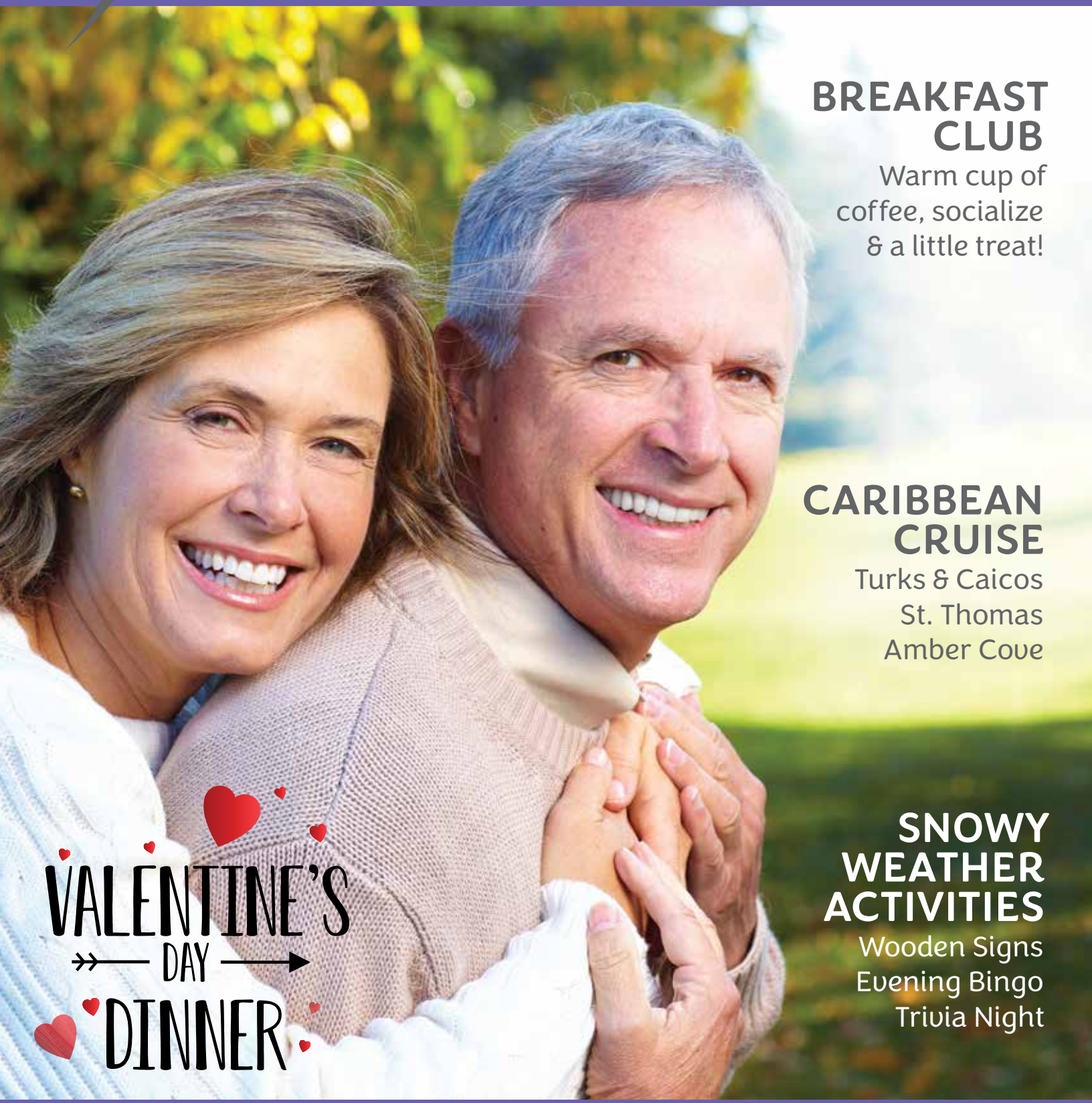
O'NEILL CENTER

January/February 2020

HELPING AREA SENIORS LIVE HIP: HEALTHY, INDEPENDENT AND PRODUCTIVE



BREAKFAST CLUB

Warm cup of coffee, socialize & a little treat!

CARIBBEAN CRUISE

Turks & Caicos
St. Thomas
Amber Cove

SNOWY WEATHER ACTIVITIES

Wooden Signs
Evening Bingo
Trivia Night

O'NEILL Center

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O'Neill Center
333 Fourth Street
Marietta, Ohio 45750
740-373-3914

Find us on facebook
facebook.com/oneillcenter

A Unit of the National Council on Aging
NISC
ACCREDITED BY NATIONAL INSTITUTE OF SENIOR CENTERS

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.

United Way

At the O'Neill Center, we make safety our top priority. We strive at all times to keep our walkways & drives as clear as possible.

We reserve the right to cancel any or all activities if we feel travel is not safe or we need additional time for clearing our areas. Please monitor WTAP and WMOA for cancellations this winter season.

The O'Neill Center is very fortunate to have such a strong and dedicated Board of Trustees. Each member of the board serves on several committees and volunteers their time, talent and treasure to assure that O'Neill Center can meet the needs of older residents of Washington County.

2019-2020 Board of Trustees
Cathy Brown, Retired Educator
Trina Cummings, Certified Trust & Financial Advisor
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Officers
Cathy Brown, President
Ann Stewart, Vice President
Icie Jones, Senior Treasurer
Mike Scales, Junior Treasurer
Vicki Schwartz-McCoy, Secretary

Committed to Equal Service Access
The O'Neill Center will provide equal opportunity in service access and delivery to all potential or actual clients without regard to race, color, religion, national origin, sex, disability or ability to pay.

TRIPS

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

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

Caribbean Cruise
Feb. 7- 16 – Carnival Cruise Line's "Breeze"
Amber Cove, Dominican Republic, St. Thomas, US Virgin Islands, San Juan, Puerto Rico, Grand Turk, Turks & Caicos, departing from Port Canaveral, 2 nights hotel 8, day 7 night cruise, cabins begin at $1649 inside, $1899 outside, $2049 Balcony

Hollywood Casino, Columbus
Feb. 25 – $40

Queen Esther Sight & Sound plus Harley Davidson Factory Tour
March 18 -19 – $359 Includes an Amish dinner along with the Sight and Sounds newest production, "Queen Esther", hotel stay and hot breakfast. A tour of the Harley Davidson Factory in York, PA.

Meadows Casino & Racetrack
March 30 – $40 free play and horse racing at 1pm.

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. A chicken dinner will be served on Main Street, along with entertainment of Main Street shop owners.

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.

*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 Monday, Wednesday, & Friday, 11:30am-12pm
$12/month
Basic Steps of Line Dance $5/class
Tuesday
Beginners 9:30am-10:30am
Thursday
Beginners 6:30pm
Intermediate 7:30pm
Chair Volleyball Wednesday & Friday, 10-11am, Free
Square Dance Tuesday, 7pm
$5 per class
POUND Wednesday, 1pm
$5/class or 6 class pass/$25
Seated Tai Chi Wednesday, 2:30pm
Free
Zumba Tuesday/Thursday, 5:45pm
$25/6 class pass
Tap-N- Burn Fridays, 1pm
$5/class or $25/6 class pass

Friday Afternoon at the Movies

Jan. 3	The Peanut Butter Falcon PG-13
Jan. 10	47 Meters Down: Uncaged PG-13
Jan. 17	Brian Banks PG-13
Jan. 24	After the Wedding PG-13
Jan. 31	Where'd you go, Bernadette PG-13
Feb. 7	On the Basis of Sex PG-13
Feb. 14	Forever my Girl PG
Feb. 21	The Seagull PG-13
Feb. 28	Finding your feet PG-13

EVENTS

Broughton Computer Lab
Open to seniors Monday, Tuesday, Thursday 8am- 7pm—and on Wednesday & Friday 8am-4pm
CLOSED on holidays.
Call the O'Neill Center for our schedule of upcoming computer classes.

Table Games
Billiards: Monday, Tuesday, Thursday 8am- 7pm
Wednesday & Fridays 8am- 4pm
Bridge: Tuesdays at 1pm
Euchre: Wednesdays at 1pm
Senior Bingo: Thursdays at 9:45am
3rd Monday at 5pm
Hand & Foot Cards: Thursdays at 1pm
Left, Center, Right: 1st & 4th Monday at 5pm

Breakfast for your Brain
Mondays through January 20 · 9am
Just as breakfast is important for your body, it is also important for your mind. Each session will work on stimulating your brain. This program will help with improving memory, improve your mood, and work towards a healthy lifestyle. We will serve breakfast snacks, and have coffee available. This class is free of charge. This workshop series is a drop in class. You don't have to attend all the classes. Call to reserve your seat!

Trivia Night
January 14 & Feb. 11· 5pm
Looking to have a fun night out after these cold, dreary days? Trivia night is the answer! Everyone will be split into teams and work together to solve the questions. The team with the most points wins bragging rights at the end of the night. Pre-registration and payment are required to ensure we have enough drinks and pizza. Join us for this very popular activity!

Canvas Painting
January 6 · 5pm
Come and enjoy a painting class led by Joyce Fogle. The painting will be a snowman just in time for all this snowy winter weather. Joyce will give step by step instructions on how to paint the picture shown here. Any level of experience can come to enjoy this class. The cost of the class is $38 and all supplies will be provided. Please call to reserve your seat.

Breakfast Club
Starting January 27 · 10am
Winter is in full swing and the winter blues can sometimes get us down. Starting Mondays, beginning January 27, we will have a breakfast club every morning from 10am until 11am. This is a great way to enjoy a warm cup of coffee, a little treat, and some fun socialization with your friends. The Ohio State University Extension office will be here to facilitate this with a guest speaker once per month. This club is free of charge. Please call to reserve your seat so we have enough goodies to go around.

Diamond Painting
January 13 · 1pm
With such great responses, we are having another diamond painting class. Diamond Painting is a new craft hobby that combines cross stitch and paint by number. It was designed as an easier, faster and more therapeutic alternative to cross stitch. With Diamond painting you apply tiny resin "Diamonds" to a DMC coded adhesive canvas to create a vibrant mosaic painting. The cost of this class will be $10 and all supplies will be provided. Pre-registration and payment is required.

Bone Density Screening
January 16 · 10:30am – 1pm
Osteoporosis is a disease in which the density and quality of bone is reduced. As bones become more fragile, the risk of fracture is greatly increased. Often there are no symptoms until the first fracture occurs. Walt Newlon from Camden Clark Medical Center will be here to do bone density screenings and explain the results. The cost of this screening will be $10. Prepayment is required for this screening.

Dinner with the Doctor
January 27 · 5pm
Our quarterly Dinner with a Doctor will be with Dr. Kelli Cawley with Marietta Memorial Health Systems. Not only is Dr. Kelli Cawley one of our medical directors at Marietta Hospice, but she is also a key physician at MMH Strecker Cancer Center. Dr. Cawley will be discussing the hospice benefit when it comes to disease specific scenarios, as well as how we are able to help patients live with hospice to their fullest potential. Dr. Cawley is also a native of Marietta, and a graduate of Marietta High School. The dinner will be sponsored by Cedar Grove, and Comfort Keepers. Space is limited, please call to make your reservation.

Resources as We Age
February 3 · 1 pm
Maggie Haines from Marietta Hospice will be here to discuss myths about hospice, how hospice works now, and other resources that you or a family member may need to know about. Maggie will discuss what Medicare covers as well. This workshop is free of charge. Please call to show interest.

Valentine's Day Party
February 10 · 5pm
Bring your sweetheart and enjoy dinner, music, and fellowship with your friends. We will have Heart to Heart playing their violin, guitar, and flute for some easy listening tunes. During their performance we will serve dinner and desserts followed by door prizes. The cost of the tickets are $10. Tickets can be purchased at the front desk or by calling to reserve your seat.

Seated Tai Chi
Wednesdays · 2:30pm
Seeking a way to get low-impact exercise that improves health and requires no special equipment? Tai Chi is an excellent solution. Because Tai Chi can be done indoors or out, and as a group activity or by yourself, it suits both people who like to work out alone at home and those who prefer to get their exercise in a social setting. Call to show interest.

Blood Sugar & Pressure Screening
by Marietta City Health Dept
February 5 · 8:30am

Blood Sugar & Pressure Screening
by Comfort Keepers
January 2 & February 6 · 8:30 am

Blood Pressure Screening
by Stonerise at Home
January 13 & February 10 · 11 am

Blood Pressure Screening
by Housecalls Home Health
January 16 & February 20 · 8:30 am

Blood Pressure Screening
by Buckeye Hospice and Palliative Care
February 17 · 11 am

Grief & Mourning for Widows & Widowers
January 22 & February 26 · 1 pm
Grief support groups sponsored by Marietta Hospice, led by BRV Coordinator Kent Lowther

Grief & Mourning for all Losses
January 8th & February 5 · 1 pm

Book Club
Meeting the 3rd Tuesday at 10am, sponsored by Washington County Public Library
January 21: Book Woman of Troublesome Creek by Kim Michele Richardson
February 18: A sharing month

Bible Study
Join Debra Cain for bible study every Tuesday at 10am

Hearing Services
January 2: Hearing Aid Cleaning
February 4: Hearing Test
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 2pm.

Evening Bingo
January Closed for Martin Luther King Day
February 17 · 5-7pm

Monthly Billiard Tournaments
Join a fun group of gentlemen for a billiard tournament every 1st Thursday, 1pm.
Then on the 2nd Friday the men will hold another tournament.

Wooden Signs
February 24 · 5pm
Karen Paskawych will be here to lead this fun craft. You will get the choice for the sign to say "blessed", "home", "family", or your last name. The size of this sign will be 12" in diameter. The name you choose will be laser cut, painted, and placed on the board. The cost of this craft is $28. Pre-payment and registration is required. All supplies will be provided. This will allow you to get the name you would like laser cut and ready for the craft.

JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday
Looking to have a fun night out after these cold, dreary days? Trivia night is the answer! January 14 & February 11 at 5pm		**1** Center CLOSED	**2** 8:30 Blood Sugar Screening 9:45 Bingo 12:00 Hearing Aid Cleaning 12:30 Hand & Foot 1:00 Billiard Tournament 5:45 Zumba 6:30 Line Dance	**3** 9:30 Massage Appointments 10:00 Chair Volleyball 11:30 Fun & Fit 1:00 Tap & Burn 1:00 Movie: The Peanut Butter Falcon
6 9:00 Manicures & Pedicures 9:00 Breakfast for Your Brain 11:30 Fun & Fit 5:00 Canvas Painting 5:00 Left, Right, Center 6:00 Ballroom Dancing	**7** 9:30 Line Dance 10:00 Bible Study 12:30 Bridge 5:45 Zumba 7:00 Square Dance	**8** 9:00 Quilt group 11:00 Senior Club Potluck 1:00 Euchre 1:00 Grief for all Losses 2:30 Seated Tai Chi	**9** 8:30 Snacks by Appletree 9:45 Bingo 12:30 Hand & Foot 5:45 Zumba 6:30 Line Dance	**10** 8:30 Men's Billiard Tournament 9:30 Massage Appointments 10:00 Chair Volleyball 11:30 Fun & Fit 1:00 Tap & Burn 1:00 Movie: 47 Meters Down: Uncaged
13 8:30 Snacks by Appletree 9:00 Manicure & Pedicures 9:00 Breakfast for Your Brain 11:00 Blood Pressure 11:30 Fun & Fit 1:00 Diamond Painting 6:00 Ballroom Dancing	**14** 9:30 Line Dance 10:00 Bible Study 12:30 Bridge 5:00 Trivia Night 5:45 Zumba 7:00 Square Dance	**15** 9:00 Quilt Group 10:00 Chair Volleyball 11:30 Fun & Fit 1:00 Euchre 1:00 POUND 2:30 Seated Tai Chi	**16** 8:30 Blood Pressures 8:30 Snacks 9:45 Bingo 10:30 Bone Density Screening 12:30 Hand & Foot 5:45 Zumba 6:30 Line Dance	**17** 9:30 Massage Appts 10:00 Chair Volleyball 11:30 Fun & Fit 1:00 Tap & Burn 1:00 Movie: Brian Banks
20 CLOSED for Martin Luther King Jr. Day	**21** 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	**22** 10:00 Chair Volleyball 11:30 Fun & Fit 1:00 Grief for Widows & Widowers 1:00 Euchre 1:00 POUND 2:30 Seated Tai Chi	**23** 8:30 Snacks by Elmcroft 9:45 Bingo 12:30 Hand & Foot 5:45 Zumba 6:30 Line Dance	**24** 10:00 Chair Volleyball 11:30 Fun & Fit 1:00 Tap & Burn 1:00 Movie: After the Wedding
27 10:00 Breakfast Club 11:30 Fun & Fit 5:00 Left, Right, Center 5:00 Dinner with the Doctor 6:00 Ballroom Dancing	**28** 9:30 Line Dance 10:00 Bible Study 12:30 Bridge 5:45 Zumba 7:00 Square Dance	**29** 10:00 Chair Volleyball 11:30 Fun & Fit 1:00 POUND 1:00 Euchre 2:30 Seated Tai Chi	**30** 9:45 Bingo 12:30 Hand & Foot 5:45 Zumba 6:30 Line Dance	**31** 10:00 Chair Volleyball 11:30 Fun & Fit 1:00 Tap & Burn 1:00 Movie: Where'd you go, Bernadette

FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 Breakfast Club 11:30 Fun & Fit 1:00 Resources as We Age 5:00 Left, Right, Center 6:00 Ballroom Dancing	**4** 9:30 Line Dance 10:00 Bible Study 12:00 Hearing Test 12:30 Bridge 5:45 Zumba 7:00 Square Dance	**5** 9:30 Blood Sugar Screening 10:00 Chair Volleyball 11:30 Fun & Fit 1:00 Grief for all Losses 1:00 Euchre 1:00 POUND 2:30 Seated Tai Chi	**6** 8:30 Blood Sugar Screening 9:45 Bingo 12:00 Hand & Foot 1:00 Billiard Tournament 5:45 Zumba 6:30 Line Dance	**7** 9:30 Massage Appointments 10:00 Chair Volleyball 11:30 Fun & Fit 1:00 Tap & Burn 1:00 Movie: On the Basis of Sex
10 10:00 Breakfast Club 9:00 Manicure & Pedicures 11:00 Blood Pressure 11:30 Fun & Fit 5:00 Valentine's Day Party 6:00 Ballroom Dancing	**11** 9:30 Line Dance 10:00 Bible Study 12:30 Bridge 5:00 Trivia Night 5:45 Zumba 7:00 Square Dance	**12** 9:00 Quilt Group 11:00 Senior Club Potluck 1:00 Euchre 2:30 Seated Tai Chi	**13** 9:45 Bingo 12:30 Hand & Foot 5:45 Zumba 6:30 Line Dance	**14** 8:30 Men's Billiard Tournament 9:30 Massage Appointments 10:00 Chair Volleyball 11:30 Fun & Fit 1:00 Tap & Burn 1:00 Movie: Forever my Girl
17 10:00 Breakfast Club 11:00 Blood Pressure 11:30 Fun & Fit 5:00 Evening Bingo 6:00 Ballroom Dancing	**18** 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	**19** 9:00 Quilt Group 10:00 Chair Volleyball 11:30 Fun & Fit 1:00 Euchre 1:00 POUND 2:30 Seated Tai Chi	**20** 8:30 Blood Pressures 9:45 Bingo 12:30 Hand & Foot 5:45 Zumba 6:30 Line Dance 8:30 Snacks	**21** 9:30 Massage Appointments 10:00 Chair Volleyball 11:30 Fun & Fit 1:00 Tap & Burn 1:00 Movie: The Seagull
24 10:00 Breakfast Club 11:30 Fun & Fit 5:00 Left, Right, Center 5:00 Wooden Signs 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 Grief: Widows/ Widowers 1:00 Euchre 1:00 POUND 2:30 Seated Tai Chi	**27** 9:45 Bingo 12:30 Hand & Foot 5:45 Zumba 6:30 Line Dance 8:30 Snacks	**28** 10:00 Chair Volleyball 11:30 Fun & Fit 1:00 Tap & Burn 1:00 Movie: Finding Your Feet

"Kindness is like snow—it beautifies everything it covers."

—Kahlil Gibran

O'NEILL Center
333 Fourth Street
Marietta, OH 45750

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PAID
Non-profit
Marietta, Ohio
Permit #37

Change Service Requested

VALENTINE'S DAY DINNER

February 10 at 5pm

- Bring your sweetheart and enjoy dinner, music, and fellowship with your friends.
- Heart to Heart will be here, playing their violin, guitar, and flute for some easy listening tunes.
- The night will include door prizes!
- Tickets are $10 and can be purchased at the front desk, or by calling 740-373-3914 to reserve your seat!