



SEPTEMBER • OCTOBER
2018

A Unit of the National Council on Aging



O'NEILL Center

HELPING AREA SENIORS LIVE HIP: HEALTHY, INDEPENDENT AND PRODUCTIVE

Increase your
Financial
Knowledge

Ghost
Stories

Healthy U

ONEILLCENTER.COM



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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.



The O'Neill Center is #StayingHIP on social media and we want to #Engage with you!

Over 2 billion individuals are using social media networks worldwide and this number continues to grow every day. Whether using a computer, mobile device or tablet, social media is often right at our fingertips, only a click away. The advantages however, are widespread, allowing individuals to communicate, share information and learn with others!

At the O'Neill Center, we want to interact with you, share our stories and keep you up-to-date on what is happening! We are expanding our social media and invite you to follow us on Facebook, Instagram and Snapchat using the usernames listed below!

Connect with us today to stay engaged and keep up with the latest O'Neill Center news, resources, pictures and more – we're only a click away!

FOLLOW US



/oneillcenter



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Take a picture of the snapcode above to add us!

Stop in to use our computer lab at the O'Neill Center, open Monday-Friday, and follow our schedule of events for upcoming computer and technology classes!



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

A special thank you for allowing us to use the former Food 4 Less parking area and Lowe's of Marietta. Without the donation of these parking areas our charter bus travel would not be possible.

Branson, Missouri, September 10-15 - \$989 per person double occupancy
6 days, 5 nights, 1 lunch at Throed Rolls Lambert's Café, 5 fabulous shows, visit the Gateway Arch, tour St. Louis, and visit to the Anheuser-Busch Brewery.

Wheeling Island, September 26 - \$38
Free play and a stop at Melhelm's for lunch on your own.

Mountaineer Casino & Resort, October 15-16 - \$100 per person for double occupancy, \$120.00 single occupancy. Trip includes free slot play and free food voucher.

Meadows Casino, November 12 - \$40. Trip includes free play.

Longaberger Dresden, December 11 - \$38
Trip includes transportation to Dresden Ohio, bus prizes, and end of season sales in Dresden. Lunch on your own at the Warehouse.

—————2019—————

Wheeling Island Casino, January 23 - \$40
Free play and a stop at Melhelm's for lunch on your own.

Bahamas Carnival Cruise, February 9-16 - Cabin pricing begins at \$949
Trip includes transportation to the Charleston, SC pier with an overnight hotel stay before and after the cruise. 2 fun days at sea onboard the Ecstasy cruise ship, port of calls Princess Cays Private Island, and Nassau Bahamas. Call, Nancy to find out more information and be added to this trip! 740-373-3914.

Meadows Casino, February 25 - \$40. Trip includes free play.

Mardi Gras Casino, Cross Lanes, WV, March 19 - \$40. Trip includes free play.

Mountaineer Casino & Resort, April 15-16 - \$100 per person for double occupancy and \$120 for single occupancy. Free food voucher and free slot play.

Outer Banks, May 20-25 - \$689 per person for double occupancy.
4-days, 3-nights - Explore lighthouses, Currituck Heritage Park, Roanoke Aquarium, Elizabethan Gardens, Wright Brothers National Memorial, and Elizabeth II, an English merchant vessel. Also included are: 3 breakfasts, 3 dinners: including 1 seafood dinner.

Kentucky Bluegrass Tour, September 16 -19, 2019 - \$675 per person for double occupancy. This 4-day, 3-night trip includes a dinner cruise on Belle of Louisville, lunch buffet at Boone Tavern, Kentucky Horse Park and Museum. Travelers will enjoy 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)
Beginner lessons begin in September
Beginners - Tuesdays, 7 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,
5:45 p.m., \$25 for 6 classes
- Chi Walking** Free
Wednesdays, 3:30 p.m.
- Tap-N- Burn** (\$5/class or \$25/6 class pass) Fridays, 1 p.m.



O'Neill Center Sponsored by Heartland of Marietta

- Sept. 7 Wonder **PG**
- Sept. 14 Jumanji: Welcome to the Jungle **PG-13**
- Sept. 21 Murder on the Orient Express **PG-13**
- Sept. 28 Wonderstruck **PG-13**
- Oct. 5 Phantom Thread **PG-13**
- Oct. 12 Winchester **PG-13**
- Oct. 19 Keep the Change, NR
- Oct. 26 Love After Love, NR

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.

Healthy U

Beginning Sept. 6 • 1:30-3:30 p.m.

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 has been proven to help. This 6-week course is led by two trained coaches and will include a snack break during the 2-hour class. Class size is limited, so register soon. Don't miss this opportunity to do something to help yourself live healthier!

Ballroom Dancing

Beginning Sept. 10 • 6-7 p.m.

John Polasko has volunteered to lead this new dance class featuring all your favorite ballroom dance styles. We will begin with the basic waltz and cha-cha steps and go from there. Join in, make friends, have fun!

Left, Center, Right

Sept. 10, Oct. 8 & 22 • 5 p.m.

This fast and fun game can be played with chips or nickels. Bring friends to make this evening a regular on our calendar. Bring a snack to share.

Readers Theatre

Sept. 10 & 24, Oct. 8 & 22 • 1 p.m.

Has the stage ever called your name? Do you have theatrical dreams that need to be fulfilled? Senior Theatre Readers is a way to act without all the stress of memorizing the lines. Your group will choose a play, get scripts, practice reading the play, and then schedule a "performance" for other seniors. Please call for more information and sign up.

How to become a Nonprofit Board Member

Sept. 13 • 1-4 p.m.

Have you ever thought of volunteering to help a nonprofit out? Nonprofits LEAD (a program of Marietta College) will provide training on nonprofit board member roles, responsibilities, and legal duties. Many of our wonderful, local nonprofit organizations need good board members like you! This session is led by Amy Elliott, Non Profit LEADS director, Marietta College. \$25 per person

Financial Workshops

Sept. 13, 20, & 27 • 5 p.m.

Increase your financial knowledge during this 3 class workshop. During this series, participants will get binders and certificates of completion as you progress. You will go away with a better sense of the financial world and a book of information to make references. Please register for these classes by calling the O'Neill Center.

Halloween Craft

Sept. 17 • 1 p.m.

Come join us as we get creative while sewing a Halloween apron out of Daisy Kingdom pattern prints. This will have your imagination flowing. Bring along a denim shirt or jacket and we'll add some halloween cut-outs to liven them up for the season.

Harvest Moon

Sept. 24 • 5 p.m.

Dr. Toni DeVore returns with the Harvest Moon. She will be explaining the phases of the moon, the Harvest Moon, and all the different names and meanings of the moon. Please call to show interest for attendance.

Artist Trading Cards

Sept. 26 • 12:30 p.m.

This is a fun craft that takes no artistic abilities but is loaded with unique crafting surprises. You will create your own masterpiece on a 2½ by 3½ inch card. These are fun to give as a little gift, as a pick me up, or to even brighten someone's day—or keep as your own! Call to show interest. We will provide lots of materials, but feel free to bring momentos that have special meaning to you.

Octoberfest

Oct. 1 • 5 p.m.

Enjoy all the fixin's for a fall festival. We'll have fresh from the garden fruits & veggies, along with apple cider. If you have been busy canning or preserving, please bring a jar with you so we can have a display and judging. Tom O'Connor will be providing a smooth mix of songs for our enjoyment. This program is impart funded by Interim Health Care.

Liquid Lead Glass Painting class

Oct. 8 • 2-6 p.m.

This easy paint class will have you creating a gallery. Paint on glass unique to yourself and the season. \$40 includes all paints, glass, frame and hanging hocks with a chain. We will have a fall leaf pattern and others to choose. All are easy to follow and paint in the lines once you have layed out your lead strips. Class size is limited. We will provide pizza and drinks since this class will run for 4 hours.

Ghost Stories

Oct. 29 • 5 p.m.

It's Halloween and what better time for some Marietta Ghost stories. We will be hosting a haunted O'Neill Center, so come on down and prepare to be frightened with stories of Marietta's ghosts and spirits. There will be spooky treats to eat and drink. Please call to show interest.

O'Neill Senior Singers Practice

First & Fourth Wednesdays • 1 pm.

This group of volunteers spread their cheerful voices to all area Senior Living Homes. Please call for more information on becoming part of this volunteer group. All ages are welcome.

Blood Pressure Screenings

Sept. 10 & Oct 8 • 11 a.m.

by Stonerise at Home

Sept. 20 & Oct. 18 • 11 a.m.

by Housecalls Home Health

Sept. 17 & Oct. 15 • 11 a.m.

by Interim

Ten Touchstones

of Grief & Mourning

All Losses

Sept. 5 & Oct. 10 • 1 p.m.

Widows & Widowers

Sept 19 & Oct. 17 • 1 p.m.

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

Alzheimer's Support Group

Sept 6 & Oct. 4 • 2:30 p.m.

Designed to provide emotional, educational, and social support for caregivers through regularly scheduled meetings. Participants develop methods and skills to solve problems faced when caring for someone with Alzheimer's disease. Groups encourage caregivers to maintain their own physical and emotional health, as well as optimal care for the person with dementia.

Stop the Bleed

Oct. 22 • 1 p.m.

Motivated by the multiple tragedies that have occurred in the past few years, the purpose of this campaign is to improve survivability from manmade or natural mass casualty events. Participants are able to provide immediate frontline aid until first responders are able to take over care of an injured person. Without civilian intervention in these circumstances, preventable deaths may occur. Please call to show interest.



Book Club

3rd Tuesdays • 10 a.m.

Sponsored by Washington County Public Library

Sept. 18: *Pride & Prejudice* by Louise Alcott

Oct. 16: sharing

Evening Bingo 5-7 p.m.

Sept. 17: Sponsored by Interim Healthcare

Oct. 15: Sponsored by Marietta Center Genesis

Lunch Bunch 11:30 a.m.

Meeting at area restaurants. It's important to call the O'Neill Center so we can give them an advanced count.

Sept. 21: Jerry's Flyaway Café, MOV Regional Airport, meet at O'Neill Center at 11 a.m. to carpool

Oct. 19: Lafayette Hotel, Front Street

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. Tai Chi can be done indoors or out, and as a group activity or by yourself.

Chi Walking

Wednesdays • 3:30 p.m.

The Chi Walking program is an exciting new approach to creating health, fitness, and well-being through walking. Chi Walking

blends walking with the inner focuses of Tai Chi, the ancient Chinese martial art proven to increase balance, strength, and mental focus. Walking is the ideal way to get and stay fit. With the Chi Walking program you'll be able to walk faster and farther with less effort. You'll slim down and get stronger and more centered with every workout.

Hearing Services

Beginning at 12 p.m.

Sept 6: Hearing Aid Cleaning

Oct. 2: Hearing Testing

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 2 p.m.

Red Hatters

Sept. 27 & Oct. 25

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, 1p.m.** Then on the **2nd Friday** after Men's breakfast the men will hold another tournament.

September

O'Neill Center

Monday	Tuesday	Wednesday	Thursday	Friday
3  Center Closed for Labor Day	4 9:30 Line Dance 10:00 Bible Study 12:30 Bridge 7:00 Square Dance	5 8:30 Blood Sugar Screening 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 1:00 Euchre 1:00 Ten Touchstones of Grief for all Losses 1:00 POUND 1:00 Senior Singers 2:30 Tai Chi 3:30 Chi Walking	6 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 1:30 Healthy U 2:30 Alzheimer's Support Group 5:45 Zumba 6:30 Line Dance	7 9:30 MassageAppointments 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 1:00 Tap & Burn 1:00 Afternoon @ the Movies - Wonder
10 9:00 Manicure&Pedicures 10:00 Chair Volleyball 🏐 11:00 Blood Pressures by Stonerise @ Home 11:30 Fun & Fit 12:30 Matter of Balance 1:00 Readers Theater 5:00 Left, Right, Center 6:00 Ballroom Dancing	11 9:30 Line Dance 10:00 Bible Study 12:30 Bridge 5:45 Zumba 7:00 Square Dance	12 9:00 Quilt group 11:00 Senior Club Potluck 1:00 Euchre	13 8:30 Snacks by Marietta Center 9:45 Bingo 12:30 Hand & Foot 1:00 Knitting Group 1:00 How to: Nonprofit Board Member 1:30 Healthy U 5:45 Zumba 6:30 Line Dance	14 8:30 Men's Breakfast & Tournament 9:30 Massage Appointments 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 1:00 Tap & Burn 1:00 Afternoon @ the Movies - Jumanji Welcome to the Jungle
17 10:00 Chair Volleyball 🏐 11:00 Blood Pressure by Interim 11:30 Fun & Fit 12:30 Matter of Balance 1:00 Halloween Craft 5:00 Evening Bingo 6:00 Ballroom Dancing	18 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	19 9:00 Quilt group 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 1:00 Euchre 1:00 Ten Touchstones of Grief for Widows & Widowers 1:00 POUND 2:30 Tai Chi 3:30 Chi Walking	20 8:30 Blood Pressure by Housecalls 8:30 Snacks by Heartland 9:45 Bingo 1:30 Healthy U 12:30 Hand & Foot 1:00 Knitting Group 5:45 Zumba 6:30 Line Dance	21 9:30 MassageAppointments 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 11:30 Lunch Bunch 1:00 Afternoon @ the Movies - Murder on the Orient Express 1:00 Tap & Burn
24 11:30 Fun & Fit 10:00 Chair Volleyball 🏐 12:30 Matter of Balance 1:00 Readers Theater 5:00 Harvest Moon Program 6:00 Ballroom Dancing	25 9:30 Line Dance 10:00 Bible Study 12:30 Bridge 5:45 Zumba 7:00 Square Dance	26 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 1:00 Euchre 1:00 POUND 1:00 Senior Singers 2:30 Tai Chi	27 8:30 Snacks by Brookdale 9:45 Bingo 11:30 Red Hat 12:30 Hand & Foot 1:00 Knitting Group 1:30 Healthy U 5:45 Zumba 6:30 Line Dance	28 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 1:00 Afternoon @ the Movies - Wonderstruck 1:00 Tap & Burn



Ballroom Dancing

Beginning Sept. 10 • 6-7 p.m.

John Polasko has volunteered to lead this new dance class featuring all your favorite ballroom dance styles. We need men and women to dance their hearts away. We will begin with the basic waltz and cha-cha steps and go from there. Join in, make friends, have fun!



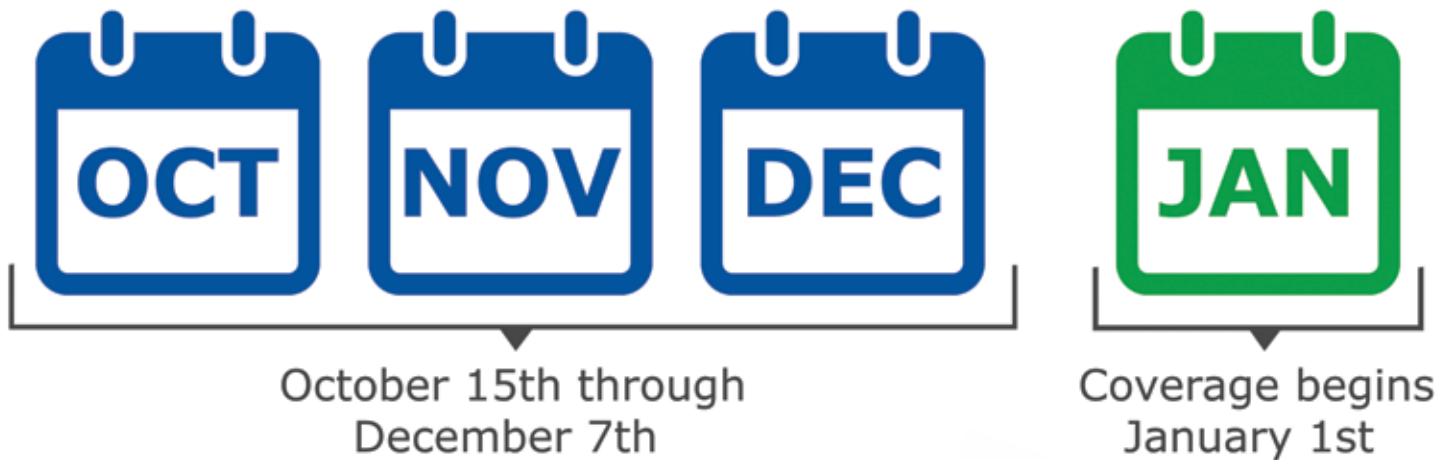
October

O'Neill Center

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 12:30 Matter of Balance 5:00 Octoberfest	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 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 1:00 Euchre 1:00 POUND 1:00 Senior Singers 2:30 Tai Chi 3:30 Chi Walking	4 8:30 Bingo Breakfast 8:30 Blood Sugar screening by Comfort Keepers 9:45 Bingo 12:30 Hand & Foot 1:00 Billiard tournament 1:00 Knitting Group 1:30 Healthy U 2:30 Alzheimer's Support Group 5:45 Zumba 6:30 Line Dance	5 9:30 Massage Appointments 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 1:00 Afternoon @ the Movies - Phantom Thread 1:00 Tap & Burn
8 9:00 Manicure & Pedicures 10:00 Chair Volleyball 🏐 11:00 Blood Pressures by Stonerise @ Home 11:30 Fun & Fit 1:00 Readers Theater 2:00 Lead Glass Paint Class 5:00 Left, Right, Center 6:00 Ballroom Dancing	9 9:30 Line Dance 10:00 Bible Study 12:30 Bridge 5:45 Zumba 7:00 Square Dance 12:00 Hearing Test	10 9:00 Quilt group 11:00 Senior Club Potluck 1:00 Euchre 1:00 Ten Touchstones of Grief for all Losses 3:30 Chi Walking	11 8:30 Snacks by Marietta Center 9:45 Bingo 12:30 Hand & Foot 1:00 Knitting Group 1:30 Healthy U 5:45 Zumba 6:30 Line Dance	12 8:30 Men's Breakfast & Tournament 9:30 Massage Appointments 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 1:00 Afternoon @ the Movies - Winchester 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 5:00 Evening Bingo 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 Ten Touchstones of Grief for Widows & Widowers 1:00 POUND 2:30 Tai Chi 3:30 Chi Walking	18 8:30 Snacks by Heartland 8:30 Blood Pressure by Housecalls 9:45 Bingo 12:30 Hand & Foot 1:00 Knitting Group 5:45 Zumba 6:30 Line Dance	19 9:30 Massage Appointments 10:00 Chair Volleyball 🏐 11:30 Lunch Bunch 1:00 Afternoon @ the Movies - Keep the Change 1:00 Tap & Burn 11:30 Fun & Fit
22 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 1:00 Stop the Bleed 1:00 Readers Theater 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 Ten Touchstones of Grief for Widows & Widowers 1:00 POUND 1:00 Senior Singers 2:30 Tai Chi 3:30 Chi Walking	25 8:30 Snacks by Brookdale 9:45 Bingo 11:30 Red Hat 12:30 Hand & Foot 1:00 Knitting Group 5:45 Zumba 6:30 Line Dance	26 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 1:00 Tap & Burn 1:00 Afternoon @ the Movies - Love After Love
29 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 5:00 Haunted O'Neill	30 9:30 Line Dance 10:00 Bible Study 12:30 Bridge 5:45 Zumba 7:00 Square Dance	31 10:00 Chair Volleyball 🏐 11:30 Fun & Fit 1:00 Euchre 1:00 POUND 2:30 Tai Chi 	Ghost Stories Oct. 29 • 5 p.m. We will be hosting a haunted O'Neill Center, so come on down and prepare to be frightened with stories of Marietta's ghosts and spirits. There will be spooky treats to eat and drink. Please call to show interest.	

MARK YOUR CALENDARS!

MEDICARE OPEN ENROLLMENT BEGINS
OCTOBER 15 THROUGH DECEMBER 7



It is important to review your current coverage to determine whether or not your current plan will continue to have the best coverage. Plans can change premiums, co-pays, add or increase deductibles, drop medications or choose to no longer participate in the program.

Call the O'Neill Center to make an appointment to review your options. The O'Neill Center's trained and experienced staff are ready to assist you in determining your options.

**Call (740) 373-3914 to speak to a
Medicare Counselor.**

