

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

## Belpre Senior Center

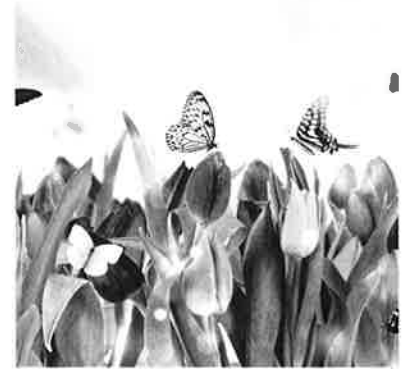
### O'NEILL CENTER TALKS ABOUT BOOMFEST 2018

MAR., 6TH

11 AM



Hillary from the O'Neill Center will be here to talk to us about a fun and exciting fundraiser for the O'Neill Center. There will be a country music concert featuring up and coming local country music artists at the People's Bank Theater in Marietta. Hillary will be here to give us all the details and to talk about some other exciting events coming soon.



### BELPRE FIRE DEPARTMENT

Mar., 8TH

11 am

Our Belpre Volunteer Fire Department will be joining us here at the **Belpre Senior Center** on March 8th at 11am to speak with us about fire safety and prevention and to explain to us what kind of training our volunteers must go through. They will be demonstrating the use of their gear and the rigorous routine they must go through when they are called out. Our volunteers are an extremely important part of our community, please come out to meet with them and thank them for their service.



### INCLEMENT WEATHER

#### Friday Afternoon Movies

- Mar. 2—Murder on the Orient Express
- Mar. 9—Wonder
- Mar. 16—the Greatest Showman
- Mar. 23—Fried Green Tomatoes
- Mar. 30—The Secret Scripture

## St. Patrick's Day Party

Thurs., Mar. 15TH

11 am

Let's ShamROCK! Put on some green and join us for a St. Patrick's Day celebration of all things Irish. We will be having Leprechaun Floats and all the goodies found at the end of a Rainbow. Come join us for all the fun at the **Belpre Senior Center** on Thursday, March 15th @ 11 am.

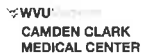


## Camden Clark Community Forum

Tues., Mar. 19th

6 pm

Don't miss Camden Clark Medical Center's Community Forum March 19<sup>th</sup>. Hear from the hospital's Senior Leadership about changes and innovations in healthcare, and Janice Midcap, the hospital's Chief Experience Officer, will talk about the Patient and Family Centered Care Approach to healthcare at CCMC. Closing remarks will be made by one of the hospital's expert medical doctors. Dinner begins at 6 p.m. RSVP by calling (740) 423-6022.



## Birthday Party

Tues., Mar. 20th

11 am

This month marks Oreó's 106th birthday. They make us here at the **Belpre Senior Center** seem like young'uns. Come join us as we celebrate our March birthdays and enjoy some Oreó's and milk.



## Wound Care Program

Thurs., Mar. 22nd

11 am

Denial and fear are the major factors as to why those affected with wounds hesitate to get the attention they need. Many cannot distinguish how far their wounds have progressed until it is too late. A wound care specialist will be here on Mar. 22nd to speak with us about wounds and wound care. This will be a very helpful and informative program. Come join us!



### FITNESS & DANCE

CHI WALKING (FREE)-MONDAYS @ 10AM  
BEGINNING TAI CHI (FREE)-MONDAYS @ 10AM  
TAI CHI (FREE) -MONDAYS @ 11AM  
CHAIR VOLLEYBALL (FREE) - MON@ 2PM & WED@ 10AM  
STRETCH & STRENGTH (FREE) - MONDAYS @ 11:45AM  
CHAIR EXERCISE (FREE) - WEDNESDAYS @ 1PM  
LOW-IMPACT AEROBICS (DONATIONS) -MON AND WED @ 5:30PM  
LINE DANCING (\$5) - THURSDAYS @ 3PM

## Diabetes Education

TUES., MARCH 27TH

1 PM

The Marietta Memorial Hospital Diabetes Education Center in partnership with the Belpre Senior Center will be offering the 2nd session of diabetes education from 1:00pm—2:00pm at the Belpre Senior Center on March 27th. The topic will be Growing Healthier with speaker Sue Reed, RN. RSVP today! (740)423-6022



## Future Dates and Topics:

**May 22nd**—Spice Up Your Favorite Recipes

**July 24th**—Heating Up the Grill

**Sept. 25th**—Moving With the Seasons

**Nov. 27th**—Keeping the Holidays Happy

## Easter Party

Thurs., Mar. 29th

11am

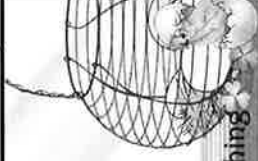
Here comes Peter Cottontail, Hoppin' down the bunny trail, Hippity hoppity, Easter's on its way. Hop on over to the **Belpre Senior Center** as we celebrate Easter with food, fun, and a bunny race. Come join us on **Thursday, March 24th @ 11 am.**



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

# March 2018

## Belpre Senior Center



May your troubles be less and your blessings be more and nothing but happiness come through your door... Irish Blessing

<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
10am-Chi Walking 11am-Tai Chi 11:45am-Stretch and Strength 2pm-Chair Volleyball 5:30pm-Low Impact Aerobics	11am-O'Neill Program 11:45am-Lunch(\$4) 1pm-Cards/Games 6pm-Nickel Bingo	10am-Chair Volleyball 1pm-Chair Exercise 1pm-Matter of Balance 5:30pm-Low Impact Aerobics	10am-BP/BS Screening 11am-Belpre Fire Department 11:45am-Lunch(\$4) 1pm-Bunco 1pm-Cards/Games 3pm-Line Dance(\$5)	10am-Bible Discussion Group 11am-Journaling 1pm-Movie "Wonder"	10am-Bible Discussion Group 11am-Cooking Club 1pm-Movie "Murder on the Orient Express"	
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
10am-Chi Walking 10am-Beginning TaiChi 11am-Tai Chi 11:45am-Stretch and Strength 2pm-Chair Volleyball 5:30pm-Low Impact Aerobics	10am-BP Screening 11am-Club Meeting 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Craft	10am-Chair Volleyball 1pm-Chair Exercise 1pm-Matter of Balance 5:30pm-Low Impact Aerobics	11am-St. Patrick's Party 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5) 6pm-Nickel Bingo	10am-Bible Discussion Group 11am-Cooking Club 1pm-Movie "The Greatest Showman"		
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
Day/Light Saving Time Begins	10am-Chi Walking 10am-Beginning TaiChi 11am-Tai Chi 11:45am-Stretch and Strength 2pm-Chair Volleyball 6pm-Camden Clark Community Forum	10am-BP Screening 11am-Birthday Party 11:45am-Lunch(\$4) 1pm-Cards/Games	10am-Chair Volleyball 1pm-Chair Exercise 1pm-Matter of Balance 5:30pm-Low Impact Aerobics	11am-Wound Care Program 11:45am-Lunch(\$4) 1pm-Bunco 1pm-Cards/Games 3pm-Line Dance(\$5)	10am-Bible Discussion Group 11am-Journaling 1pm-Movie "Fried Green Tomatoes"	St. Patrick's Day
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
Palm Sunday	10am-Chi Walking 10am-Beginning TaiChi 11am-Tai Chi 11:45am-Stretch and Strength 2pm-Chair Volleyball 5:30pm-Low Impact Aerobics	10am-BP Screening 10:30pm-Nickel Bingo 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Diabetic Support Group	10am-Chair Volleyball 1pm-Chair Exercise 5:30pm-Low Impact Aerobics	11am-Easter Party 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5)	10am-Bible Discussion Group 1pm-Movie "The Secret Scripture"	First Day of Passover Good Friday

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# March 2018

## Belpre Senior Center

Belpre Senior Club provides lunches @11:45 for only \$4 for seniors 55 and over. Call 740-423-6022 BEFORE 10am for local van transportation.

5	6	7	8	9	10	11
	Calico Bean/Gr. Beef Casserole Sweet Potatoes Hot Roll Applesauce Dessert	Calico Bean/Gr. Beef Casserole Sweet Potatoes Hot Roll Applesauce Dessert		Open Faced Turkey Sandwich Mashed Potatoes Green Beans Dessert		
12	13	14	15	16	17	18
	Beef Stew Biscuits Coleslaw Sliced Apples Dessert	Beef Stew Biscuits Coleslaw Sliced Apples Dessert		<b>St. Patrick's Day Party</b> Meat Loaf Scalloped Potatoes Green Beans Dessert		
19	20	21	22	23	24	25
	<b>Birthday Party</b> Spaghetti Bread Salad Fruit & Jello Dessert	<b>Birthday Party</b> Spaghetti Bread Salad Fruit & Jello Dessert		Chicken Breast Wrap Macaroni Salad Fruit Dessert	St. Patrick's Day	
26	27	28	29	30	31	
	Hamburgers Potato Soup Applesauce Dessert	Hamburgers Potato Soup Applesauce Dessert		Hot Dogs/sauce Mac and Cheese Fruit Dessert		