

1614 Washington Boulevard

Belpre, OH 45714

740-423-6022

October, 2017

Belpre Senior Center

MUSIC WITH BOB MARTIN &

COUNTRY STORE

TUES., OCT. 3RD

11AM

Come join us at the Belpre Senior Center for the wonderful music of Bob Martin! Who doesn't enjoy music?!? Music has several health benefits. It can help reduce depression, increase lung capacity, lower blood pressure, improve recovery from a stroke, improve memory, and can even help relieve pain. While listening to the sounds of music, shop our country store to find a new treasure!

MATTER OF BALANCE

WED., OCT. 4TH

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 award-winning program designed to manage falls and increase activity levels. The class runs for 2 hours every Wednesday 1:00 pm—3:00 pm from October 4th through November 22nd. Please RSVP at the Belpre Senior Center or call (740) 423-6022.

MEDICARE OPEN ENROLLMENT &

PART D PROGRAM

TUES., OCT. 10TH

11AM

The annual enrollment period (open enrollment) begins Oct. 15th. This is the one time of year when all people with Medicare can make changes to their Medicare health and prescription drug plans for the next year. Robin from the O'Neill Center will be here to discuss Medicare open enrollment and Part D coverages. This will be a very informative program so make sure you join us here at the Belpre Senior Center.



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**



Enriching. Engaging. Empowering.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 11am-Tai Chi 11:45am-Stretch and Strength 2pm - Chair Volleyball 5:30pm-Low Impact Aerobics	2 11am-Tai Chi 11:45am-Stretch and Strength 2pm - Chair Volleyball 5:30pm-Low Impact Aerobics	3 10am-BP Screening 11am-Music with Bob Martin 11am-Country Store 11:45am-Lunch \$4 1pm-Cards/Games	4 10am-Chair Volleyball 1pm – Chair Exercise 1pm-Matter of Balance Class 5:30pm – Low Impact Aerobics	5 10:30am-Nickel Bingo 11:45am-Lunch \$4 1pm-Cards/Games 3pm-Line Dance\$5	6 10am-Bible Discussion 11am-Cooking Club 1pm-Movie “Max2-White House Hero”	7
8 11am-Tai Chi 11:45am-Stretch and Strength 2pm-Chair Volleyball 5:30pm-Low Impact Aerobics <small>Columbus Day (US) Thanksgiving Day (Canada)</small>	9 11am-Tai Chi 11:45am-Stretch and Strength 2pm-Chair Volleyball 5:30pm-Low Impact Aerobics	10 10am-BP Screening 11am-Club Meeting 11am-O’Neill Medicare Program 11:45am-Lunch \$4 1pm-Cards/Games 1pm-Craft 6pm-Nickle Bingo	11 10am-Chair Volleyball 1pm – Chair Exercise 1pm-Matter of Balance Class 5:30pm – Low Impact Aerobics	12 9am-12pm-Flu Clinic 11am-Fire Safety 11:45am-Lunch \$4 1pm-Cards/Games 1pm-Bunco 3pm-Line Dance\$5	13 10am-Bible Discussion 11am – Journaling 1pm-Movie”The Ghost and Mr. Chicken” 5:30pm – BAM Thrift Store Fashion Show and Dinner	14
15 11am-Tai Chi 11:45am-Stretch and Strength 2pm - Chair Volleyball 5:30pm-Low Impact Aerobics	16 11am-Tai Chi 11:45am-Stretch and Strength 2pm - Chair Volleyball 5:30pm-Low Impact Aerobics	17 11am-Birthday Party/Italian Tuesday 11:45am-Lunch \$4 1pm-Cards/Games	18 10am-Chair Volleyball 1pm – Chair Exercise 1pm-Matter of Balance Class 5:30pm – Low Impact Aerobics	19 10am-BP/BS Screening 11am-Nursing home vs. Assisted living 11:45am-Lunch \$4 1pm-Cards/Games 3pm-Line Dance\$5 6pm-Nickle Bingo	20 10am-Bible Discussion 11am-Cooking Club 1pm-Movie”Northern Exposure Season 4”	21
22 11am-Tai Chi 11:45am-Stretch and Strength 2pm – Chair Volleyball 5:30pm-Low Impact Aerobics	23 11am-Tai Chi 11:45am-Stretch and Strength 2pm – Chair Volleyball 5:30pm-Low Impact Aerobics	24 10am-BP Screening 10:30am-Nickel Bingo 11:45am-Lunch \$4 1pm-Cards/Games	25 10am-Chair Volleyball 1pm – Chair Exercise 1pm-Matter of Balance Class 5:30pm – Low Impact Aerobics	26 11am-First Settlement PT ”Get to Know Us” 11:45am-Lunch \$4 1pm-Bunco 1pm-Cards/Games 3pm-Line Dance\$5	27 10am-Bible Discussion 11am-Journaling 1pm- “Heart to Heart” Harp Concert	28 9am-2pm Washington County Sheriff’s Dept. “Drug Take Back Day”
29 11am-Tai Chi 11:45am-Stretch and Strength 2pm – Chair Volleyball 5:30pm-Low Impact Aerobics	30 11am-Tai Chi 11:45am-Stretch and Strength 2pm – Chair Volleyball 5:30pm-Low Impact Aerobics	31 10am-BP Screening 11am-Halloween Party 11:45am-Lunch \$4 1pm-Cards/Games <small>Halloween</small>	 <h1 style="margin: 0;">October 2017</h1> <h2 style="margin: 0;">Belpre Senior Center</h2>			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Pork Fritters Mashed Potatoes With Gravy Peas/Carrots Dessert	4	5 Meatloaf Mashed Potatoes With Gravy Green Beans Dessert	6	7
8	9	10 Salmon Cakes World's Best Mac and Cheese Cole Slaw Baked Beans Dessert	11	12 Chili Grilled Cheese Pasta Salad Dessert	13	14
15	16 <small>Columbus Day (US) Thanksgiving Day (Canada)</small>	17 Lasagna Salad Bread Dessert	18	19 Beef Stew Biscuits Cole Slaw Cheese Stick Dessert	20	21
22	23	24 Polish Sausage Peppers/Onions Fried Potatoes Biscuits Baked Apples	25	26 Spaghetti Salad Bread Dessert	27	28
29	30	31 Spooky Good Chicken and Noodles Mashed Potatoes Peas/Carrots Orange Jello				

Flu Clinic
Thurs., Oct. 12th
9 am



According to the Center for Disease Control and Prevention (CDC), people 65 years and older are at greater risk of serious complications from the flu because often immune defenses become weaker with age. So your first act of prevention is to **Get A Flu Vaccination**. Thanks to the Washington County Health Department for offering the clinic at the Belpre Senior Center on **Thursday, October 12th** from **9am–12pm**. They ask that people bring their Medicare and insurance card to the screening if they have one. **Sign up today!**

Fire Safety Month
Thurs., Oct., 12th
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, October 12th at 11:00 am to meet a local firefighter and hear what he has to say about fire prevention and ways to stay safe.

Belpre Area Ministries (BAM) Thrift Store Fashion Show & Dinner
Fri., Oct. 13th
5:30 pm

Come for dinner and stay for the Thrift Store Fashion Show. You may see a ghost or goblin being that it is Friday the 13th! Bring a canned food item for BAM and dinner is Free! Please RSVP @ 740-423-6022.



Birthday Party/Italian Tuesday
Tues., Oct. 17th
11 am

Mama Mia! Come join us at the Belpre Senior Center as we transform our dining room into an Italian Bistro to celebrate our October Birthdays. This will be a delicious and fun day of celebration and fellowship. ***A tavola non si invecchia***—Italian proverb. *Translation: At the table with good friends and family you do not become old.*

MARIETTA CENTER
Thurs., Oct. 19th
11 am

Do you know the difference between a nursing home and an assisted living facility? Most people don't. Amy Bortell from Marietta Center will be here to explain the differences to us, and to talk about the different financial options available. Come join us, this will be a very informative program!



First Settlement Physical Therapy
Get to Know Us

Thurs., Oct. 26th
11 am

First Settlement Physical Therapy will be here to speak about their new building location and what services they provide. This will be a wonderful opportunity for you to ask questions and get to know who they are and what they do. Come join us!



“Heart to Heart” Harp Concert
Fri., Oct. 27th
1 pm

What is a harp? Is it the instrument played by angels floating on clouds? Or is it that tall, golden, half-hidden thing in the symphony orchestra? Maybe it's that squat and broad instrument in an Irish band or the stringed instrument accompanying an African storyteller? The harp, in fact, is all those things. Come join us at the Belpre Senior Center to hear the sweet sounds of the “Heart to Heart” Trio with the harp, cello and flute players. Coffee, tea and cookies will be provided. Everyone is welcome!

Halloween Party—October is Boo-tiful!
Tues., Oct. 31st
11am

Attention all ghosts and goblins! You are invited to our Boo-tiful Halloween Party! This is a time to be your Boo-tiful self! Come join us for a frightfully good bash! Wear your best costume for our fun monster mash!

FRIDAY AFTERNOON AT THE MOVIES

- Oct. 6— Max 2; White House Hero
- Oct. 13 — The Ghost & Mr. Chicken
- Oct. 20 — Northern Exposure (Season Four)
- Oct. 27 — No Movie

