

Events

Belpre Senior Center

1614 Washington Blvd.
Belpre OH 45714

Call 740-423-6022
for reservations as requested

Social Worker by Appt Thursdays

1-3 p.m. • Services include RX info,
medical power of attorney, aging
issues. Call 740-423-6022.

Lunch

Every Tuesday & Thursday
Noon • \$2.50 donation
Sponsored by Belpre Senior Club
Stay for cards and board games.

Hearing Aid Cleaning & Hearing Program

July 6 • 10 a.m.
George Evans, Audiologist

Journaling Class

July 9 & 23, August 13 • 10 a.m.

Belpre High School Alumni Ice Cream Social/Fundraiser

July 10 • 11 a.m.-6 p.m.
Provides scholarships for Belpre
High School students. Lots of action,
food and ice cream at Howe's Grove
Park and the Senior Center all
afternoon. Tickets on sale at Belpre
Senior Center.

Community Breakfast Nickel Bingo

July 12, Aug 9 • 8:30 a.m.
\$2 donation for breakfast

Eye Glass Adjustments

July 14 • 9 a.m.-10 a.m.
Eye Care Associates

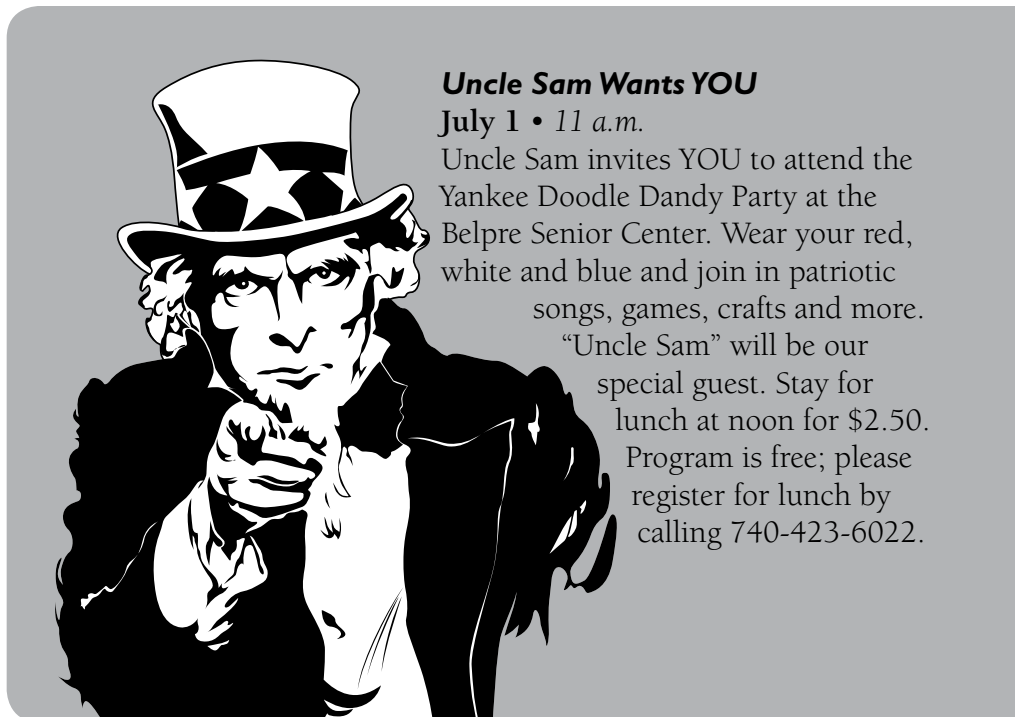


Leg Pain: Causes & Treatments

July 8 • 11 a.m.

Kim Crum, Marietta Spine Center

Come hear Kim Crum, nurse practitioner with the Spine Center at Marietta Memorial Hospital, discuss various causes and treatments for leg pain. One disorder is referred to as Restless Leg Syndrome or RLS. RLS is a sensory disorder causing an almost irresistible urge to move the legs due to unpleasant feelings in the legs. Symptoms can range from mild to severe, most often disruptive to sleep and tend to get worse over time. Treatments range from life style changes to medications. Get the "scoop" on this very prevalent disorder at the program. The program begins at 11 a.m. Guests are also invited to stay for the donation lunch (\$2.50) at noon. Pre-registration is appreciated.



Uncle Sam Wants YOU

July 1 • 11 a.m.

Uncle Sam invites YOU to attend the Yankee Doodle Dandy Party at the Belpre Senior Center. Wear your red, white and blue and join in patriotic songs, games, crafts and more. "Uncle Sam" will be our special guest. Stay for lunch at noon for \$2.50. Program is free; please register for lunch by calling 740-423-6022.

“Summer Is Grand” Picnic & Circus

July 21 • 11:30 a.m., Circus at 1 p.m.

Howe’s Grove Park

Games, free lunch & circus acts!

Hosted by Ohio HomeCare

Charles Watson, performer



Summer Concert Series & Picnics

July 27, August 24 • (\$3)

6 p.m. • “Becky’s Picnic”

at Civitan Park Shelter #1

7:30 p.m. • concert

July 27, Gospel Music Reunion Choir

August 24, Blackwater Run

(Gospel/Bluegrass)



Nickel Bingo

July 27, Aug 31 • 10:15 a.m.

Arbors of Marietta brings “cleaning” supplies as extra prizes in July.

Wanna Be Writers

Coffee & Conversation

July 30, Aug 27 • 10 a.m.

Hear “stories” from current journaling group and explore whether informal story-writing might be for you.

Congressional Update

Aug 5 • 11:15 a.m.

Jerri Dahler, field representative for Congressman Charlie Wilson will give a brief overview of “hot” congressional topics and updates on any bills of particular interest to seniors. She will stay for lunch with the seniors and then hold “office hours” from 12:30 p.m.-1:30 p.m. in order to address any individual concerns related to social security, veterans, Medicare, etc. Please make lunch reservations by August 3.

Safe Medication Disposal

August 9 • 10 a.m.-2 p.m.

Washington County Council on Aging
Dispose of expired, unwanted meds. Pill form only – no liquid, gel, or cancer meds.



Diabetic Education Seminar

July 26, August 23 • 10 a.m.

Open to community, all ages welcome. The partnership with Marietta Memorial’s Diabetes Education Center at Belpre Senior Center is a welcome service. Seniors see a diabetic nurse weekly for focused education on their particular challenges to living with diabetes. On July 26, the public education program will discuss activity level on blood sugar readings. On August 23, weight management will be the topic. The educational programs are open to any persons of any age. Call the center to pre-register.

“Bee” Happy & Healthy

August 10 • 11 a.m.

Beekeeper from Pineberry Farms will be our speaker. Join us!

Nutrition/Fun Food Facts

August 19 • 11 a.m.

Interim Health Care

My Aching Back

August 19 • 4 p.m.

Ann Marie Jacobs, a physical therapist with the Marietta Memorial Hospital Spine Center, will focus attention on neck and back pain. There are many reasons for neck and back pain, including culprits like lifestyle issues and habits. However, some pain is unavoidable and participants will learn of various interventions. All ages are welcome. Program is free and pre-registration is requested.

Nicaragua Sewing Mission Show

August 24 • 11 a.m.

Jenny Jacobs, speaker

County Fair Fun & Music

August 26 • 10:45 a.m.

Food, games and music
Musician Bob Burwell and friends in the “Country Pickers” band will lead off the fun of the senior’s “County Fair.” Just like any worthwhile fair, plan to enjoy and enter food judging contests, hobby displays, a fish pond and of course the “cow patty” game. A new addition this year is the “flower exchange corner.” “Bring one – Take One” is an opportunity to share your favorite perennials or house plants with others. And, if you have easy-care perennials appropriate for the senior center, be generous and bring two—one for a friend and one for the center. Pre-registration is appreciated. “Country Pickers” Band continues after lunch!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>BHS Alumni Ice Cream Social Saturday, July 10 11:00 a.m. • Belpre Senior Center & Howes Grove Park</p>			<p>1 10:30 Club Meeting 10:45 Yankee Doodle Party 12:00 Lunch: cards & games 6:30 Zumba</p>	<p>2 11:00 Cooking Club 1:00 Movie: Crazy Heart</p>
<p>5 Center Closed for Independence Day Celebrations</p> 	<p>6 10:00 BP/BS/Diabetic RN 10:30 Hearing Aid Cleaning 11:00 Hearing Innovations 12:00 Lunch: cards & games</p>	<p>7 10:00 Chair Volleyball 🏐 @ O'Neill 1:00 Tone & Stretch 5:30 Seniorcise 🏃</p>	<p>8 11:00 Leg Pain Program 12:00 Lunch: cards & games 6:30 Zumba</p>	<p>9 10:00 Journaling 1:00 Movie: The Young Victoria</p>
<p>12 8:30 Community Breakfast 9:30 Nickel Bingo 1:00 Wii Games 5:30 Seniorcise 🏃</p>	<p>13 10:00 BP/BS/Diabetic RN 11:00 Foot Care 12:00 Lunch: cards & games</p>	<p>14 9:00 Eye Glass Adjustment 10:00 Chair Volleyball 🏐 1:00 Tone & Stretch 2:15 Line Dance 5:30 Seniorcise 🏃</p>	<p>15 12:00 Lunch: cards & games 6:30 Zumba</p>	<p>16 11:00 Cooking Club Outing 1:00 Movie: It's Complicated</p>
<p>19 1:00 Wii Games 5:30 Seniorcise 🏃</p>	<p>20 10:00 BP/BS/Diabetic RN 11:00 Birthday Party 12:00 Lunch: cards & games</p>	<p>21 10:00 Chair Volleyball 🏐 11:30 Picnic & Circus @ Howes Grove Park 1:00 Tone & Stretch 2:15 Line Dance Class 5:30 Seniorcise 🏃</p>	<p>22 11:00 Heart Health 12:00 Lunch: cards & games 6:30 Zumba</p>	<p>23 10:00 Journaling 1:00 Movie: Blue Hawaii (1961)</p>
<p>26 10:00 Diabetic Class: Stay Active 1:00 Wii Games 5:30 Seniorcise 🏃</p>	<p>27 10:15 Nickel Bingo 12:00 Lunch: cards & games 6:00 Picnic/Concert @ Civitan Park</p>	<p>28 10:00 Chair Volleyball 🏐 1:00 Tone & Stretch 2:15 Line Dance Class 5:30 Seniorcise 🏃</p>	<p>29 10:00 BP/BS/Diabetic RN 12:00 Lunch: cards & games 6:30 Zumba</p>	<p>30 10:00 Wanna Be Writers Coffee 1:00 Movie: The Mirror Has Two Faces</p>

August

Belpre Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
2 1:00 Wii Games 5:30 Seniorcise 🐝	3 8:00 Ohio State Fair Trip 10:00 BP/BS/Diabetic RN 12:00 Lunch: cards & games	4 9:00 Chair Volleyball @ O'Neill 🏐 1:00 Tone & Stretch 2:15 Line Dance Class 5:30 Seniorcise 🐝	5 10:45 Club Business Meeting 11:15 Congressional Update 12:00 Lunch: cards & games 6:30 Zumba	6 11:00 Cooking Club 1:00 Movie: Where the Wild Things Are (1973)
9 8:30 Community Breakfast 9:30 Nickel BINGO 10:00 Medication Disposal 1:00 Wii Games 5:30 Seniorcise 🐝	10 11:00 "Bee" Happy 12:00 Lunch: cards & games	11 10:00 Chair Volleyball 🏐 1:00 Tone & Stretch 2:15 Line Dance Class 5:30 Seniorcise 🐝	12 10:00 BP/BS/Diabetic RN 12:00 Lunch: cards & games 6:30 Zumba	13 10:00 Journaling 1:00 Movie: The Way We Were (1996)
16 1:00 Wii Games 5:30 Seniorcise 🐝	17 9:00 BP/BS/Diabetic RN 11:00 Birthday Party 12:00 Lunch: cards & games	18 10:00 Chair Volleyball 🏐 1:00 Tone & Stretch 2:15 Line Dance 5:30 Seniorcise 🐝	19 11:00 Nutrition/ Fun Food Facts 12:00 Lunch: cards & games 4:00 My Aching Back 6:30 Zumba	20 11:00 Cooking Club Outing 1:00 Movie: My Fake Fiancé
23 10:00 Diabetic Class: Weight Management 1:00 Wii Games 5:30 Seniorcise 🐝	24 11:00 Nicaragua Sewing Mission 12:00 Lunch: cards & games 6:00 Picnic/Concert @ Civitan Park	25 10:00 Chair Volleyball 🏐 1:00 Tone & Stretch 2:15 Line Dance Class 5:30 Seniorcise 🐝	26 10:00 BP/BS 11:00 County Fair/Band 12:00 Lunch: cards & games 6:30 Zumba	27 10:00 Wanna Be Writers Coffee 1:00 Movie: Old Dogs
30 1:00 Wii Games 5:30 Seniorcise 🐝	31 10:15 Nickel BINGO 12:00 Lunch: cards & games	<p>Don't Miss It "Bee" Happy & Healthy Belpre Senior Center August 10 • 11 a.m. Beekeeper from Pineberry Farms will be our speaker. Join us!</p> 		