

## Guidelines for our Reopening Process

## Low Impact Exercises



Pumpkin  
Painting



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

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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.



## Reopening Expectations

The O'Neill Center is happy to announce the beginning stages of our reopening process. We are preparing to reopen at a reduced capacity at the Marietta and Belpre locations. Governor Mike DeWine recently announced that Ohio senior centers and adult daycare centers **may open beginning September 21 at a reduced capacity.**



We have strict guidelines to adhere to:

- Before entering the building, your temperature will be taken.
- Masks are required to be worn.
- We are only able to have groups of 10 or less. The programming being offered is at a limited basis.
- We ask anyone else who needs to come to the building, to call and make an appointment.

The Ohio Association of Senior Centers, including Connie Huntsman, Executive Director of the O'Neill Center, assisted in developing the Responsible Restart Ohio plan for senior centers. The full plan and health order will be posted at [coronavirus.ohio.gov](https://coronavirus.ohio.gov).

The O'Neill Center and Belpre Senior Center have been closed since mid-March, although O'Neill has pivoted its services and even expanded to meet the needs of those throughout Washington County, we are excited to start getting its services and activities back into the building. If you have any questions contact the center at 740-373-3914 or monitor our website's homepage at [www.oneillcenter.com](https://www.oneillcenter.com).



## Tune into our Virtual Programming!

Sign up to receive our constant contact emails for information and/or programming by going to our website: [www.oneillcenter.com](https://www.oneillcenter.com) or by **calling the office at 740-373-3914.**

If you have missed out on any of our programming, tune into our Facebook page or YouTube channel to watch it virtually. We post different types of activities such as: fitness, education, crafts, and more.

**Like and follow our Facebook page: [Facebook.com/oneillcenter](https://Facebook.com/oneillcenter)**

Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Computer Lab Available by appointment</b>			<b>1</b> 9:00 Walk with Ease	<b>2</b> 1:00 Fun & Fit
<b>5</b> 1:00 Matter of Balance	<b>6</b> 9:00 Line Dance 3:00 Gentle Yoga	<b>7</b> 9:00 Chronic Disease Management 2:00 Tai Chi	<b>8</b> 9:00 Walk with Ease 12:00 Cooking Class	<b>9</b> 1:00 Fun & Fit
<b>12</b> 10:00 Bible Study 1:00 Matter of Balance	<b>13</b> 9:00 Line Dance 3:00 Gentle Yoga	<b>14</b> 9:00 Chronic Disease Management 2:00 Tai Chi	<b>15</b> 9:00 Walk with Ease 1:00 Diamond Painting	<b>16</b> 9:00 Crafts with Nancy 1:00 Fun & Fit
<b>19</b> 1:00 Matter of Balance	<b>20</b> 9:00 Line Dance 3:00 Gentle Yoga	<b>21</b> 9:00 Chronic Disease Management 2:00 Tai Chi	<b>22</b> 9:00 Walk with Ease	<b>23</b> 9:00 Crafts with Nancy 1:00 Fun & Fit
<b>26</b> 10:00 Bible Study 1:00 Matter of Balance	<b>27</b> 9:00 Line Dance 3:00 Gentle Yoga	<b>28</b> 9:00 Chronic Disease Management 2:00 Tai Chi	<b>29</b> 9:00 Walk with Ease	<b>30</b> 9:00 Crafts with Nancy 1:00 Fun & Fit

### Fun & Fit

October 2 · 1pm

Fun & Fit classes are low impact exercises that can be done standing or sitting in a chair. This class will improve range of motion, flexibility, and help with your joints. Join Candi every Friday for an hour. The cost of the class will be \$5 per person. Space is limited so reserve your seat!

### Gentle Yoga

Every Tuesday · 3pm

Gentle yoga is great for anyone at any level of experience. You will move your body in a gentle and comfortable way that encourages the flexibility of your body without strain. Nancy will share pose modifications so that everyone, at every fitness and comfort level, can participate. Join Nancy for this free class. Space is limited, so call today!



### Line Dance

Every Tuesday · 9am

Grab your dancing shoes and join Donnie every Tuesday morning in the parking lot. He will kick off the morning with beginner dances and work his way up to intermediate dancing. Any level of dancer can join the fun. The cost of the class is \$5 and space is limited. Sign up today to ensure you get a spot!

### FITNESS & DANCE SCHEDULE

Basic Steps of Line Dance:

\$5 per class

Tuesdays: Beginners 9-10:30am

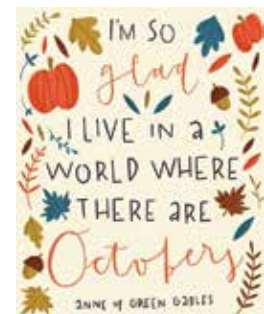
Gentle Yoga: Free

Tuesdays: 3pm

Fun & Fit: \$5 per class

Fridays: 1pm

Free Broughton Computer Lab  
By Appointment Only  
Call the O'Neill Center for  
availability.





333 Fourth Street  
Marietta, OH 45750

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Change Service Requested

**Bible Study**

October 5 · 10am  
Bible study is back! Join Debra Cain every other Monday morning for bible study. Space is limited so call to reserve your seat!

**Matter of Balance**

October 5 · 1pm  
Many older adults experience concerns about falling and restrict their activities. This award-winning program is designed to manage falls and increase activity levels. It was developed by the Ohio Department of Aging through a grant from the Administration on Aging. This 8-week program helps older adults reduce their fear of falling, thereby enhancing activity levels. Free and open to the public, but please call to register as class size is limited.

**Chronic Disease Management**

October 7 · 9am  
Take control of your chronic disease and manage your health with this free Healthy U class. About 80% of older adults have at least one chronic disease and 68% have at least two. Many adults with conditions such as arthritis, asthma, diabetes, lung disease, heart disease, stroke, osteoporosis, and others struggle to find ways to manage their condition. Chronic Disease Self-Management education can help. This class is a 6-week course and led by 2 trained coaches. Space is limited so call to reserve your seat!

**Crafts with Nancy**

Starting every Friday beginning October 16 · 9am  
Join Nancy every Friday to do a fun little craft. Each week there will be something fun and different to do. All levels of experience are able to join. The cost of this class will be \$5 and all supplies will be included. Space is limited so call to reserve your seat!

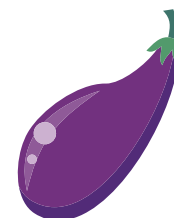


**Cooking Class**

October 8 · 12pm  
Join Sally Leslie to see how to make a stuffed eggplant dish. She will also give tips about what to do with the leftovers so they don't go to waste!

**Stuffed Eggplant Recipe**

- 1 large Eggplant
- 1 lb Hamburger
- 2 Eggs
- 1/4 cup Chopped Onion
- Garlic
- Parsley
- Salt and Pepper



Mix well. Place mixture into the eggplant cavity. Place in pan and cover with spaghetti sauce. Cover with foil & bake. Add cheese to the top 5 minutes before removing from the oven.

Sign up today to see how this delicious meal is made! Space is limited, so call today!