



SEPTEMBER • OCTOBER  
2019

A Unit of the National Council on Aging



# Center

HELPING AREA SENIORS LIVE HIP: HEALTHY, INDEPENDENT AND PRODUCTIVE

## WE HAVE A LOT TO TALK ABOUT

- Medicare Open Enrollment
- Murder Mystery Dinner & Show
- Senior Center Appreciation Day



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O'Neill Center  
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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.



## SENIOR CENTER APPRECIATION DAY

September 9 • 1 p.m. & 4:30 p.m.

Every September is National Senior Center month! The theme this year is the key to aging well! The key to the O'Neill Center's success is our seniors!



To show our appreciation we are going to have a day full of fun! To kick off the day we will have the Columbus Zoo here at 1 p.m. The Day Center will be joining us to enjoy the zoo. The zoo will be bringing small mammals, reptiles, birds, and "creepy crawlies".

In the evening, we will have Jim Forshey as "Elvis" play for us at 4:30 p.m. Put on those blue suede shoes and join in as we get all shook up! Snacks and light refreshments will be provided after the show. There is no charge for either event because of the generosity of an anonymous donor!

## MEDICARE OPEN ENROLLMENT

October 15 through December 7



Medicare Open Enrollment is the one time a year that Medicare recipients can change their current Medicare Part D or Medicare Advantage plans. Everyone is encouraged to review their current plans to determine if it will be the best plan for them in 2020.

It is important to review these plans as insurance companies can increase monthly premiums, increase or add deductibles, increase co-pays or no longer cover some of your existing medications. We have trained staff that can assist you in making informed decisions or changes in your coverage.

For assistance call our Social Services Department at 740-373-3914 and request an appointment. Appointments are made on a first come first serve basis.



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.

## 2019

**Wheeling Island - Sept. 25** - \$40 free play and stop at Mehlman's café for lunch on your own.

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

**NEW! - Circleville Pumpkin Festival - Oct. 16** - \$40 Depart from Marietta for the annual Circleville Ohio pumpkin Festival. The streets are filled with entertainment and what else pumpkins.

**Meadows Casino & Racetrack - Nov. 18** - \$40 includes \$25 free play on slot machines.

**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.

**Longaberger Dresden, Dec. 10** - \$38 Trip includes transportation to Dresden Ohio, bus prizes, you'll have the afternoon to shop for end of season sales. Lunch will be on your own at the Warehouse.

**NEW! - December 19** - \$94 A Christmas Story tour performance with Point of Grace musical trio, Aaron Shust, and Mallory Hope. Amish family style dinner will be served before the 7pm concert. You'll have some time to shop at the gift shop and bakery before the concert.

## 2020

**Eastern Caribbean Cruise, Carnival Cruise Line's "Breeze"- Feb. 7-16** - Cabins begin at \$1649 inside, \$1,899 outside, \$2,049 Balcony. Ports include: Amber Cove, Dominican Republic, St. Thomas, US Virgin Islands, San Juan, Puerto Rico, Grand Turk, Turks & Caicos, departing from Port Canaveral, 2 nights hotel during this 8 day/7 night cruise.

**Wheeling Island Casino - January 22** - \$40 includes free slot play – plus stop for early lunch on your own at Mehlman's Cafeteria.

**Hollywood Casino - Columbus - Feb.25** - \$40

**Meadows Casino & Racetrack - March 24** - \$40 free play and horse racing at 1 p.m.

**Mardi Gras Casino - April 28** - \$40 Spend Senior Day in the casino to earn more free play in the slots.

**Canal Boat & Newcomerstown - Ohio, May 6** - \$68 Enjoy the peaceful canal boat ride of Roscoe Village before heading into Newcomerstown for the afternoon & evening. This tour includes entrance to 2 museums: Temperance Tavern Museum and The Old Main Street Museum plus a chicken dinner will be served on Main Street, along with entertainment of Main Street shop owners.

*\*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** - (Free) Call for schedule

**Gentle Yoga** - (Free) Wednesdays, 3:30 p.m.

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

Wednesdays, 1 p.m.

**Tai Chi** - (Free) Wednesdays, 2:30pm

8 week program

**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

Sept. 6 The Leisure Seeker **R**

Sept. 13 Adrift **PG-13**

Sept. 20 Welcome to Marwen **PG-13**

Sept. 27 Same Kind of Different Me **PG-13**

Oct. 4 The Best of Enemies **PG-13**

Oct. 11 Breakthrough **PG**

Oct. 18 The Public **PG-13**

Oct. 25 Little **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.

### Knitting Group

Thursdays • 1 p.m.

Cold and blustery weather will be here before we know it, so it's important to be prepared with the right accessories. The fingerless glove pattern will keep your hands warm, but still allow you the mobility you need to perform daily tasks such as texting, opening cans or bottles, and picking up small objects! We will have several designs to choose from as well as providing some knitting needles and a variety of yarn. Experienced or basic knitters will find it fun to learn to knit with double pointed needles.

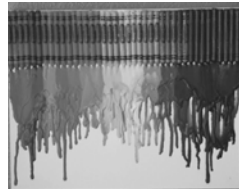
### Stroke Workshop

September 16 • 1 p.m.

A stroke happens when blood vessels bringing blood to the brain get blocked or even worse, they rupture. 80% of strokes can be prevented. This workshop will talk about the different types of strokes, preventing another stroke, and the signs and symptoms of a stroke. Elizabeth Erb from Encompass Health will be here to lead this workshop and will answer any of your questions. Please call the O'Neill Center to show interest.

### Crayon Craft

September 10 • 5 p.m.



This melting crayon craft is fun for adults and children. We encourage you to bring your

grandkids, nieces, or nephews. You will get your canvas and arrange your crayons in the order you would like. Then we will melt them to make a pretty picture on the canvas. The cost for this craft will be \$10 to cover the cost of the materials. Pre-registration and payment is required.

### Commodity Box Recipes

September 23 & October 14 • 5 p.m.

Are you uncertain of the meals to make out of your commodity box? Tired of the same recipes each month? Well look no further and join our Commodity Box cooking class. Greta Lynch from the OSU Extension office will make a healthy meal with the items in the box. You will get to sample a meal during the class. Plus, she will have other recipes printed out to make different meals. Please call the O'Neill Center to show interest.

### Trivia Night

September 24 & October 22 • 5 p.m.

Trivia night will put your memory to the test. We will put you into teams and ask a series of questions on various topics. The topics will be on geography, entertainment, history, art and literature, science and nature, and sports and leisure. The team with the most correct answers will win bragging rights. We will have pizza and soda for trivia night. Come laugh, eat, and put your memory to the test. \$5 per person needs to be prepaid. Call the O'Neill Center to reserve your spot today!

### Health Screening Clinic

September 24, & October 22

9 a.m. to 12 p.m.

Katie Fleming, RN from the Ohio University Heritage College of Osteopathic Medicine will be here to offer a free health clinic. They will offer blood cholesterol, blood glucose and blood pressure, all at

once, and it takes approximately 5-7 minutes per person. Everyone will receive a copy of their results and any education needed from the results. Fasting before the test will get the best results, but not required. The cholesterol testing is a complete testing with results of HDL, LDL, and triglycerides. Please call the O'Neill Center to show interest.

### Ice Cream Social

September 30 • 4:00 p.m.

### alzheimer's association®

Join our annual ice cream social to help support a great cause. Every year the Alzheimer's Association does a walk to end Alzheimer's in September. We will have ice cream and all the toppings to make a yummy sundae. The cost of the sundaes will be by donation only. All proceeds will go to the Alzheimer's Association to help support their cause. During the event we will have the "Tune Smiths" play. Come and enjoy a sundae, great music, and fellowship with your friends while supporting a great cause.

### Lantern Craft

October 21 • 1 p.m.

This craft is perfect for the fall and makes a cute decoration for your table. We will mod podge silk leaves on the outside of a glass jar. We ask everyone to bring in a mason jar, or another glass jar you would like to decorate. This craft is free of charge. Please call the O'Neill Center to reserve your spot.

### Murder Mystery and Dinner Party

October 28 • 4 p.m.

This year's Halloween party will be a murder mystery dinner and show! Paskawych Entertainment will be here to perform the murder mystery show. The founder and President, Karen Paskawych, and chief Consultant Kevin Paskawych have years of acting, directing, and technical expertise. You will enjoy a dinner theater and help play detective to solve the case. The dinner and show will be masquerade themed set in the 1930s. In earlier times, the masks had several meanings, one being to hide your identity. Our party

will be full of fun, mystery, and leave everyone wondering who did it till the end! The cost for the dinner and show is \$15 per person. Space is limited so call to reserve your seat!

### **Matter of Balance**

**8 week course starting:**

**October 4 • 9:30 a.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 October 4 helps older adults reduce their fear of falling, thereby enhancing activity levels. The class is free and open to the public. Snacks will be provided during the class. Call to register as class size is limited.

### **Masquerade Mask Making**

**October 23 • 1 p.m.**

Our mystery dinner party will be masquerade themed set in the 1930s! The cost to make your mask will be \$3 each. We will have masks and all the supplies to decorate your masquerade mask. So come have fun and enjoy making your mask for this year's mystery dinner party! Please call to show interest.

### **Chili Cook-off**

**October 7 • 1 p.m.**

Join us for our first ever chili cook-off! You can come to be a part of the tasting and judging or enter your pot of chili.

The cost to enter your chili will be \$6. We ask everyone to bring the chili in a crockpot. You will receive a number, and it will be placed on your chili so no one knows whose chili is whose. The winner will receive half of the money from the total proceeds of the entry fee.

A 50/50 drawing will be held throughout the cook-off. Everyone will get to taste each of the chili. Then when you decide on the one you think is best, you will put your vote in the container in front of the

pot of chili. Who will be the winner with the best chili? Come out enjoy the fun and eat some yummy chili. Get your ticket to enter your pot of chili, spots are limited. If you want to come and enjoy and taste the chili please call to show interest.

### **Monthly Services/Meetings**

**Blood Sugar & Pressure Screening by Marietta City Health Dept.**

September 4 & October 2 • 8:30 a.m.

**Blood Sugar & Pressure Screening by Comfort Keepers**

September 5, & October 3 • 8:30 a.m.

**Blood Pressure Screening by Stonerise at Home**

September 9, & October 14 • 11 a.m.

**Blood Pressure Screening by Housecalls Home Health**

September 19 & October 17 • 8:30 a.m.

**Blood Pressure Screening by Buckeye Hospice and Palliative Care**

September 16 & October 21 • 11 a.m.

Sponsored by Buckeye Hospice and Palliative Care.

**Grief & Mourning for all Losses**

September 4 & October 2 • 1 p.m.

**Grief & Mourning for Widows & Widowers**

September 25 & October 23 • 1 p.m.

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

### **Monthly Billiard Tournaments**

Join a fun group of gentlemen for a billiard tournament every 1st Thursday, 1p.m. Then another tournament on the 2nd Friday at 8:30 a.m.

### **Book Club Meeting**

**3rd Tuesday • 10 a.m.**

Sponsored by Washington County Public Library

**September 17 - Book Thief** by

Markus Zusak

**October 15 - Sharing month**

### **Lunch Bunch**

**September 6 • Huck's Family Market,** Muskingum Drive

**October 4 - Townhouse on the Patio,** 230 Front St. 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.**

**September 16 - Sponsored by** Encompass Health

**October 21 -**

### **Hearing Services**

**September 5:** Hearing aid cleaning

**October 1:** Hearing test

These free services are 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.

# *The Heat is On*

## **CHILI COOK-OFF - OCTOBER 7 @ 1 PM**

Bring your best chili and enjoy the afternoon.

Information above





# September

## O'Neill Center

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Closed for Labor Day	<b>3</b> 9:30 Line Dance 10:00 Bible Study 12:30 Bridge 5:45 Zumba 7:00 Square Dance	<b>4</b> 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 3:30 Gentle Yoga	<b>5</b> 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	<b>6</b> 9:30 Chi Walking 9:30 Massage Appts 10:00 Chair Volleyball 11:30 Fun & Fit 11:30 Lunch Bunch 1:00 Movie: The Leisure Seeker 1:00 Tap & Burn
<b>9</b> 9:00 Manicure & Pedicures 11:00 Blood Pressure by Stonerise at Home 11:30 Fun & Fit 1:00 Senior Center Appreciation Day 6:00 Ballroom Dancing	<b>10</b> 9:30 Line Dance 10:00 Bible Study 12:30 Bridge 5:00 Crayon Craft 5:45 Zumba 7:00 Square Dance	<b>11</b> 9:00 Quilt group 11:00 Senior Club Potluck 1:00 Euchre	<b>12</b> 9:45 Bingo 12:30 Hand & Foot 1:00 Knitting Group 5:45 Zumba 6:30 Line Dance	<b>13</b> 8:30 Men's Billiards Tournament 9:30 Massage Appts 10:00 Chair Volleyball 11:30 Fun & Fit 1:00 Movie: Adrift 1:00 Tap & Burn
<b>16</b> 10:00 Chair Volleyball 11:00 Blood Pressure by Buckeye Hospice and Palliative Care 11:30 Fun & Fit 1:00 Stroke Workshop 2:30 Tai Chi 5:00 Evening Bingo 6:00 Ballroom Dancing	<b>17</b> 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	<b>18</b> 9:00 Quilt group 10:00 Chair Volleyball 11:30 Fun & Fit 1:00 Euchre 1:00 POUND 2:30 Tai Chi 3:30 Gentle Yoga	<b>19</b> 8:30 Blood Pressures by Housecalls 9:45 Bingo 12:30 Hand & Foot 1:00 Knitting Group 5:45 Zumba 6:30 Line Dance	<b>20</b> 9:30 Massage Appts 10:00 Chair Volleyball 11:30 Fun & Fit 1:00 Movie: Welcome to Marwen 1:00 Tap & Burn
<b>23</b> 10:00 Chair Volleyball 11:30 Fun & Fit 5:00 Commodity Box Recipes 5:00 Left, Right, Center 6:00 Ballroom Dancing	<b>24</b> 9:00 Health Screening Clinic 9:30 Line Dance 10:00 Bible Study 12:30 Bridge 5:00 Trivia Night 5:45 Zumba 7:00 Square Dance	<b>25</b> 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 Gentle Yoga	<b>26</b> 9:45 Bingo 12:30 Hand & Foot 1:00 Knitting Group 5:45 Zumba 6:30 Line Dance	<b>27</b> 10:00 Chair Volleyball 11:30 Fun & Fit 1:00 Tap & Burn 1:00 Movie: Same Kind of Different Me
<b>30</b> 10:00 Chair Volleyball 11:30 Fun & Fit 4:00 Ice Cream Social 6:00 Ballroom Dancing	<b>SENIOR CENTER APPRECIATION DAY</b> <b>September 9 • 1 p.m. &amp; 4:30 p.m.</b> <ul style="list-style-type: none"> <li>• Columbus Zoo at 1:00 p.m</li> <li>• Jim Forshey as "Elvis" at 4:30 p.m</li> <li>• No Charge</li> </ul>			

# October

## O'Neill Center

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>Medicare Open Enrollment starts on October 15 - Are you ready?</b>	<b>1</b> 9:30 Line Dance 10:00 Bible Study 12:00 Hearing Test 12:30 Bridge 5:45 Zumba 7:00 Square Dance	<b>2</b> 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 3:30 Gentle Yoga	<b>3</b> 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 5:45 Zumba 6:30 Line Dance	<b>4</b> 9:30 Massage Appts 9:30 Matter of Balance 10:00 Chair Volleyball 11:30 Fun & Fit 11:30 Lunch Bunch 1:00 Movie: The Best of Enemies 1:00 Tap & Burn
	<b>7</b> 10:00 Chair Volleyball 11:30 Fun & Fit 1:00 Chili Cook-off 5:00 Left, Right, Center 6:00 Ballroom Dancing	<b>8</b> 9:30 Line Dance 10:00 Bible Study 12:30 Bridge 5:45 Zumba 7:00 Square Dance	<b>9</b> 9:00 Quilt group 11:00 Senior Club Potluck 1:00 Euchre	<b>10</b> 9:45 Bingo 12:00 Hand & Foot 1:00 Knitting Group 5:45 Zumba 6:30 Line Dance
<b>14</b> 9:00 Manicure&Pedicures 10:00 Chair Volleyball 11:00 Blood Pressure by Stonrise at Home 11:30 Fun & Fit 5:00 Commodity Box Recipes 6:00 Ballroom Dancing	<b>15</b> 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	<b>16</b> 9:00 Quilt group 10:00 Chair Volleyball 1:00 Euchre 11:30 Fun & Fit 1:00 POUND 3:30 Gentle Yoga	<b>17</b> 8:30 Blood Pressures by Housecalls 9:45 Bingo 12:30 Hand & Foot 1:00 Knitting Group 5:45 Zumba 6:30 Line Dance	<b>18</b> 9:30 Massage Appts 9:30 Matter of Balance 10:00 Chair Volleyball 11:30 Fun & Fit 1:00 Movie: The Public 1:00 Tap & Burn
<b>21</b> 10:00 Chair Volleyball 11:00 Blood Pressure by Buckeye Hospice and Palliative Care 11:30 Fun & Fit 1:00 Lantern Craft 5:00 Evening Bingo 6:00 Ballroom Dancing	<b>22</b> 9:00 Health Screening Clinic 9:30 Line Dance 10:00 Bible Study 12:30 Bridge 5:00 Trivia Night 5:45 Zumba 7:00 Square Dance	<b>23</b> 10:00 Chair Volleyball 11:30 Fun & Fit 1:00 Grief for Widows & Widowers 1:00 Euchre 1:00 POUND 1:00 Masquerade Mask Making 2:30 Tai Chi 3:30 Gentle Yoga	<b>24</b> 9:45 Bingo 12:30 Hand & Foot 1:00 Knitting Group 5:45 Zumba 6:30 Line Dance	<b>25</b> 9:30 Matter of Balance 10:00 Chair Volleyball 11:30 Fun & Fit 1:00 Movie: Little 1:00 Tap & Burn
<b>28</b> 10:00 Chair Volleyball 11:30 Fun & Fit 4:00 Murder Mystery Dinner Party 5:00 Left, Right, Center 6:00 Ballroom Dancing	<b>29</b> 10:00 Bible Study 12:30 Bridge 9:30 Line Dance 5:45 Zumba 7:00 Square Dance	<b>30</b> 10:00 Chair Volleyball 11:30 Fun & Fit 1:00 Euchre 1:00 POUND 2:30 Tai Chi 3:30 Gentle Yoga	<b>31</b> 9:45 Bingo 12:30 Hand & Foot 1:00 Knitting Group 5:45 Zumba	<b>Murder Mystery is            October 28 -            Won't you join us??</b>



**MURDER MYSTERY DINNER AND SHOW**  
**\$15 PER PERSON**  
**OCTOBER 28 - 4 P.M.**

Paskawych Entertainment will put on a murder mystery show that you will never forget! The theme for the show will be a mystery for you all to find out. So come and put your detective hats on and try to help solve this case!

During the show dinner will be served.  
Space is limited so call or stop in to reserve your seat.

**Pre-registration and payment is required.**

