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**Keeping Seniors HIP – Healthy, Independent and Productive**

*Belpre Senior Center*

1614 Washington Blvd.

Belpre, Ohio 45714

740-423-6022

*Do You Know What Hospice Can Do For You?*

February 26<sup>th</sup> at 11:00am

Come join us as our community representatives from our local Hospice provider explain to us what the benefits of Hospice are and listen as they debunk the myths surrounding this confusing topic. Mark your calendar so you don't miss this program that is sure to be very informative.



*Heart Health  
Are You At Risk?*

February 7<sup>th</sup> at 11:00am

Heart disease is sometimes called coronary heart disease (CHD). It's the leading cause of death among adults in the United States. Learning about the causes and risk factors of the disease may help you avoid heart problems. Several risk factors play an important role in determining whether or not you're likely to develop heart disease. There will be a speaker here from Marietta Memorial talking to us about our heart health. Please be sure to join us for this important presentation.

**American**



## New Classes Starting This Month

Matter of Balance  
8 Week Class Beginning  
February 20<sup>th</sup>  
Wednesdays 12pm-2pm  
Lunch Provided  
RSVP by February 15th

Beginning Tai Chi  
6 Week Class Beginning  
February 25<sup>th</sup>  
Mondays 10am-11am  
RSVP

## Fitness & Dance

Tai Chi (Free)  
Mondays @ 11AM

Chair Volleyball (Free)  
Mondays @ 1:30pm & Wednesdays @ 10am

Chair Exercise (Free)  
Mondays @ 11:45am & Wednesdays @ 1pm

Low-Impact Aerobics (Donation)  
Mondays & Wednesdays @ 5:30pm

YMCA Exercise (\$5)  
Wednesdays & Fridays @ 3pm

Line Dancing (\$5)  
Thursdays @ 3pm

Ballroom Dancing (Free)  
Wednesdays @ 6:30pm

## what's cooking

Submitted by Becky Hennen

### Sweet and Spicy Chili With Cornbread Topping

½ small onion, minced  
2 cloves garlic, minced  
1 lb. 90/10 ground beef  
Salt & Pepper

1 – 29oz can tomato sauce

1 – 15oz can black beans, drained & rinsed

1 – 16oz can Bush's Vegetarian Baked Beans

Chili Powder

Cayenne Powder

Onion Powder

Garlic Powder

Cumin

Brown Sugar (Optional)

1 Cornbread Batter Recipe  
(Boxed or Homemade)

#### Directions:

1. Heat a large soup pot over med/high heat. Add onion, garlic and ground beef, season with salt&pepper, cook until meat is no longer pink. Drain well and return to pan.
2. Reduce heat to med/low, add tomato sauce, black beans and baked beans. Season with chili powder and cayenne pepper to taste, then add dashes of onion powder, garlic powder and cumin. Let simmer for 5-10 min., taste and adjust seasonings if necessary.
3. Preheat oven to 375 degrees. Ladle chili into mason jars, top with cornbread batter, leaving at least 2" clear at the top of the jar. Bake on a cookie sheet for 17-22 min, or until toothpick inserted comes out clean.

## Friday Afternoon at the Movies

Come enjoy an afternoon in front of our 85 inch big screen.

Free popcorn, snacks and beverages provided.

All movies will start at 1pm unless otherwise noted.

Feb. 1<sup>st</sup> – "Dumplin' "

Feb. 8<sup>th</sup> – "Lean On Pete "

Feb. 15<sup>th</sup> – "Singin' In the Rain"

Feb. 22<sup>nd</sup> – "Life As We Know It"

*"Every great film should seem new every time you see it." - Roger Ebert*



# Fun and Entertainment

## Valentine's Day Party

February 14<sup>th</sup> at 11:00am

You are invited to celebrate Valentine's Day here at the Belpre Senior Center where you will always feel our love!



## Birthday Party

February 19<sup>th</sup> at 11:00am

February's birthday party theme will be "Spring is in the Air." Spring is only a month away. It's time to shake away the winter blues! Come join us to celebrate our February birthdays.



## Trivia Fun

February 28<sup>th</sup> at 11:00am

By playing trivia, not only will you learn random things that you will never need, but you will enhance your memory, improve cognition and reduce stress levels. Come join us!



## Bunco

February 7<sup>th</sup> and 21<sup>st</sup> at 1:00pm

Come join us for Bunco!

Play Bunco twice a month at the Belpre Senior Center. Prizes awarded. Come join the fun and make new friends!



## Journaling Club

February 8<sup>th</sup> and 22<sup>nd</sup> at 11:00am

Journaling can have a positive effect on your well-being. It can make you step back and evaluate your thoughts and emotions, explore solutions, and it converts negative energy into positive creativity and personal growth. Come see what our Journaling Club is all about.



"Never, ever underestimate the importance of having fun!"  
~Randy Pausch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="color: red; font-family: cursive;">February 2019</h1> <h2 style="color: red; font-family: cursive;">Activities</h2>						
	<b>3</b> 11am-Tai Chi 11:45am-Stretch and Strength 1:30pm-Chair Volleyball 5:30pm-Low Impact Aerobics	<b>4</b> 10:30am-Nickel Bingo 11:45am-Lunch(\$4) 1pm-Cards/Games	<b>5</b> 10am-Chair Volleyball 1pm-Chair Exercise 3pm-YMCA Exercise(\$5) 5:30pm-Low Impact Aerobics 6:30pm- Ballroom Dancing	<b>6</b> 10am-BP Screening 11am-Heart Health 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Bunco 3pm-Line Dance(\$5)	<b>7</b> 9:30am-Bible Discussion Group 11am-Journaling 1pm-Movie "Lady Bird" 3pm-YMCA Exercise(\$5)	<b>8</b> 9:30am-Bible Discussion Group 11am-Cooking Club 1pm-Movie "Singin' in the Rain" 3pm-YMCA Exercise(\$5)
	<b>10</b> 11am-Tai Chi 11:45am-Stretch and Strength 1pm-Alzheimer's Support Group 1:30pm-Chair Volleyball 5:30pm-Low Impact Aerobics	<b>11</b> 11am-Club Meeting 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Craft	<b>12</b> Chinese New Year 10am-Chair Volleyball 1pm-Chair Exercise 3pm-YMCA Exercise(\$5) 5:30pm-Low Impact Aerobics 6:30pm- Ballroom Dancing	<b>13</b> 10am-BP/BS Screening 11am-Valentine's Day Party 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5) 6pm-Nickel Bingo Valentine's Day	<b>14</b> 9:30am-Bible Discussion Group 11am-Cooking Club 1pm-Movie "Singin' in the Rain" 3pm-YMCA Exercise(\$5)	<b>15</b> 9:30am-Bible Discussion Group 11am-Cooking Club 1pm-Movie "Life As We Know It" 3pm-YMCA Exercise(\$5)
	<b>17</b> 11am-Tai Chi 11:45am-Stretch and Strength 1:30pm-Chair Volleyball 5:30pm-Low Impact Aerobics	<b>18</b> 10am-BP Screening 11am-Birthday Party 11:45am-Lunch(\$4) 1pm-Cards/Games	<b>19</b> 10am-Chair Volleyball 12pm-Matter of Balance 1pm-Chair Exercise 3pm-YMCA Exercise(\$5) 5:30pm-Low Impact Aerobics 6:30pm- Ballroom Dancing	<b>20</b> 10am-Chair Volleyball 12pm-Matter of Balance 1pm-Chair Exercise 3pm-YMCA Exercise(\$5) 5:30pm-Low Impact Aerobics 6:30pm- Ballroom Dancing	<b>21</b> 10:30am-Nickel Bingo 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Bunco 3pm-Line Dance(\$5)	<b>22</b> 9:30am-Bible Discussion Group 11am-Journaling 1pm-Movie "Life As We Know It" 3pm-YMCA Exercise(\$5)
<b>24</b>	<b>25</b> 10am-Beginning Tai Chi 11am-Tai Chi 11:45am-Stretch and Strength 1:30pm-Chair Volleyball 5:30pm-Low Impact Aerobics	<b>26</b> 10am-BP Screening 11am-What Can Hospice Do For YOU 11:45am-Lunch(\$4) 1pm-Cards/Games	<b>27</b> 10am-Chair Volleyball 12pm-Matter of Balance 1pm-Chair Exercise 3pm-YMCA Exercise(\$5) 5:30pm-Low Impact Aerobics 6:30pm- Ballroom Dancing	<b>28</b> 11am-Trivia Fun 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5) 6pm-Nickel Bingo		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="text-align: center;">February 2019</h1> <h2 style="text-align: center;">Menu</h2>						
3	4	5	6	7	8	9 <small>Groundhog Day</small>
	Potato Soup Sausage Biscuit Fruit Cheese Cubes Dessert	<small>Chinese New Year</small> Mini Pizzas Salad Fruit Dessert		Chicken/Noodles Mashed Potatoes Peas Bread Dessert		
10	11	12	13	14	15	16
				Lasagna Salad Garlic Bread Dessert		
17	18	19	20	21	22	23
		Open Faced Turkey Sandwich Mashed Potatoes Green Beans Dessert		<small>Valentine's Day</small> Beef Stew Biscuit Cole Slaw Cheese Cubes Dessert		
24	25	26	27	28	<p style="text-align: center;"><b>The Belpre Senior Club serves lunch on Tues. and Thurs. at 11:45am for \$4 for seniors 55 and older. Please call 740-423-6022 BEFORE 9:30am for local van transportation.</b></p>	
	<small>Presidents' Day (US)</small> Baked Chicken Mashed Potatoes Peas Bread Dessert			Salisbury Steak Mashed Potatoes Succotash Bread Dessert		