**



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

December 2017 Belpre Senior Center

								<p>1 10am-Bible Discussion 11am-Journaling 1pm-Movie-"Bells of St. Mary's"</p>		<p>2</p>	
<p>3 11am-Tai Chi 11:45am-Stretch and Strength 2pm-Chair Volleyball 5:30pm-Low Impact Aerobics</p>		<p>4 10am-BP Screening 10:30am-Nickel Bingo 11:45am-Lunch \$4 1pm-Cards/Games</p>		<p>5 10am-Chair Volleyball 1pm-Chair Exercise 5:30pm-Low Impact Aerobics</p>		<p>6 10:30am-Belpre HS Hand Bells 11:45am-Lunch \$4 1pm-Cards/Games <i>NO LINE DANCE</i></p>		<p>7 10am-Bible Discussion 1pm-Movie-"Silent Night"</p>		<p>8 9</p>	
<p>10 11am-Tai Chi 11:45am-Stretch and Strength 1pm-Alz Support Group 2pm-Chair Volleyball 5:30pm-Low Impact Aerobics</p>		<p>11 11am-Club Meeting 11:15am-Christmas Sing Along 11:45am-Lunch \$4 1pm- Crafts 1pm-Cards/Games 6pm-Nickel Bingo <small>First Day of Hanukkah</small></p>		<p>12 10am-Chair Volleyball 1pm-Chair Exercise 5:30pm-Low Impact Aerobics</p>		<p>13 10am-3rd Grade Singers 10:30am-Line Dancer's Show 11:45am-Lunch \$4 1pm-Cards/Games 1pm-Bunco</p>		<p>14 10am-Bible Discussion 10am-Cooking Club (Cookies) 1pm-Movie-"Silver Bells" (Bob Hope)</p>		<p>15 16</p>	
<p>17 11am-Tai Chi 11:45am-Stretch and Strength 2pm-Chair Volleyball 5:30pm-Low Impact Aerobics</p>		<p>18 10am-BP Screening 11am-Birthday Party 11:45am-Lunch \$4 1pm-Cards/Games</p>		<p>19 10am-Chair Volleyball 1pm-Chair Exercise 5:30pm-Low Impact Aerobics</p>		<p>20 11am-Christmas Celebration/Dinner 1pm-Cards/Games 6pm-Nickel Bingo <i>NO LINE DANCE</i> <small>Winter Begins</small></p>		<p>21 10am-Bible Discussion 1pm-Movie-"Miracle on 34th Street"(1947)</p>		<p>22 23</p>	
<p>24 Closed for the Holiday <small>Christmas Day</small></p>		<p>25 Closed for the Holiday <small>Kwanzaa Begins</small></p>		<p>26 10am-Chair Volleyball 1pm-Chair Exercise <i>NO AEROBICS</i></p>		<p>27 New Year's Party 10:30am-Bingo 11:45am-Lunch \$4 1pm-Bunco 1pm cards/games <i>NO LINE DANCE</i></p>		<p>28 10am-Bible Discussion 1pm-Movie-"An Affair to Remember"(1957)</p>		<p>29 30</p>	
<p>31 <small>New Year's Eve</small></p>		<p>Belpre Senior Center- 1614 Washington Blvd Belpre, Ohio 45714 740-423-6022 Have a Merry Christmas and a Happy New Year!</p>									

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

December 2017

Belpre Senior Center

						1	2
3	4	5 Chili Grilled Cheese Cole Slaw Dessert	6	7 Polish Sausage Peppers & Onions Fried Potatoes Dessert	8	9	
10	11	12 BBQ Pork Sandwich Baby Bakers Creamed Tomatoes Dessert <small>First Day of Hanukkah</small>	13	14 Meatloaf Mashed Potatoes & Gravy Corn Dessert	15	16	
17	18	19 Birthday Party Spaghetti Salad Garlic Bread Birthday Cake	20	21 Baked Steak Mashed Potatoes & Gravy Lima Beans Dessert <small>Winter Begins</small>	22	23	
24	25 <small>Christmas Day</small>	26 Closed for the Holiday <small>Kwanzaa Begins</small>	27	28 New Year's Eve Party Pork & Sauerkraut Mashed Potatoes & Gravy Dessert	29	30	
31 <small>New Year's Eve</small>	<p>Belpre Senior Club provides lunches @11:45am for Seniors 55 and over; cost is \$4. Call 740-423-6022 BEFORE 10:00am for local van transportation.</p>						

Rockin' Gold Line Dancers

Thurs., Dec. 14th

10:30 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 Dancers. They have been working hard *every Thursday at 3pm* to learn these dances. If you are interested in joining them, the Line Dancing classes will resume on the first Thursday in January (4th). This will be a lot of fun, come on down!

BIRTHDAY PARTY/"THE MUSIC MAN"

Tues., Dec. 19th

11 am

Come join us as we celebrate our December birthdays and reminisce about "The Music Man". This year marks the 60th anniversary of the musical's Broadway release. Who remembers the Andy Griffith Show actor that was in the film version? Do you remember the song "Seventy-six Trombones"? Or "The Wells Fargo Wagon"? Our birthday parties are always a fun time of food and fellowship

CHRISTMAS CELEBRATION AND LUNCH

Thurs., Dec., 21st

11 am

Come celebrate Christmas with us at the Senior Center with music, fun, and refreshments, followed by lunch. Our lunch has a limited number of people that we can serve so **don't forget to RSVP!** Our cutoff date for signing up for the dinner is the 14th of December.

Nickel Bingo/Christmas Party

Thurs., Dec. 21st

6 pm

The Bingo players will be having a casual Christmas party starting at 5pm on December 21st. Bingo will start at 6pm. Bring a plate of sandwiches or your favorite snack to share with your fellow player.

NEW YEAR'S EVE PARTY/BINGO

Thurs., Dec. 28th

10:30 am

Come help us count down to noon in anticipation of the New Year and play some Nickel Bingo. The New Year is always a good time of reflection. We here at the Belpre Senior Center wish all of you a safe, happy, and prosperous New Year!

Reminders:

- Snow Policy: If Belpre City Schools are closed, the Center is CLOSED, all activities are cancelled and NO MEALS are available. We will have WTAP list the Belpre Senior Center as closed on the school and community center closings scrolling list. We will change our phone message to reflect that we are closed due to inclement weather. That number is **(740) 423-6022**.
- The Center will be closed for the Holidays on December 25th and December 26th and also on January 1st.

Christmas is in the air! From all of us here at the Belpre Senior Center we want to wish you all the joy, hope and wonder of the season. Have a safe and happy holiday season!

Come join us on Fridays for movie time. We have just acquired a new 70" Smart TV through the generosity of the Belpre Area Community Development Foundation Grant. Many thanks to them for supporting the Belpre Senior Center! We would also like to thank Seth from "Stonerise at Home" for helping with the installation and for always supplying us with popcorn for our movies!

FRIDAY AFTERNOON AT THE MOVIES

- Dec. 1— Bells of St. Mary's
- Dec. 8 — Silent Night
- Dec. 15 — Silver Bells
- Dec. 22—Miracle on 34th Street
- Dec. 29—An Affair

to Remember

