

Events

Belpre Senior Center

1614 Washington Blvd.
Belpre OH 45714

Call 740-423-6022
for reservations as requested

Welcome to Medicare

June 28 • 6 p.m.

Presented by Ohio Senior Health Insurance Program (see page 5 for more details.)

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.

Sleep Disorders & Options

May 4 • 11 a.m.

Andy Boyd's In Home Medical

Summer Heat Dangers & Tips

May 13 • 11 a.m.

Ohio HomeCare

Spring Concert

May 11 • 11 a.m.

Seniors, youngsters and music is always a winning combination. It is always a pleasure to welcome the seventh and eighth graders from Belpre Junior High as they share a preview of their spring concert. The choir is under the direction of Bill VanPelt.

Chicken & Noodle Dinner

May 11 & June 8 • 5 p.m.

Cost is \$5, welcome to stay for "game night" at 6 p.m. Reservations are appreciated 740-423-6022.



Aprons & Fond Memories

May 6 • 11:15 a.m.

As a way to remember special women in our lives, seniors are invited to don the simplest of attire – a kitchen apron – for a special "fashion show." It may be an apron that you get out of a cedar chest, a forgotten kitchen drawer or a favorite from your kitchen door hook. The apron in hand may be a former feed-sack, one with a special holiday theme or just a functional apron found during a blue-light special sale. It may have stains that remind you of a special day – berry-picking, egg-gathering or a favorite recipe. Invite a daughter or friend to walk down memory lane with your favorite apron. (Lunch available for \$2.50 but please register guests in advance.)

Driver Safety Class

May 17 & May 19

12:30 - 4:30 p.m.

The AARP Driver Safety class not only increases awareness of the importance of driving safely but is also recognized by the state of Ohio as an approved driver improvement course that may allow participants to receive a discount on their auto insurance premiums.

This opportunity is available at a cost of \$12 per person for AARP members and \$14 per person for non-members.

Pre-registration is required. The course is taught in four hour sessions over a two-day period and includes presentations, videos and group discussions. There will be no driving test or exams. If both husband and wife are covered on their auto insurance, both must complete the course for the premium deduction. Make check payable to AARP and return to the Belpre Senior Center at 1614 Washington Blvd, Belpre, OH 45714





**Join CCMH & BSC For
Fun @ Civitan Park**

June 4 • 10 a.m.

Seniors from Camden Clark Memorial Hospital's "Lifetime Partners" and the Belpre Senior Center will combine a walk around the park with "senior Olympic" games like corn hole, ladder golf, etc. A picnic lunch will be served at Noon. The Ramblin' Country & Bluegrass Band will keep your feet tapping to country tunes over lunch. Cost is \$3 and pre-registration is required.

Senior Talent Show

June 10 • 10:30 a.m.

Since laughter is welcome medicine, we expect hearty doses at the talent show. Dust off that sheet music, share favorite jokes or gather friends for a skit or a mini-choir. Don't be shy – sign up today for this fun time.

Flower Arrangement Tips

June 14 • 11 a.m.

Enjoy those beautiful summer flowers longer with arrangements throughout the house or as a special treat for a friend. Carolyn Moellendick, a local floral designer, will share tips to make a lovely bouquet. Invite a friend!

Men's Hobby Show

June 17 • 11 a.m.

Whether it is a hobby or fun collection, men are invited to share their interests and display favorite items at the Hobby Show. Like the "apron fashion show" prior to Mother's day, men may have special memories on how they got interested in a particular hobby. Who taught you to tie that fly or work with wood? Sign up today so we can make space for your favorite "stuff".

Ice Cream Social

June 24, 12:30 p.m.

Welcome summer time with a favorite ice-cream cone or refreshing float. Thanks to Andy Boyd's In Home Medical Company for hosting this flavorful event in Howe's Grove Park. First, the Belpre Senior Citizen's Club will host a picnic lunch (donation \$2.50) at Noon, then everyone will enjoy ice cream and games in the park.

Jazzy Afternoon with

The "Prof's" Band

May 20 & June 17 • 12:30 p.m.

Living With Heart Disease

June 8 • 11 a.m.

Interim Health Care

**Blood Pressure &
Blood Sugar Screenings**

**May 4, May 13, May 18, May 27,
June 1, June 10, June 15, June 16,
& June 24**

(Thanks to support from Medi Home Health, Ohio HomeCare, and Interim Home Health)

Free Diabetes Services

May 24 & June 28

10 a.m. - noon

The Belpre Senior Center is so pleased to welcome a new partnership with Marietta Memorial Hospital's Diabetes Education Center. Diabetic education and counseling services are now available at the Belpre Senior Center.

"The primary goal is to provide the knowledge necessary for individuals to maintain optimal health in spite of diabetes," says Kathy Reis, RN, and program coordinator for the Diabetes Education Center.

Free monthly education programs are offered on the fourth Monday of each month from 10 a.m. to Noon. The first hour is open to the public and is not only for diabetics but also for family members or individuals concerned about wellness issues. The educator will then be available from 11 a.m. to Noon for support, questions, and blood sugar testing. Pre-registration is requested.

A nurse educator is also available at the center weekly from 10 am. to 11 a.m. for individual counseling. (Offered Tuesdays and occasionally on Thursdays—call for information.) According to the American Diabetes Association, diabetes is often referred to as the "silent killer" because as many as one-fourth of those with the disease do not know they have it before a serious health complication shows up.

May

Belpre Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
3 1:00 Wii Games 5:30 Seniorcise 🏹	4 10:00 BP/BS 11:00 Sleep Disorders 12:00 Lunch: cards & games	5 9:00 Chair Volleyball @ O'Neill 1:00 Tone & Stretch 2:15 Line Dance 5:30 Seniorcise 🏹	6 10:45 Club Meeting 11:15 Apron Fashion Show 12:00 Lunch: cards & games 6:30 ZUMBA	7 11:00 Cooking Club 1:00 Movie: <i>Love Happens</i>
10 8:30 Community Breakfast 9:30 Nickel BINGO 1:00 Wii Games 5:30 Seniorcise 🏹	11 11:00 Junior High Concert 12:00 Lunch: cards & games 5:00 Chicken & Noodle Dinner 6:00 Card Party	12 9:00 Eyeglass Adjustments 10:00 Chair Volleyball 🏐 1:00 Tone & Stretch 2:15 Line Dance Class 5:30 Seniorcise 🏹	13 10:00 BP/BS 11:00 Heat Stroke Program 12:00 Lunch: cards & games 1:00 Social Worker by appointment 6:30 ZUMBA	14 10:00 Journaling 12:00 Movie: <i>Gone with the Wind</i>
17 12:30 AARP Driver Safety Class 5:30 Seniorcise 🏹	18 10:00 BP/BS 11:00 Birthday Party 12:00 Lunch: cards & games	19 9:00 BP/BS 10:00 Chair Volleyball 🏐 12:30 AARP Driver Safety Class 5:30 Seniorcise 🏹	20 12:00 Lunch: cards & games 12:30 The "Pros" Band 1:00 Social Worker by appointment 6:30 ZUMBA	21 11:00 Cooking Club Outing 1:00 Movie: <i>Fame</i>
24 10:00 Diabetes 101 Program 1:00 Wii Games 5:30 Seniorcise 🏹	25 10:15 Nickel Bingo 12:00 Lunch: cards & games	26 10:00 Chair Volleyball 🏐 1:00 Tone & Stretch 2:15 Line Dance Class 5:30 Seniorcise 🏹	27 10:00 BP/BS 12:00 Lunch: cards & games 1:00 Social Worker by appointment 6:30 ZUMBA	28 10:00 Coffee/Conversation 12:00 Volleyball Tournament Athens 1:00 Movie: <i>It Happened One Night</i>
31 Memorial Day Center Closed 	Aprons & Fond Memories May 6 • 11:15 a.m. As a way to remember special women in our lives, seniors are invited to don the simplest of attire – a kitchen apron – for a special “fashion show.”			

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:00 BP/BS 11:00 Summer Energy Tips 12:00 Lunch: cards & games	2 9:00 Chair Volleyball @ O'Neill 🏐 1:00 Tone & Stretch 2:15 Line Dance Class 4:30 Seniorcise 🕒	3 11:00 Club Business Meeting 12:00 Lunch: cards & games 1:00 Social Worker by appointment 6:30 ZUMBA	4 10:00 Civitan Park Outing 1:00 Movie: All About Steve
7 1:00 Wii Games 5:30 Seniorcise 🕒	8 11:00 Living with Heart Problems 12:00 Lunch: cards & games 5:00 Chicken & Noodle Dinner 6:00 Card Party	9 10:00 Chair Volleyball 🏐 1:00 Tone & Stretch 2:15 Line Dance Class 4:30 Seniorcise 🕒	10 10:00 BP/BS 10:30 Talent Show! 12:00 Lunch: cards & games 1:00 Social Worker by appointment 6:30 ZUMBA	11 11:00 Cooking Club 1:00 Movie: Funny Girl
14 8:30 Community Breakfast 9:30 Nickel BINGO 11:00 Flower Arrangement Tips 1:00 Wii Games 5:30 Seniorcise 🕒	15 9:00 BP/BS 11:00 Birthday Party 12:00 Lunch: cards & games 5:30 Picnic/Concert in Park Wear Red, White & Blue	16 9:00 BP/BS 10:00 Chair Volleyball 🏐 1:00 Tone & Stretch 5:30 Seniorcise 🕒	17 11:00 Hobby Show/Tell 12:00 Lunch: cards & games 12:30 The "Pros" Band 1:00 Social Worker by appointment 6:30 ZUMBA	18 10:00 Journaling 12:00 Movie: Dr. Zhivago
21 1:00 Wii Games 5:30 Seniorcise 🕒	22 11:00 Senior Singers 12:00 Lunch: cards & games	23 10:00 Chair Volleyball 🏐 1:00 Tone & Stretch 2:15 Line Dance Class 5:30 Seniorcise 🕒	24 10:00 BP/BS 12:00 Lunch: cards & games 12:30 Ice Cream Social 1:00 Social Worker by appointment 6:30 ZUMBA	25 10:00 Coffee/Conversation 1:00 Movie: My Sister's Keeper
28 10:00 Diabetes 101 Program 1:00 Wii Games 6:00 Welcome to Medicare	29 10:15 Nickel BINGO 12:00 Lunch: cards & games	30 10:00 Chair Volleyball 🏐 1:00 Tone & Stretch 2:15 Line Dance Class 5:30 Seniorcise 🕒	Don't Miss It Welcome to Medicare O'Neill Center June 28 • 6 p.m. Belpre Senior Center June 28 • 6 p.m.	