

MAY • JUNE
2019

ONEILL Center

A Unit of the National Council on Aging



HELPING AREA SENIORS LIVE HIP: HEALTHY, INDEPENDENT AND PRODUCTIVE

MINDFUL LIVING

Workshop Series

Senior Day
ACTIVITIES



ONEILLCENTER.COM



NEWS 2

TRIPS 3

FITNESS & DANCE SCHEDULE 3

MOVIES 3

O'NEILL CENTER EVENTS 4-5

O'NEILL CENTER CALENDAR 6-7

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

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Senior Day

May 20 • 11:30 a.m.

Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. The O'Neill Center is celebrating Older Americans Month on May 20th with a day of fun-filled activities that will go with this year's theme of Connect, Create, and Contribute.

11:30 am - 12:30 pm: Connect with friends during an open lunch at the Washington Morgan Community Action Nutrition site in our lower level. A donation of \$3 is appreciated. Call the nutrition site at 740-373-3455 to reserve your lunch and come in anytime during the 11:30 am-12:30 pm lunch serving.

1:00 pm: Create a special remembrance of your family, grandchildren or even great-grandchildren. This easy craft will be completed this afternoon. Using scrabble letters you will be able to create a beautiful wall hanging.

3:00 pm: Contributing their talent, our afternoon entertainment, "The Friendly Notes," will be here to perform sounds of country music. The Friendly Notes are a local family musical group.


4:00 pm: A community sponsored dinner will be served and a great time to connect with your friends.

5:00 pm: Mega Bingo night with door prizes throughout bingo.

Please call the O'Neill Center to show interest for each program.



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.






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 - May 29 - \$38 Includes free play and a stop at Mehlman's Café for lunch on your own.

Ladies & Mansions - June 19 - \$82 Our morning starts at the First Ladies Museum in Canton, Ohio including 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 on tap for this day.

Hudson Valley, NY - July 8-11 - Visit West Point, Sleepy Hollow, and a sightseeing cruise on the Hudson River, Historic Hyde Park, Vanderbilt Mansion and a local Hudson Valley Winery. \$799 per person for double occupancy, \$999 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.

Nautica Queen - July 30 - \$80 - (Second trip this year!) You'll enjoy a delicious meal while cruising along Cleveland's waterfront. An unlimited buffet meal and musical entertainment are included.

Mystery Tour - August 12 - \$75 - This tour includes 4 tours, 1 lunch, that's all we can tell you about this filled day.

Kentucky Bluegrass Tour - September 16-19 - \$675 double occupancy - This 4 day, 3 night 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. \$675 per person double occupancy.

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

Mountaineer Casino, Resort & Racetrack - Oct. 14-15 - \$100 per person double occupancy, \$120 single, \$20 free play, \$20 food voucher

Christmas in Lancaster, PA - Dec. 4-6 - \$525 per double occupancy. Sight & Sound Theater "Miracle of Christmas," Amish dinner, American Theater "Joy to the World," Hershey's Chocolate World.

2020

Eastern Caribbean Cruise - Feb. 7-16 - 8 day/7 night with 2 overnight hotels on the travel days. Departing from Port Canaveral Florida, with port stops in Amber Cove, Dominican Republic, St. Thomas, US Virgin, San Juan, Puerto Rico, and Grand Turk, Turks & Caicos. Cabins begin at \$1649 for inside, \$1849 per person for outside on the Carnival Cruise Line "Breeze" Travel protection available. Call for more information and itinerary.

Alaskan Gold Rush Adventure - May 14-25 - Tour aboard Royal Caribbean's Radiance, 8 day/7night cruise, 4 day, 3 night land tour. Ports of Ketchikan, Icy Strait Point, Juneau, Skagway, Seward, then it's off to the land portion, Denali tour, Wilderness Express train ride, and Gold Dredge 8. Call for details and registrations.

**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

May 3 Unbroken Path to Redemption **PG-13**

May 10 Christopher Robin **PG**

May 17 Hearts Beat Loud **PG-13**

May 24 Instant Family **PG-13**

May 31 Green Book **PG-13**

June 7 Second Act **PG-13**

June 14 Uncle Drew **PG-13**

June 21 The Meg **PG-13**

June 28 Ocean's 8 **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

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.

Cooking Classes

May 6 & June 24 • 1 p.m.

Are you the master of the kitchen? You could be! Join us for this fun workshop of cooking. You will be able to taste each meal made and see just how to make each meal.

May 6 - Josh Hall and Christina Thrasher from the Lafayette Hotel will be here to cook an easy freezer meal. They show you how to make the meal along with sampling it.

June 24 - Kayleigh Ticknor a Dietitian at the Strecker Cancer Center will be here to make a healthy meatloaf dinner. Please call the O'Neill Center to show interest.



Welcome to Medicare

May 6 • 6 p.m.

The Ohio Senior Health Insurance Information Program (OSHIIP) provides free, objective information on Medicare as a service of the Ohio Department of Insurance. OSHIIP can help answer questions you may have about Medicare including:

- Do I need to sign up for Medicare now?
- How is Medicare supplement insurance different from Medicare Advantage plans?
- Why should I use my complimentary Welcome to Medicare doctor visit?
- How do I select my best Medicare prescription drug plan?

Trivia Night

May 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. The team with the most correct answers win. We will have pizza and soda for the trivia night. So come laugh, eat, and test your memory. \$5 per person needs to be prepaid so call the O'Neill Center to reserve your spot today so we have enough pizza and soda.

Diabetes and Meal Planning

May 13 • 1 p.m.

Barbara D. Doak, BSPHarm, RPh, CDE, an Assistant Professor of Pharmacy at the University Of Charleston School Of Pharmacy will be coming to talk about diabetes and meal planning. This workshop will help diabetics plan healthy meals and how to portion. Managing diabetes is knowing what and how much to eat, and following an eating plan that fits your lifestyle while helping to control blood glucose. Please call the O'Neill Center to show interest.

Mod Podge Picture Board

May 14 • 5 p.m.

This fun craft can be done with any picture! Bring in a 5x7 photo and we will Mod Podge your picture to a wooden board and give some vintage feel to your picture. Please be sure to use a picture that can be ruined or you have extra copies of. This class is free of charge. Please call to reserve your seat. Class size is limited.

Mindful Living Workshop Series

May 1, 8, and 15 • 3:30 p.m.

What does it mean to be mindful? Merriam-Webster defines mindfulness as "the practice of

maintaining a nonjudgmental state of heightened or complete awareness of one's thoughts, emotions, or experiences on a moment-to-moment basis." Basically, mindfulness means being aware of and controlling your experience.

May 1 - Mindful living gives you tools to help with disturbances within your life and help give you clarity to help you live your best life.

May 8 - Mindful eating means being fully attentive to your food- as you buy, prepare, serve and consume it. We'll discuss the 8 practices that can help you be mindful while eating.

May 15 - Mindful exercise including Chi Walking is a mind and physical program that will benefit your daily walking and living.

Join us for this workshop following with Chi Walking after the workshop series. Please call the O'Neill center to show interest.

Healthy U

May 2 • 12:30 - 2:30 p.m.

6 Week Course

Take control of your chronic disease and manage your health with this free Healthy U class. 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 is a 6 week course starting May 2. Each class is led by two trained coaches. A hot lunch provided by the Nutrition site will be served before the class. Class size is limited so call the O'Neill Center to register.

Self-Defense Seminar

June 4 • 1-3 p.m. & 5-7 p.m.

As seniors grow older, it may become necessary to learn a bit about self-defense. Everybody wants to feel safe, and self-defense for seniors is a concern for older adults, both men and women, and for their loved ones. This seminar, led by Russ Tuten, will expose various low or no

cost methods that someone can use to ensure their personal protection both in public and in private environments. This class is free of charge for seniors aged 50 and up paid by a grant through the Marietta Noon Rotary Club. A fee of \$10 for guests under age 50. Please call to reserve your seat space is limited.

Matter of Balance

8 Week Program

June 4 • 3 - 5 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 June 4th helps older adults reduce their fear of falling, thereby enhancing activity levels. The class is free and open to the public. A boxed dinner from the nutrition site will be provided. Please call to register as class size is limited.

AARP Safe Driving Course

June 10 • 1 - 5 p.m.

AARP safe driving class will be hosted at the O'Neill Center on June 10th. The Safe Driving Program is a classroom driver improvement course for drivers aged 50 and older, although there is no age limit. This program developed by AARP can sharpen driving skills, help prevent accidents, and keep older drivers on the road longer and more safely. Please call the O'Neill Center to reserve your spot. Space is limited.

Elder Abuse Awareness Day

June 14

O'Neill Center staff and guests will show support and awareness for Elder Abuse in Washington County on Friday, June 14th, all day. We ask that everyone please wear something purple and bring a nonperishable

food item for our local food pantry. When you bring in your food item stop at the front desk to receive a purple ribbon. The pinwheels in our front lawn represent Elder Abuse in Washington County. Help us bring greater awareness to Elder Abuse on National Elder Abuse Awareness Day, June 14!

Visual Impairment Services Team (VISIT)

June 17 • 1 p.m.

Come and Join Natalie Duarte de Escalante a VISIT Coordinator talk about Visual Impairment Services to Veterans. This will allow veterans to learn more about community resources, training and equipment, and services available to veterans blind or with low vision impairments. To qualify for services you must be enrolled in the VA. Please call the O'Neill Center to show interest.

Monthly Services/Meetings

Blood Sugar & Pressure Screening by Marietta City Health Dept.

May 1 & June 5 • 8:30 a.m.

Blood Sugar & Pressure Screening by Comfort Keepers

May 2 & June 6 • 8:30 a.m.

Blood Pressure Screening by Stonerise at Home

May 13 & June 10 • 11 a.m.

Blood Pressure Screening by Housecalls Home Health

May 16 & June 20 • 8:30 a.m.

Blood Pressure Screening by Buckeye Hospice and Palliative Care

May 20 & June 17 • 11 a.m.

Sponsored by Buckeye Hospice and Palliative Care.

Grief & Mourning for all Losses

May 1 & June 5 • 1 p.m.

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

Grief & Mourning for Widows & Widowers

May 22 & June 26 • 1 p.m.

Book Club Meeting

3rd Tuesday • 10 a.m.

Sponsored by Washington County Public Library

May 21 - Great Alone by Kristin Hannah

June 18 - Sharing month

Lunch Bunch

May 3 • Lafayette Hotel, Front Street, Marietta

June 7 • Route 60 Grill, Lowell, Ohio
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.

May 20 & June 17

Hearing Services

May 2: Hearing aid cleaning

June 4: 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.

A special thank you to all the persons who responded to our donation wish list. Your donations were so greatly appreciated. If you did not see our wish list in the March/April newsletter, please call and talk to staff member about making a contribution, contact the O'Neill Center at 740-373-3914.

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.

May

O'Neill Center

Monday

Tuesday

Wednesday

Thursday

Friday



MAY 29
Let's "Live and Thrive with Exercise" with a day of fitness and fun. Join us for Chair Volleyball, Fun & Fit, POUND, and Tai Chi.

6
10:00 Chair Volleyball
11:30 Fun & Fit
1:00 Cooking Class
5:00 Left, Right, Center
6:00 Ballroom Dancing
6:00 Welcome to Medicare

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

8
9:00 Quilt group
11:00 Senior Club Potluck
1:00 Euchre
3:30 Mindful Living Workshop

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

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

13
9:00 Manicure & Pedicures
10:00 Chair Volleyball
11:00 Blood Pressure by Stonerise at Home
11:30 Fun & Fit
1:00 Diabetes and Meal Planning
6:00 Ballroom Dancing

14
9:30 Line Dance
10:00 Bible Study
12:30 Bridge
5:00 Mod Podge Picture Boards
5:45 Zumba
7:00 Square Dance

15
9:00 Quilt group
10:00 Chair Volleyball
11:30 Fun & Fit
1:00 Euchre
1:00 POUND
2:30 Tai Chi
3:30 Mindful Living Workshop

16
8:30 Blood Pressures by Housecalls
8:30 Snacks by Buckeye Hospice & Palliative Care
9:45 Bingo
12:30 Hand & Foot
12:30 Healthy U
1:00 Knitting Group
5:45 Zumba
6:30 Line Dance

17
9:30 Massage Appts.
10:00 Chair Volleyball
11:30 Fun & Fit
1:00 Tap & Burn
1:00 Afternoon @ the Movies - Hearts Beat Loud

20
10:00 Chair Volleyball
11:00 Blood Pressure by Buckeye Hospice and Palliative Care
11:30 Fun & Fit
11:30 Open Lunch
11:30 Senior Day
1:00 Craft Class
3:00 Concert
4:00 Free Dinner
5:00 Mega Bingo
6:00 Ballroom Dancing

21
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

22
10:00 Chair Volleyball
11:30 Fun & Fit
1:00 Euchre
1:00 Grief for Widows & Widowers
1:00 POUND
2:30 Tai Chi

23
8:30 Snacks by Elmcroft
9:45 Bingo
12:30 Hand & Foot
12:30 Healthy U
1:00 Knitting Group
5:45 Zumba
6:30 Line Dance Burn

24
10:00 Chair Volleyball
11:30 Fun & Fit
1:00 Afternoon the Movies - Instant Family
1:00 Tap & Burn

27
Memorial Day - Closed



28
9:30 Line Dance
10:00 Bible Study
12:30 Bridge
5:45 Zumba
7:00 Square Dance

29
10:00 Chair Volleyball
11:30 Fun & Fit
1:00 Euchre
1:00 POUND
2:30 Tai Chi

30
9:45 Bingo
12:30 Hand & Foot
12:30 Healthy U
1:00 Knitting Group
5:45 Zumba
6:30 Line Dance

31
10:00 Chair Volleyball
11:30 Fun & Fit
1:00 Afternoon @ the Movies - Green Book
1:00 Tap & Burn

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 Chair Volleyball 11:30 Fun & Fit 5:00 Left, Right, Center 6:00 Ballroom Dancing	4 9:30 Line Dance 10:00 Bible Study 12:30 Bridge 3:00 Matter of Balance 5:45 Zumba 7:00 Square Dance 12:00 Hearing Test 1:00 SelfDefenseWorkshop 5:00 Self Defense Workshop	5 8:30 Blood Sugar screening by Marietta Health Department 10:00 Chair Volleyball 11:30 Fun & Fit 1:00 Euchre 1:00 Grief for all Losses 1:00 POUND 2:30 Tai Chi	6 8:30 Bingo Breakfast 8:30 Blood Sugar by Comfort Keepers 9:45 Bingo 12:00 Hand & Foot 12:30 Healthy U 1:00 Billiard Tournament 1:00 Knitting Group 5:45 Zumba 6:30 Line Dance	7 9:30 Massage Appts. 10:00 Chair Volleyball 11:30 Fun & Fit 11:30 Lunch Bunch - Route 60 Grill 1:00 Afternoon @ the Movies - Second Act 1:00 Tap & Burn
10 9:00 Manicure & Pedicures 10:00 Chair Volleyball 11:00 Blood Pressure by Stonrise at Home 11:30 Fun & Fit 1:00 AARP Safe Driving Course 6:00 Ballroom Dancing	11 9:30 Line Dance 10:00 Bible Study 12:30 Bridge 3:00 Matter of Balance 5:45 Zumba 7:00 Square Dance	12 9:00 Quilt group 11:00 Senior Club Potluck 1:00 Euchre	13 8:30 Snack by Appletree 9:45 Bingo 12:30 Hand & Foot 1:00 Knitting Group 5:45 Zumba 6:30 Line Dance	14 Elder Abuse Awareness Day 8:30 Men's Breakfast & Tournament 9:30 Massage Appts. 10:00 Chair Volleyball 11:30 Fun & Fit 1:00 Tap & Burn 1:00 Afternoon @ the Movies - Uncle Drew Wear Purple to Show Support
17 10:00 Chair Volleyball 11:00 Blood Pressure by Buckeye Hospice and Palliative Care 11:30 Fun & Fit 1:00 Visual Impairment Services Team 5:00 Evening Bingo 6:00 Ballroom Dancing	18 9:30 Line Dance 10:00 Bible Study 10:00 Book Club Sharing 12:30 Bridge 3:00 Matter of Balance 5:45 Zumba 6:00 Stampin Up 7:00 Square Dance	19 9:00 Quilt group 10:00 Chair Volleyball 11:30 Fun & Fit 1:00 Euchre 1:00 POUND 2:30 Tai Chi	20 8:30 Blood Pressures by Housecalls 8:30 Snacks by Buckeye Hospice & Palliative 9:45 Bingo 12:30 Hand & Foot 1:00 Knitting Group 5:45 Zumba 6:30 Line Dance	21 9:30 Massage Appts. 10:00 Chair Volleyball 11:30 Fun & Fit 1:00 Afternoon @ the Movies - The Meg 1:00 Tap & Burn
24 10:00 Chair Volleyball 11:30 Fun & Fit 1:00 Cooking Class 5:00 Left, Right, Center 6:00 Ballroom Dancing	25 9:30 Line Dance 10:00 Bible Study 12:30 Bridge 3:00 Matter of Balance 5:45 Zumba 7:00 Square Dance	26 10:00 Chair Volleyball 11:30 Fun & Fit 1:00 Euchre 1:00 Grief for Widows & Widowers 1:00 POUND 2:30 Tai Chi 3:30 Chi Walking	27 8:30 Snacks by Elmcroft 9:45 Bingo 12:30 Hand & Foot 1:00 Knitting Group 5:45 Zumba 6:30 Line Dance	28 9:30 Massage Appts. 10:00 Chair Volleyball 11:30 Fun & Fit 1:00 Afternoon @ the Movies - Oceans 8 1:00 Tap & Burn



WEAR PURPLE TO SHOW SUPPORT

World Elder Abuse Awareness Day is an annual international United Nations observance day. The day came about as a result of a UN resolution.



333 Fourth Street
Marietta, OH 45750

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**Looking for a convenient, affordable location
to host a birthday party, shower, anniversary celebration,
or even a family reunion?**



Consider the O'Neill Center which is handicap accessible and can accommodate groups of up to 100. Call for rates and to arrange a tour. Special rates available for Memorials, Golden Anniversaries and 75+ birthday parties.

333 Fourth Street Marietta, OH (740) 373-3914

www.oneillcenter.com