

# Events

## Belpre Senior Center

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 for your appointment.

### Lunch

#### Every Tuesday & Thursday

Noon • \$2.50 donation

Sponsored by Belpre Senior Club  
Stay for cards and board games.



### An Evening with Barbershop March 16

5 p.m. • Barbershop Singers Help Celebrate St. Patrick's Day. The River City Treblemakers, a chartered barbershop harmony group, will help Belpre seniors get an early start on celebrating St. Patrick's Day. On Tuesday, March 16, we'll first start with an Irish dinner at 5 p.m., followed at 6 p.m. by the wonderful sound of barbershop music. Dinner costs \$5 and reservations are requested. (Call 740-423-6022) Put on your green and join in the meal and fellowship of what is sure to be a delightful evening.

### Community Breakfast & Bingo

March 8, April 12

Breakfast, 8:30 a.m. (\$2)  
Nickel Bingo, 9:30 a.m.

### Hearing Loss & Solutions March 9

11 a.m.

Audiologist from Camp Hearing Aid Center, George Evans, will help seniors better understand the causes and treatments of hearing loss. Following the program, a donation lunch for \$2.50, sponsored by the Belpre Senior Club, will be offered.

If you are not a regular for lunch, please pre-register by calling 740-423-6022. As a follow-up to the program, Mr. Evans will also offer hearing aid cleaning services on April 13 from 10-11 a.m.

### NEW - Eyeglass Adjustments March 10, April 14

9-10 a.m. • Eye Care Associates of Belpre Optical Technician, Lisa Leasure, will clean and check your eyeglasses.

### Cooking Club Outing March 12

11 a.m. • Unicorn Wines, Belpre  
\$5, reservation requested

### "Jazzy" Afternoon with The "Profs" Band March 18, April 15 12:30 p.m.

### Stay Strong & Independent March 23

11 a.m. • Join us as a representative from Healthsouth Rehabilitation Center discusses the importance of bone health.

### Ohio Valley Bird Watching April 6

10:45 a.m. • Come see a slide show of birds and area migration.

### NEW - Hearing Aid Cleaning April 13

10-11 a.m. • By Camp Hearing Aid Center



### Medicare Fraud Protect Yourself!

March 11

11 a.m. • This presentation was developed by the Senior Medicare Patrol to alert Medicare recipients about a national concern with the Medicare Program. Billions of Medicare dollars are being stolen annually by organized crime and dishonest providers. Information will be provided for monitoring individual Medicare benefits, how to prevent criminals from obtaining personal information, and who to contact if there is a question or concern.

This presentation is designed to be informal and interactive; questions, comments, and testimonials are welcome.

### **Women's Afternoon Treat**

**April 19**

*1-3 p.m.* • We know that dealing with pesky bladder problems is not just a “woman’s issue,” but we’re going to use this topic as an excuse to have a “Women’s Afternoon Treat.” MMH physical therapist, Amy Boles, will be the speaker during the “Afternoon Women’s Treat.” Amy will offer shoulder massages and also give tips on managing incontinence. Ladies, don’t hesitate to come to the program as you are not alone—bladder problems affect about 12 million Americans, and sadly to report, more women than men. To entice attendance, the afternoon will also include mini-manicures, make-up tips and more. So girlfriends, invite a girlfriend and pre-register today for this “afternoon treat.”



### **Summer Energy Tips**

**April 15**

*11 a.m.* • Ohio Consumer Council will present tips to help us all stay cooler this summer while conserving energy.

### **Marietta Memorial at Belpre Senior Center**

The Belpre Senior Center is pleased to host two very informative programs presented by physical therapists from MMH during April. Pre-registration is requested for these programs. Invite a friend and call the senior center at 740-423-6022 or send an e-mail to Susie Casto at scasto@oneillcenter.com. My Aching Back and Women’s Afternoon Treat are offered free of charge and will include light refreshments.

### **My Aching Back!**

**April 1**

*6:30 p.m.* • The Marietta Memorial Spine Center will offer an evening discussion focused on neck and back pain. Physical therapist, Ann Marie Lowers, will review why we have neck and back pain, discuss lifestyle issues and habits that can be the culprits to pain, and emphasize the importance of exercise for reducing or eliminating pain. She will also discuss the various interventions that can be helpful for these cases. We only have one spine—learn ways as to how to take care of yours. Invite a friend (of any age!) and enjoy this informative program.

### **African Mission Trip Experience**

**April 22**

*11 a.m.* • by Jim Irvin

### **Blood Pressure and Blood Sugar Screening**

**March 2, 11, 16, 23, & 25**

**April 6, 8, 20 & 22**

*10-11 a.m.*

### **Card Party Euchre & Hand & Foot**

**March 9, April 13**

*6 p.m.* • Card players also gather on Tuesdays and Thursdays after lunch.

### **Journaling Class**

**March 5, 12, 19 & 26**

**April 16 & 30**

*10 a.m.*

### **Forever Young at Heart! Monthly Birthday Celebration**

**March 16, April 20**

*11 a.m.* • Cake by Arbors of Marietta

# March

## Belpre Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 1:00 Wii Games 5:30 Seniorcise 🎯	<b>2</b> 10:00 BP/BS 12:00 Lunch: cards & games	<b>3</b> 9:00 Chair Volleyball @ O'Neill 1:00 Tone & Stretch 2:15 Line Dance 5:30 Seniorcise 🎯	<b>4</b> 11:00 Club Business Meeting 12:00 Lunch: cards & games 1:00 Social Worker by appointment	<b>5</b> 10:00 Journaling 1:00 Movie: Time Traveler's Wife
<b>8</b> 8:30 Community Breakfast 9:30 Nickel BINGO 1:00 Wii Games 5:30 Seniorcise 🎯	<b>9</b> 11:00 Hearing Loss Tips 12:00 Lunch: cards & games 6:00 Card Party	<b>10</b> 9:00 Eyeglass Adjustments 10:00 Chair Volleyball 🏐 1:00 Tone & Stretch 2:15 Line Dance Class 5:30 Seniorcise 🎯	<b>11</b> 10:00 BP/BS 11:00 Medicare Fraud 12:00 Lunch: cards & games 1:00 Social Worker by appointment	<b>12</b> 10:00 Journaling 11:00 Cooking Club Outing 1:00 Movie: Surrogates
<b>15</b> 1:00 Wii Games 5:30 Seniorcise 🎯	<b>16</b> 10:00 BP/BS 11:00 Birthday Party 12:00 Lunch: cards & games 5:00 Dinner/Barbershop	<b>17</b> 10:00 Chair Volleyball 🏐 1:00 Tone & Stretch 2:15 Line Dance Class 5:30 Seniorcise 🎯  <b>St. Patrick's Day</b>	<b>18</b> 12:00 Lunch: cards & games 12:30 The "Pros" Band 1:00 Social Worker by appointment	<b>19</b> 10:00 Journaling 1:00 Movie: Invention of Lying
<b>22</b> 1:00 Wii Games 5:30 Seniorcise 🎯	<b>23</b> 10:00 BP/BS 11:00 Stay Strong/Independent 12:00 Lunch: cards & games	<b>24</b> 10:00 Chair Volleyball 🏐 1:00 Tone & Stretch 2:15 Line Dance Class 5:30 Seniorcise 🎯	<b>25</b> 10:00 BP/BS 12:00 Lunch: cards & games 1:00 Social Worker by appointment	<b>26</b> 10:00 Journaling 1:00 Movie: Baby Mama
<b>29</b> 9:00 Club Officers 1:00 Wii Games 5:30 Seniorcise 🎯	<b>30</b> 10:15 Nickel BINGO 12:00 Lunch: cards & games	<b>31</b> 10:00 Chair Volleyball 🏐 1:00 Tone & Stretch 2:15 Line Dance Class 5:30 Seniorcise 🎯	<b>Join us for LUNCH!</b> <b>Every Tuesday and Thursday</b> 12:00 p.m. • Belpre Senior Center  <b>Stay for cards &amp; games!</b>	