

MARCH • APRIL
2019

ONEILL Center

A Unit of the National Council on Aging



HELPING AREA SENIORS LIVE HIP: HEALTHY, INDEPENDENT AND PRODUCTIVE



Know your Numbers

Spring Energy SAVINGS

Fear of Falling?

ONEILLCENTER.COM



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O'Neill Center
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Find us on 
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.



GIVE A GIFT THAT WILL MAKE A DIFFERENCE

The O'Neill Senior Center, Inc. is a 501 (c) (3), not-for-profit, tax exempt organization that relies on the support from individuals, local businesses, foundations and other community organizations to power our mission of helping area seniors live healthy, independent and productive lives.

Significant changes are occurring at the O'Neill Center and across the country, as our population is aging, fueling the demand for senior services; we must be responsive in meeting the growing needs and need your help.

You can make a tax-deductible gift today, to support a variety of services at the O'Neill Senior Center through:

- Tribute gifts, in honor of, or in memory of someone special
- Annual giving
- Planned giving through legacy gifts
- Supporting fundraising events
- In-kind contributions

To speak to a staff member about making a contribution, contact the O'Neill Center at 740-373-3914.

In-kind contributions toward specific items are always appreciated and make a big difference. Please consider contributing toward an item on O'Neill's wish list that will help deliver quality services:

- Updated chairs for computer lab
- Television wall mount for facility's lower level unit
- Mounted, wireless projector
- Accordion walls for soundproofing in our multi-function room
- Matching funds for state and federal grants as well as others
- Hybrid passenger vehicle for medical transportation to increase fuel efficiencies
- Card tables for life enrichment activities
- Linens for special parties that could also be used to expand our building rentals
- Chairs for our Adult Day Center that are sturdy and easy to maneuver
- Landscaping that would allow for increased safety and limited time for maintenance
- Conference room table that is sturdy
- Headsets for the computer lab to allow for private listening



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.

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!

Mardi Gras Casino, Cross Lanes, WV - August 20 - \$40 Includes free play

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.

Wheeling Island - Septembe 25 - \$38 free play and lunch on your own at Mehlman's Cafeteria.

**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.

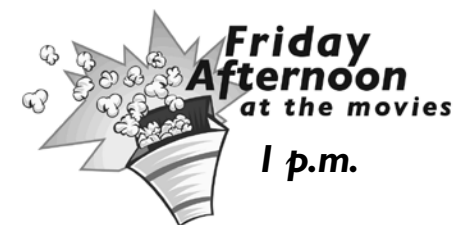
Chi Walking - Wednesdays, 3:30 p.m.
- Free

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

March 1	Different Flowers	PG-13
March 8	Beautifully Broken	PG-13
March 15	Human Flow	PG-13
March 22	The Miracle Season	PG
March 29	The Bookshop	PG
April 5	Indivisible	PG-13
April 12	First Man	PG-13
April 19	The 15:17 to Paris	PG-13
April 26	The Old Man & The Gun	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.

Table Games

Billiards: Monday, Tuesday, Thursday
8:00 a.m. - 7:00 p.m.

Wednesday & Fridays 8am - 4:00 p.m.

Closed on holidays

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.

Left, Right, Center: 1st & 4th Monday at
5:00 p.m.

Dinner with the Doctor

March 4 • 5 p.m.

Our quarterly Dinner with a Doctor will be with Dr. David Norris with Back in Line Chiropractic. He is a Doctor of Chiropractic, Masters in Nutrition, and a Board Certified Clinical Nutritionist. Working with the latest health technologies, Dr. Norris is eager to serve folks in his hometown area. Dr. Norris will be speaking about understanding the causes and long term effects of inflammation and diet. Space is limited, please call to make your reservation at the O'Neill Center. Sponsored by Comfort Keepers and Elmcroft

Osteoarthritis Knee Pain

March 4th • 2 p.m.

More than 10 million people in the US have Osteoarthritis knee pain. It's not normal to have knee pain, and it's not just a regular part of aging. Melody Phillips Williams, out of Williamstown and works for Ferring Pharmaceuticals in Orthopaedics teaches this workshop about Osteoarthritis knee pain. Call the O'Neill Center to show interest.



Please join us on
Thursdays at 12:30
and learn how to
conquer your fear
of falling

Matter of Balance

Thursdays beginning March 7
12:30 p.m. - 2:30 p.m.

Don't let your fear of falling keep you from enjoying activities. This evidence based program, was developed through a grant from the Administration on Aging and developed by the Ohio Department of Aging. This 8 week program, starting March 7th, helps older adults reduce their fear of falling, thereby enhancing activity levels. The class is free and open to the public. A hot lunch from the nutrition site will be provided before the class begins. Please call to register as class size is limited.

Zumba Reunion Party

March 7 • 5:45 p.m.

If you have ever been to O'Neill Center for our Zumba classes, now is the time to come back and enjoy the class reunion party. We will have healthy fruit smoothies after class for all to enjoy. Take this free class and learn some new moves with new songs and reminisce with some oldies from the past.

Traveler's Passport

March 11 & April 1 • 1 p.m.

Come in and receive your passport to fun travels. We will explore America as well as the world. Each month, we will travel to a new location, see souvenirs of that region and learn a little more about the

world around us. Please call to reserve your space so that we may have enough "passports" ready.

Elder Law Workshop

March 11 & 25, April 8 & 22 •
4 p.m. - 5 p.m.

Join O'Neill Centers legal workshop series that will have a series of topics and diverse attorneys to speak about various topics.

March 11 - Attorney Bob Ellis will speak on the topic of Medicaid.

March 25 - Jarvis Law Office will be speaking about Powers of Attorney.

April 8 - Attorney Ryan Smith will give an overview of estate planning.

April 22 - Attorney Jonathan Dehmlow will be speaking about long-term care.

This legal workshop is offered free of charge and is open to individuals or families to attend. Please call the O'Neill Center to reserve your seat.

Energy Savings

April 15 • 1 p.m.

Join Andrew Tinkham with some energy saving tips. This workshop will help save money on your energy bills by making your home more energy efficient all year round. Hear tips on how to save money on your natural gas, electric, and water bills by making no-cost or low-cost changes around the house. Learn about the benefits of Energy Star appliances, LED light bulbs, programmable thermostats, and more. Call the O'Neill Center to show interest.

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.

Left, Center, Right

March 4 & 25, April 1 & 22 • 5 p.m.

Come to the O'Neill Center for an evening of Left Center Right. This fast and fun game can be played with chips or nickels. Please bring potluck style snacks to share with everyone with drinks provided by the O'Neill Center.

Quilt Placemats



April 17 • 12 p.m.

These cheerful placemats will brighten any early spring day. Choose two coordinating fabrics for the tulip center and side petals, as well as a non-directional

background fabric to make up your placemats. We will supply all materials for this craft class. You will be able to complete one placemat in class and have materials for 3 more take home projects. \$10 will cover all fabric and instructions. Please register for class early as space is limited.

Health Fair

April 29 • 1 - 6 p.m.

Join the area's finest health care providers for a day of screenings and information. Your health fair visit will begin by picking up your "Know your Numbers" booklet, provided by Heartland, from there you may proceed to all the health screening stations and fill in your booklet. Blood sugar, pulse oxygen, blood pressure, BMI, weights, spinal screenings, and end your day with a massage by Beth Zwick. Please call the O'Neill Center to show interest.

Blood Sugar & Pressure Screening by Marietta City Health Dept.

March 6 & April 3 • 8:30 a.m.

Blood Sugar & Pressure Screening by Comfort Keepers

March 7 & April 4 • 8:30 a.m.

Blood Pressure Screening by Stonerise at Home

March 11 & April 8 • 11 a.m.

Blood Pressure Screening by Housecalls Home Health

March 21 & April 18 • 8:30 a.m.

Blood Pressure Screening by Buckeye Hospice and Palliative Care

March 18 & April 15 • 11 a.m.

Grief & Mourning for all Losses

March 6 & April 3 • 1 p.m.

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

Grief & Mourning for Widows & Widowers

March 27 & April 24 • 1 p.m.



Red Hatters Events

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

Book Club Meeting

3rd Tuesday • 10 a.m.

Sponsored by Washington County Public Library

March 19 - Killers of the Flower Moon: The Osage Murders and the Birth of the FBI by David Grann

April 16 - Sharing month

Lunch Bunch

March 1 • Joe Mammias, Frontier Shopping Center

April 5 • Riviera at the Valley Gem - Front Street, Marietta

Meeting at area restaurants at 11:30 am. It's important to call O'Neill Center so we can give them an advance count.

Evening Bingo • 5-7 p.m.

March 18: Sponsored by Interim Healthcare

April 15: sponsored by Buckeye Hospice and Palliative Care

Hearing Services

March 7: Hearing aid cleaning

April 2: 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.

March

O'Neill Center

Monday

Tuesday

Wednesday

Thursday

Friday



DONT FORGET TO TURN THE CLOCK AHEAD ON SUNDAY, MARCH 10

REMEMBER: SPRING FORWARD & FALL BACKWARDS

1
 9:30 Massage appts.
 10:00 Chair Volleyball
 11:30 Lunch Bunch- Joe Mamma's
 11:30 Fun & Fit
 1:00 Tap & Burn
 1:00 Afternoon @ the Movies - Different Flowers

4
 10:00 Chair Volleyball
 11:30 Fun & Fit
 2:00 Osteoarthritis Knee Pain Workshop
 5:00 Left, Right, Center
 5:00 Dinner With the Doctor
 6:00 Ballroom Dancing

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

6
 8:30 Blood Sugar Screening- by Marietta Health Department
 10:00 Chair Volleyball
 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 Hearing Aid Cleaning
 12:30 Hand & Foot
 12:30 Matter of Balance
 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 - Beautifully Broken
 1:00 Tap & Burn

11
 9:00 Manicure & Pedis
 10:00 Chair Volleyball
 11:00 Blood Pressure by Stonerise at Home
 11:30 Fun & Fit
 1:00 Travelers Passport
 4:00 Elder law Workshop
 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
 1:00 Euchre
 11:00 Senior Club Potluck

14
 9:45 Bingo
 12:30 Matter of Balance
 12:30 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 Afternoon @ the Movies - Human Flow
 1:00 Tap & Burn

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

19
 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

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

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

22
 10:00 Chair Volleyball
 11:30 Fun & Fit
 1:00 Tap & Burn
 1:00 Afternoon @ the Movies - The Miracle Season

25
 10:00 Chair Volleyball
 11:30 Fun & Fit
 4:00 Elder law Workshop
 5:00 Left, Right, Center
 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

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

29
 10:00 Chair Volleyball
 11:30 Fun & Fit
 1:00 Tap & Burn
 1:00 Afternoon @ the Movies The Bookshop

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
1 10:00 Chair Volleyball 11:30 Fun & Fit 1:00 Travelers Passport 5:00 Left, Right, Center 6:00 Ballroom Dancing	2 9:30 Line Dance 10:00 Bible Study 12:00 Hearing Test 12:30 Bridge 5:45 Zumba 7:00 Square Dance	3 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	4 8:30 Blood Sugar screening- by Comfort Keepers 8:30 Bingo Breakfast 9:45 Bingo 12:30 Hand & Foot 12:30 Matter of Balance 1:00 Billiard Tournament 1:00 Knitting Group 5:45 Zumba 6:30 Line Dance	5 9:30 Massage Appts. 10:00 Chair Volleyball 11:30 Fun & Fit 11:30 Lunch Bunch Valley Gem 1:00 Tap & Burn 1:00 Afternoon @ the Movies - Indivisible
8 9:00 Manicure & Pedicures 10:00 Chair Volleyball 11:00 Blood Pressure by Stonrise at Home 11:30 Fun & Fit 4:00 Elder law Workshop 6:00 Ballroom Dancing	9 9:30 Line Dance 10:00 Bible Study 12:30 Bridge 5:45 Zumba 7:00 Square Dance	10 9:00 Quilt group 11:00 Senior Club Potluck 1:00 Euchre	11 9:45 Bingo 12:00 Hand & Foot 12:30 Matter of Balance 1:00 Knitting Group 5:45 Zumba 6:30 Line Dance	12 8:30 Men's Breakfast & Tournament 9:30 Massage Appts 10:00 Chair Volleyball 1:30 Fun & Fit 1:00 Afternoon @ the Movies - First Man 1:00 Tap & Burn
15 10:00 Chair Volleyball 11:00 Blood Pressure by Interim 11:30 Fun & Fit 5:00 Evening Bingo 6:00 Ballroom Dancing	16 9:30 Line Dance 10:00 Bible Study 10:00 Book Club Sharing 12:30 Bridge 5:45 Zumba 6:00 Stampin Up 7:00 Square Dance	17 9:00 Quilt group 10:00 Chair Volleyball 11:30 Fun & Fit 1:00 Euchre 1:00 POUND 1:00 Grief for Widows & Widowers 12:00 Quilt Placemats 2:30 Tai Chi	18 8:30 Snacks by Heartland 8:30 Blood Pressures by Housecalls 9:45 Bingo 12:30 Hand & Foot 12:30 Matter of Balance 1:00 Knitting Group 5:45 Zumba 6:00 Stampin Up 6:30 Line Dance	19 9:30 Massage Appt. 10:00 Chair Volleyball 11:30 Fun & Fit 1:00 Afternoon the Movies - The 15:17 to Paris 1:00 Tap & Burn
22 10:00 Chair Volleyball 11:30 Fun & Fit 4:00 Elder law Workshop 5:00 Left, Right, Center 6:00 Ballroom Dancing	23 9:30 Line Dance 10:00 Bible Study 12:30 Bridge 5:45 Zumba 7:00 Square Dance	24 10:00 Chair Volleyball 11:30 Fun & Fit 1:00 Euchre 1:00 POUND 1:00 Senior Singers 2:30 Tai Chi	25 8:30 Snacks by Elmcroft 9:45 Bingo 12:30 Hand & Foot 12:30 Matter of Balance 5:45 Zumba 6:30 Line Dance	26 10:00 Chair Volleyball 11:30 Fun & Fit 1:00 Afternoon @ the Movies - The Old Man & the Gun 1:00 Tap & Burn
29 10:00 Chair Volleyball 11:30 Fun & Fit 1:00 Health Fair 6:00 Ballroom Dancing	30 10:00 Bible Study 9:30 Line Dance 12:30 Bridge 7:00 Square Dance			

COMMUNITY HEALTH FAIR APRIL 29



Join the area's finest health care providers for a day of screenings and information. Your health fair visit will begin by picking up your "Know your Numbers" booklet, provided by Heartland, from there you may proceed to all the health screening stations and fill in your booklet. A complete list of screenings will be posted on our website at www.oneillcenter.com.

