



JANUARY • FEBRUARY
2019

A Unit of the National Council on Aging



Center

HELPING AREA SENIORS LIVE HIP: HEALTHY, INDEPENDENT AND PRODUCTIVE

SNOW ICE CREAM

Northern Ohio
Wine & Cheese Tour



Ins and Outs of
WINDOWS 10



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O'Neill Center
333 Fourth Street
Marietta, Ohio 45750
(740) 373-3914

Find us on **facebook**

www.facebook.com/oneillcenter

A Unit of the National Council on Aging



Funded (in part) by a Title III grant of the Older Americans Act administered by the Ohio Department of Aging through the Buckeye Hills Area Agency on Aging, Washington County Senior Service Levy, United Way and Contributions. The O'Neill Senior Center is non-discriminatory in services and employment and our facilities are accessible to the handicapped.



The O'Neill Center is very fortunate to have such a strong and dedicated Board of Trustees. Each member of the board serves on several committees and volunteers their time, talent and treasure to assure that O'Neill Center can meet the needs of older residents of Washington County.

2018-2019 BOARD OF TRUSTEES

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Committed to Equal Service Access

The O'Neill Center will provide equal opportunity in service access and delivery to all potential or actual clients without regard to race, color, religion, national origin, sex, disability or ability to pay.



To book a trip or for complete details on upcoming trips please contact the O'Neill Center at 373-3914.

A special thank you to Lowe's of Marietta for allowing us to use their parking for our bus trips. Without the donation of the parking area our charter bus travel would not be possible.

Wheeling Island Casino - Jan. 23 - \$38 Free play and your favorite lunch spot, Mehlman's Cafeteria equals a fun day away.

Meadows Casino - Feb. 25 - \$40 Includes free play.

Mardi Gras Casino, Cross Lanes, WV - March 19 - \$40 Includes free play

Mountaineer Casino & Resort - April 15-16 - \$100 per person for double occupancy. Free food voucher and free slot play.

Northern Ohio Wine & Cheese Tour - April 25 - \$72 Enjoy a day at Amish Country, stopping at Baltic Mill Winery, Millers Dutch Kitchen, Yellow Butterfly, Pearl Valley Cheese, and ending our day at Raven's Glen for Wine & Dinner.

Nautica Queen - May 7 - \$80 You'll enjoy a delicious meal while cruising along Cleveland's waterfront. An unlimited buffet meal and musical entertainment are included.

Outer Banks - May 20 - 23 - \$689 per person for double occupancy. This 4 day/3 night trip includes: 3 Breakfasts and 3 Dinners including 1 seafood Dinner. We will explore Lighthouses, Currituck Heritage Park, Roanoke Aquarium, Elizabethan Gardens, Wright Brothers National Memorial, and Elizabeth II, an English Merchant Vessel.

Wheeling Island - May 29 - \$38 Free play and your favorite lunch spot, Mehlman's Cafeteria equals a fun day away.

The Wilds - June 5 - \$80 A trip through the Wilds is always a fun getaway with a lunch buffet on the veranda and you have a day that you will remember.

Ladies & Mansions - June 19 - \$82 Our morning starts at the First Ladies Museum in Canton, Ohio including the Ida Saxton McKinley Historic Home. After lunch included at the Stan Hewitt Mansion gardens we will explore the former estate of E.A. Seiberling co-founder of the Goodyear Tire & Rubber Co. with an afternoon at the Stan Hewitt Mansion.

Meadows Casino and Racetrack - June 24 - \$40 Free play and live horse racing is planned for this day.

Hudson Valley, NY - July 8-11 - Visit West Point, Sleepy Hollow, and sightseeing cruise on the Hudson River, Historic Hydt Park, Vanderbilt Mansion and a local Hudson Valley Winery. \$799.00 per person for dbl occupancy, \$999.00 single.

Southern Ohio Tour, July 17 - \$64 - Start our morning with a leisurely walk in Ash Cave in Logan. Explore the Dutch Creek Winery, Athens' Dairy Barn Art Center, and enjoy your included lunch along the way.

Scioto Downs Casino, Columbus, Ohio July 24 - \$40 - Free play in this smoke free casino is included.

Mystery Tour, August 12 - \$75 - This tour includes 4 tours, 1 lunch and a river experience, that's all we can tell you about this filled day. Your surprise awaits! Come join the fun on this mystery tour!

Kentucky Bluegrass Tour, September 16-19 - \$675 double occupancy - This 4 day, 3 night Kentucky stay includes a dinner cruise on the Belle of Louisville, lunch buffet at Boone Tavern, Kentucky Horse Park and Museum, guided tours of Berea College, including the Log House Craft Gallery, Appalachian concert, Louisville Slugger Museum & Factory, and Bluegrass distillers in Lexington.

**Dates and some pricing may change due to availability. A deposit on any trip will hold your space, all final payments are due 6 weeks before the trip takes place.*

FITNESS & DANCE

Fun & Fit (\$12/month)

Mondays, Wednesdays, & Fridays
11:30 a.m.-Noon

Basic Steps of Line Dance (\$5/class)

Tuesdays Beginners 9:30-10:30 a.m.

Thursdays Beginners 6:30 p.m.

Thursdays Intermediate 7:30 p.m.

Square Dance (\$5/class)

Tuesdays, 7:00 p.m.

Chair Volleyball (Free)

Mondays, Wednesdays, & Fridays
10-11 a.m.

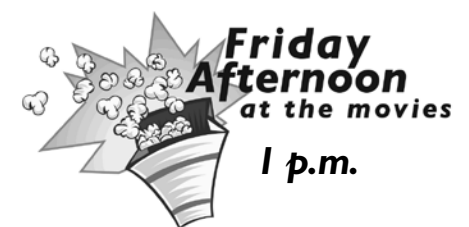
POUND (\$5/class or \$25/6 class pass)

Wednesdays, 1 p.m.

Tai Chi Wednesdays, 2:30pm, Free

Zumba Tuesdays & Thursdays,
5:45p.m., \$25 for 6 classes

Tap-N- Burn (\$5/class or \$25/6 class pass) Fridays, 1 p.m.



O'Neill Center

Sponsored by Heartland of Marietta

Jan. 4 Show Dogs **PG**

Jan. 11 Chappaquiddick **PG-13**

Jan. 18 I feel Pretty **PG-13**

Jan. 25 Going in Style **PG-13**

Feb. 1 The Book of Henry **PG-13**

Feb. 8 Breathe **PG-13**

Feb. 15 Beauty and the Beast **PG**

Feb. 22 Frantz **PG-13**

Events

O'Neill Center

Broughton Computer Lab

Open to seniors:

Mon, Tues, and Thurs: 8 a.m.-7 p.m.

Wed and Fri: 8 a.m.-4 p.m.

Closed holidays. Call the O'Neill Center for our schedule of upcoming computer classes.

Table Games

Bridge: Tuesdays at 1 p.m.

Euchre: Wednesdays at 1 p.m.

Senior Bingo: Thursdays at 9:45 a.m. and 3rd Monday at 5 p.m.

Hand & Foot Cards: Thursdays at 1 p.m.

Tai Chi

Wednesdays • 2:30 p.m.

For many seniors seeking a way to get low-impact exercise that improves health and requires no special equipment, Tai Chi is an excellent solution. Because Tai Chi can be done indoors or out, and as a group activity or by yourself, it suits both people who like to work out alone at home and those who prefer to get their exercise in a social setting.

Healthy U

Jan. 14 • 12:30 - 2:30 p.m. for 6 weeks.

Start the New Year off with a healthy resolution. Taking control of your chronic disease and managing your health is a great way to keep your new year on the right track. About 80% of older adults have at least one chronic disease and 68% have at least two. Many adults with conditions such as arthritis, asthma, diabetes, lung disease, heart disease, stroke, osteoporosis, and others struggle to find ways to manage their condition. Chronic Disease Self-Management education can help. This 6 week course is led by 2 trained coaches and will include a snack break during the 2 hour class. Class size is limited so register soon.

Traveler's Passport

Jan. 7 & Feb. 4 • 1 p.m.

Come in and receive your passport to fun travels. We will explore America



Please join us for
SNOW ICE CREAM
January 28 @ 1:00 pm

as well as the world. Each month we will travel to a new location, (through travels of others). See souvenirs of that region and learn a little more about the world around us from those who have explored various areas. Please call to reserve your space so that we have enough "passports" ready.

Trivia Night

Jan. 7 • 5 p.m.

How good is your memory? Trivia night will put you to the test. We will put you into teams and ask a series of questions on television shows. The team with the most correct answers will win. We will have pizza and soda for the trivia night. So come laugh, eat, and test your memory. \$5.00 per person needs to be prepaid. Call the O'Neill Center to reserve your spot so we have enough pizza and soda.

TED Talks

Jan. 14 & Feb. 11 • 1 p.m.

Join us for TED Talks ideas worth spreading. TED talks is used all over in businesses and colleges. They are short powerful speeches that cover a wide range of topics. The presentations are roughly 18 minutes or less per speech. We will be showing several different TED Talks. Let's have fun watching and learning from these inspirational speakers.

Snow Ice Cream

Jan. 28 • 1 p.m.

Let's enjoy the winter right by making snow ice cream! This will be a fun and interactive activity. We will provide all the supplies needed for this activity. Everyone will be able to make their own ice cream. Once you are done, it's yours to enjoy. No need to worry if there isn't any snow. We have a recipe to make the ice cream. Please call the O'Neill Center to reserve your spot.

Valentine's Day Craft Fun

Jan. 30 • 1 p.m.

Come in to create a Valentine's Day cup coaster. This activity includes easy sewing to make a very nice little gift that can be mailed to a loved one. \$5.00 will cover supplies & instructions to make 4 coasters. Please call to register.

Windows 10

Feb. 20 & 27 • 2 - 3 p.m.

Do you have the new Windows 10 and are not sure how to use it? Join Dennis Miller in the computer lab to teach you the ins and outs of Windows 10. Windows 10 unveils new innovations & is better than ever. The first class will lead into the second class. So plan to attend both classes. Please bring your laptop if you have one. Space is limited, so call the O'Neill Center to reserve your spot.

Left, Center, Right

Jan. 14, Feb. 11 & 25 • 5 p.m.

Come into the O'Neill Center for an evening of Left Center Right. This fast and fun game can be played with chips or nickels. Potluck style snacks have been established with drinks provided by O'Neill Center.

Valentine's Day Evening Party

Feb. 4 • 5 p.m.

Enjoy an evening of good food along with music by Cynthia and David Puls. Our evening will include a few door prizes with lots of good fellowship. \$10 tickets may be purchased at the front desk or by calling to reserve your seat prior to the event

O'Neill Senior Singers

1st & 4th Wed. of month • 1 p.m.

This group of volunteers spread their cheerful voices to all area Senior Living Homes. The singers practice at the O'Neill Center the first and fourth Wednesday of each month at 1:00 pm. Please call for more information on becoming part of this volunteer group. All ages are welcome.

Blood Sugar & Pressure Screening by Marietta City Health Dept.

Jan. 2 & Feb. 6 • 8:30 a.m.

Blood Sugar & Pressure Screening by Comfort Keepers

Jan. 3 & Feb. 7 • 8:30 a.m.

Blood Pressure Screening by Stonerise at Home

Jan. 14 & Feb. 11 • 11 a.m.

Blood Pressure Screening by Housecalls Home Health

Jan. 17 & Feb. 21 • 8:30 a.m.

Blood Pressure Screening by Interim

Feb. 18 • 11 a.m.

Grief & Mourning for all Losses

Jan. 2 & Feb. 6 • 1 p.m.

Grief & Mourning for Widows & Widowers

Jan. 23 & Feb. 20 • 1 p.m.

Grief support groups sponsored by Marietta Hospice, led by BRV Coordinator Kent Lowther.

Book Club Meeting

3rd Tuesday • 10 a.m.

Sponsored by Washington County Public Library

Jan. 15: Shoemaker's Wife by Adriana Trigiani

Feb. 19: a sharing month

Evening Bingo • 5-7 p.m.

Jan. 28: Sponsored by Buckeye Hospice and Palliative Care

Feb. 18: sponsored by Marietta Center

Hearing Services

Jan. 3: Hearing aid cleaning

Feb. 5: Hearing test

Have your hearing needs met each month. This free service is brought to us by **Ohio Valley Hearing Professionals**. Hearing aid cleanings are the first Thursday and the hearing test is the first Tuesday. Please call for an appointment time offered between Noon and 2pm.

Red Hatters Events

Newly organized with exciting events planned. Holding events the fourth Thursday of each month.















Monthly Billiard Tournaments

Join a fun group of gentlemen for a billiard tournament every 1st Thursday, 1pm. Then on the 2nd Friday after Men's breakfast the men will hold another tournament.

January

O'Neill Center

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Center is Closed Happy New Year	2 8:30 Blood Sugar Screening by Marietta Health Department 10:00 Chair Volleyball  11:30 Fun & Fit 1:00 Euchre 1:00 POUND 1:00 Senior Singers 2:30 Tai Chi	3 8:30 Bingo Breakfast 8:30 Blood Sugar Screening by Comfort Keepers 9:45 Bingo 12:00 Hearing Aid Cleaning 12:30 Hand & Foot 1:00 Billiard tournament 1:00 Knitting Group 5:45 Zumba 6:30 Line Dance	4 9:30 Massage Appts. 10:00 Chair Volleyball  11:30 Fun & Fit 1:00 Afternoon @ the Movies - Show Dogs 1:00 Tap & Burn
	7 10:00 Chair Volleyball  11:30 Fun & Fit 1:00 Travelers Passport 5:00 Trivia Game Night 6:00 Ballroom Dancing	8 9:30 Line Dance 10:00 Bible Study 12:30 Bridge 5:45 Zumba 7:00 Square Dance	9 9:00 Quilt group 11:00 Senior Club Potluck 1:00 Euchre 1:00 Grief for all Losses	10 8:30 Snacks by Buckeye Hospice and Palliative Care 12:30 Hand & Foot 1:00 Knitting Group 5:45 Zumba 6:30 Line Dance 9:45 Bingo
14 9:00 Manis & Pedis 10:00 Chair Volleyball  11:00 Blood Pressure by Stonerise at Home 11:30 Fun & Fit 12:30 Healthy U 1:00 TED talks 5:00 Left, Right, Center 6:00 Ballroom Dancing	15 9:30 Line Dance 10:00 Bible Study 10:00 Book Club Reading 12:30 Bridge 5:45 Zumba 6:00 Stampin Up 7:00 Square Dance	16 9:00 Quilt group 10:00 Chair Volleyball  11:30 Fun & Fit 1:00 Euchre 1:00 POUND 2:30 Tai Chi	17 8:30 Blood Pressures by Housecalls 8:30 Snacks by Heartland 9:45 Bingo 1:00 Knitting Group 5:45 Zumba 6:30 Line Dance	18 9:30 Massage Appts. 10:00 Chair Volleyball  11:30 Fun & Fit 1:00 Tap & Burn 1:00 Afternoon @ the Movies - I Feel Pretty
21 Center is Closed Martin Luther King Day	22 9:30 Line Dance 10:00 Bible Study 12:30 Bridge 5:45 Zumba 7:00 Square Dance	23 10:00 Chair Volleyball  11:30 Fun & Fit 1:00 Euchre 1:00 POUND 1:00 Senior Singers 1:00 Grief Support 2:30 Tai Chi	24 8:30 Snacks by Elmcroft 9:45 Bingo 12:30 Hand & Foot 1:00 Knitting Group 5:45 Zumba 6:30 Line Dance	25 10:00 Chair Volleyball  11:30 Fun & Fit 1:00 Afternoon @ the Movies - Going in Style 1:00 Tap & Burn
28 10:00 Chair Volleyball  11:30 Fun & Fit 1:00 Snow Ice Cream 4:00 Healthy U 5:00 Evening Bingo 6:00 Ballroom Dancing	29 9:30 Line Dance 10:00 Bible Study 12:30 Bridge 5:45 Zumba 7:00 Square Dance	30 10:00 Chair Volleyball  11:30 Fun & Fit 1:00 Euchre 1:00 Valentine's Day Craft 1:00 POUND 2:30 Tai Chi	31 9:45 Bingo 12:30 Hand & Foot 1:00 Knitting Group 5:45 Zumba 6:30 Line Dance	 Monday January 14 1pm

Monday

Tuesday

Wednesday

Thursday

Friday



Hear stories of travel and see souvenirs
of regions all over the world on:
January 7 and February 4 @ 1 pm

1
9:30 Massage Appts.
10:00 Chair Volleyball 🏐
11:30 Fun & Fit
1:00 Afternoon @ the
Movies - The Book of
Henry
1:00 Tap & Burn

4
10:00 Chair Volleyball 🏐
11:30 Fun & Fit
1:00 Travelers Passport
4:00 Healthy U
5:00 Valentine's Day Party
6:00 Ballroom Dancing

5
9:30 Line Dance
10:00 Bible Study
12:00 Hearing Test
12:30 Bridge
5:45 Zumba
7:00 Square Dance

6
8:30 Blood Sugar screening
by Marietta Health
Department
10:00 Chair Volleyball 🏐
11:30 Fun & Fit
1:00 Euchre
1:00 POUND
1:00 Senior Singers
1:00 Grief for all Losses
2:30 Tai Chi

7
8:30 Bingo Breakfast
8:30 Blood Sugar screening
by Comfort Keepers
9:45 Bingo
12:00 Hand & Foot
1:00 Billiard tournament
1:00 Knitting Group
5:45 Zumba
6:30 Line Dance

8
8:30 Men's Breakfast &
Tournament
9:30 Massage Appts.
10:00 Chair Volleyball 🏐
11:30 Fun & Fit
1:00 Afternoon @ the
Movies - Breathe
1:00 Tap & Burn

11
9:00 Manis & Pedis
10:00 Chair Volleyball 🏐
11:00 Blood Pressure by
Stonerise at Home
11:30 Fun & Fit
1:00 History of Quilts
1:00 TED talks
4:00 Healthy U
5:00 Left, Right, Center
6:00 Ballroom Dancing

12
9:30 Line Dance
10:00 Bible Study
12:30 Bridge
5:45 Zumba
7:00 Square Dance

13
9:00 Quilt group
11:00 Senior Club Potluck
1:00 Euchre

14
8:30 Snacks by Buckeye
Hospice & Palliative
Care
9:45 Bingo
2:30 Hand & Foot
1:00 Knitting Group
5:45 Zumba
6:30 Line Dance

15
9:30 Massage Appts.
10:00 Chair Volleyball 🏐
11:30 Fun & Fit
1:00 Tap & Burn
1:00 Afternoon @ the
Movies - Beauty and
the Beast

18
10:00 Chair Volleyball 🏐
11:00 Blood Pressure by
Interim
11:30 Fun & Fit
4:00 Healthy U
5:00 Evening Bingo
6:00 Ballroom Dancing

19
9:30 Line Dance
10:00 Book Club Sharing
10:00 Bible Study
12:30 Bridge
5:45 Zumba
6:00 Stampin Up
7:00 Square Dance

20
9:00 Quilt group
10:00 Chair Volleyball 🏐
11:30 Fun & Fit
1:00 Euchre
1:00 POUND
1:00 Grief for Widows &
Widowers
2:30 Tai Chi
3:00 Windows 10 Class

21
8:30 Blood Pressures by
Housecalls
8:30 Snacks by Heartland
9:45 Bingo
12:30 Hand & Foot
1:00 Knitting Group
5:45 Zumba
6:30 Line Dance

22
10:00 Chair Volleyball 🏐
11:30 Fun & Fit
1:00 Afternoon @ the
Movies - Frantz
1:00 Tap & Burn

25
10:00 Chair Volleyball 🏐
11:30 Fun & Fit
4:00 Healthy U
5:00 Left, Center, Right
6:00 Ballroom Dancing

26
9:30 Line Dance
10:00 Bible Study
12:30 Bridge
5:45 Zumba
7:00 Square Dance

27
10:00 Chair Volleyball 🏐
11:30 Fun & Fit
1:00 Euchre
1:00 POUND
1:00 Senior Singers
2:30 Tai Chi
3:00 Windows 10 Class

28
8:30 Snacks by Elmcroft
9:45 Bingo
12:30 Hand & Foot
1:00 Knitting Group
5:45 Zumba
6:30 Line Dance





Valentine's Day Evening Party Feb. 4 • 5 p.m.

Enjoy an evening of good food along with music by cellist Cynthia Puls and violinist David Puls of Parkersburg.

Our evening will include a few door prizes with lots of good fellowship. Tickets may be purchased at the front desk or by calling to reserve your seat prior to the event.