



WRAPPING WORKSHOP

Simple & Cute Ways
to Gift Wrap this Season

Train Ride to the
GRAND CANYON



MEDICARE
Open Enrollment



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

Find us on   

Throughout the COVID-19 pandemic, the O'Neill Center has continued to provide safe, essential services for those who needed them. Medical transportation and homemaking services resumed after a brief pause to allow us to make necessary changes to keep everyone safe. Prescription assistance and other social services continued throughout. We moved our adult daycare assistance to the homes of those in need during our State mandated closure. We added additional things like virtual programming, outdoor activities and electronic activity and informative distributions.

The O'Neill Center was pleased to begin offering in person congregate activities in late September. As we move forward with our State required phased approach, we are adding more and more activities for you to enjoy. We realize this isn't the full slate that you've come to know, yet know that we are working hard to add as many as possible.

We continue to have strict guidelines to adhere to and they are listed below.

- Before entering the building, your temperature will be taken and symptom check conducted.
- Masks are required to be worn by everyone, no exceptions per the State.
- Group sizes are limited to allow for social distancing requirements.
- We ask anyone else who needs to come to the building, to call and make an appointment so that a prescreening can be conducted.

Take a look at the activities included in this newsletter and give us a call at 740-373-3914 to reserve your space today! Know that we are doing our best to keep you safe while offering ways you can get out and enjoy.

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.



TRIPS

We are hopeful that trips will be able to resume in 2021. Don't miss your chance to travel post-pandemic with us!

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

August 29-Sept 3, 2021

Mackinac Island & Frankenmuth, MI

\$1079 per person, double occupancy- 6 days, 5 nights
Includes buffet lunch at the Grand Hotel, Soo Locks Boat tour, Jack Pine Lumberjack show, Henry Ford Museum, tour and dinner at the Bavarian Inn of Michigan's Little Bavaria to name just a few of this tours highlights.

Oct. 3-9, 2021

The American Frontier featuring the Albuquerque International Balloon Fiesta and the Grand Canyon

\$2499 per person, double occupancy- includes roundtrip air fare, 6 breakfast at hotels, 5 evening receptions with food & drinks, fully escorted trip with guide service every day. Exclusive access to a VIP accession of the balloons with seated viewing, private patio, buffet breakfast & private restrooms.

Train ride to the Grand Canyon, Native American Tribe presentation, White Sands National Par, Las Cruces, NM, Phoenix & Scottsdale.



Nov. 4-12, 2021

Romantic Danube River Viking Cruise

Cabin begin at \$3499 window, 3899 French Balcony
\$4199 Balcony Cabin, double occupancy.
8-day cruise visiting 3 countries, roundtrip air fare and connecting transport, 7 ports, welcome reception, farewell dinner, wine & beer served with lunch and dinner. All onboard meals featuring regional specialties, 6 included shore excursions with local guide & headsets, Countries of port of calls: Germany, Austria, & Hungary.

GIFT GIVING

The staff and board of trustees of the O'Neill Center wish you and yours a wonderful holiday season. We are ever thankful for the opportunities provided to us in our great community and blessed beyond measure as we ring in the New Year!

O'Neill is here to help you with your gift giving needs!

Whether you are interested in purchasing a gift certificate that can be used for a massage or trip or if you would just like to make a donation to honor your loved one, we stand by, ready to help!



FITNESS & DANCE

Gentle Yoga Tuesdays at 3pm · Free
Tap & Burn Thursdays at 2pm · Free
Fun & Fit Fridays at 1pm · \$5/class



Movies

November 19 & December 10
Get in the holiday spirit by joining us for a movie! In November, we'll watch a movie about Thanksgiving and in December a Christmas movie. Space is limited so call to secure your seat.

EVENTS

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

SERVICES

Hearing Aid Cleaning and Hearing Testing

First Thursday, starting at 12pm
This free service is sponsored by Ohio Valley Hearing Professionals. Please call in advance to book your appointment.
November - Hearing Aid Cleaning
December - Hearing Test

Massages with Beth

First & Third Friday of each month
Please call in advance to book your appointment.

Workshop Series

Tuesdays · 10am

Join us every week for this interesting workshop series. There is something for everyone! We will be using the TED talk platform to present short powerful speeches that cover a wide range of topics. TED talks are used all over the world in businesses and colleges. Which topics have you been wanting to learn more about? Space is limited, so please call and reserve your seat!
November 3: Alzheimer's
November 10: Gardening
November 17: Communication
November 24: Art
December 1: History
December 8: Planets
December 15: Poetry
December 22: Science
December 29: Entertainment

Charades

Wednesdays · 9am

What better way to spread some holiday cheer than with a silly game of charades? If you love to laugh and enjoy a good guessing game, then you don't want to miss out! Anyone at any level can play. The winning team will leave with the bragging rights. Free of charge. Please call ahead to reserve your seat.



Virtual Events

Some of our life enrichment activities have taken a new spin and evolved into a virtual format! Activities via Zoom can be quite fun! Those who join in are not only watching, but participating through their computers, laptops and phones. Please monitor our Facebook page to join into these virtual events.



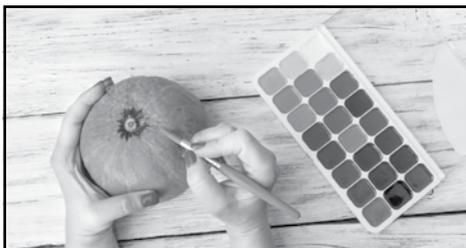
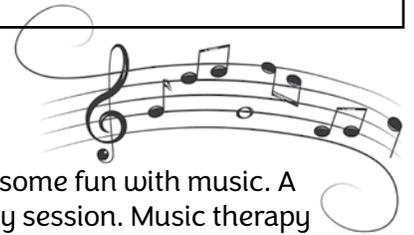
Starting Dec. 2 · 1 p.m.
Every Mon & Wed, 4-week class

Many older adults experience concerns about falling and restrict their activities. Matter of Balance is an award-winning program designed to manage falls and increase activity levels. This evidence based program, was developed through a grant from the Administration on Aging and developed by the Ohio Department of Aging. This program helps older adults reduce their fear of falling, thereby enhancing activity levels. The class is free and open to the public. Please call to register as class size is limited.

Music with Marietta College

Nov 12 · 2:30pm

Join Marietta College's music department for some fun with music. A student will be here to provide a music therapy session. Music therapy is an evidenced based therapeutic way to address physical, emotional, cognitive, and social needs of individuals. This class is free of charge. Please call to reserve your seat!



Pumpkin Decorating Contest

Nov 4 · 1pm

Join us in our first pumpkin decorating contest! Worthington Farms and Matt King from Heartland will be sponsoring this fun day! All the supplies needed to decorate your pumpkin will be provided. At the end, we will have a judge determine the winner. The winner will receive a prize for the best decorated pumpkin. This event is free of cost. Space is limited, so call to reserve your seat!



Christmas Program

Dec 17 · 10am & 1pm

Come and enjoy some holiday music, games, and door prizes! We'll be offering the Christmas Program at two different times. Marietta City School's choir department will be recording music to play. After the program, we'll play some fun games and raffle off door prizes. Heartland and Elmcroft will be sponsoring the door prizes. This is a free event. Space is limited, so please call for available times.

Personal and Medical Scams

Nov 18 · 1pm

Learn how to protect your personal and medical identity, as well as how to detect and report Medicare fraud. We'll be discussing recent scams, including those related to COVID-19, how to avoid becoming a victim of scams and what to do if you become a victim. This workshop is free of charge. Space is limited so call to reserve your seat!

Crafts with Nancy

Nov 13 & 20, Dec 4 & 11 · 9am

Join Nancy for a variety of fun crafts. All levels of experience are welcome to join in! Each class costs \$5 and supplies are included. Space is limited, so call to reserve your seat.

Trivia

Nov 25 & Dec 30 · 2pm

Jog your memory with a fun game of trivia with your friends! Elmcroft will be sponsoring the prizes for the winner. This game is free of charge. Space is limited, so call to reserve your seat.

Educational Tidbits from Elmcroft

Nov 11, Dec 9 · 2pm

Join Elmcroft's Therapy department every second Wednesday with an educational workshop each month.

Nov 11: Aural Rehabilitation

This process identifies hearing loss and helps find different therapies that may help with this type of hearing loss.

Dec 9: Core Strengthening

They'll be talking about the importance of core exercises, what muscles are included in your core, and how it's more than just your abdomen muscles. These workshops are free of charge. Space is limited so call to reserve your seat!

Chronic Disease Management Class

Mondays beginning Nov 2 · 10am

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!

Cochlear Implant

Dec 16 · 2pm

Have you ever wondered what you would do if hearing aids weren't enough? What if you have hearing aids but you're still struggling to understand in most situations? Dr. Erin Wells and a representative from Cochlear will discuss implantable hearing solutions. Please call to register as class size is limited.

Medicare Open Enrollment

Open Enrollment is the one time of year that Medicare recipients can change their current Medicare Part D or Medicare Advantage plans. Everyone is encouraged to review their current plans to determine if it will be the best plan for them in 2021. It is important to review these plans as insurance companies can increase monthly premiums, increase or add deductibles, increase co-pays or no longer cover some of your existing medications. We have trained staff that can assist you in making informed decisions or changes in your coverage before December 7.

For assistance, (in-person, virtually or by phone) call our Social Services Department at 740-373-3914 and request an appointment. Appointments are made on a first-come, first-serve basis.



Gift Wrapping Workshop

Nov 30 · 1pm

Join Sally Leslie in a fun gift wrapping workshop that gives you easy ways to make your gifts look cute! She will show us creative yet simple ways to make our gifts look extra special during the Christmas season. So join in on some holiday cheer and reserve your seat! This workshop is free of charge and space is limited.

NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00 Chronic Disease Management Class 1:00 Matter of Balance	3 10:00 Educational Workshop Series-Alzheimers 3:00 Gentle Yoga	4 9:00 Charades 1:00 Pumpkin Decorating Contest	5 12:00 Hearing Aid Cleaning 2:00 Tap N Burn	6 9:00 Massages 1:00 Fun & Fit
9 10:00 Chronic Disease Management Class 1:00 Matter of Balance	10 10:00 Educational Workshop Series-Gardening 3:00 Gentle Yoga	11 9:00 Charades 2:00 Tidbits with Elmcroft	12 2:30 Music with Marietta College	13 9:00 Craft Class 1:00 Fun & Fit
16 10:00 Chronic Disease Management Class 1:00 Matter of Balance	17 10:00 Educational Workshop Series-Communication 3:00 Gentle Yoga	18 9:00 Charades 1:00 Personal & Medical Scams	19 10:00 Thansgiving Movie 2:00 Tap N Burn	20 9:00 Craft Class 9:00 Massages 1:00 Fun & Fit
23 10:00 Chronic Disease Management Class 1:00 Matter of Balance	24 10:00 Educational Workshop Series-Art 3:00 Gentle Yoga	25 9:00 Charades 2:00 Trivia	26 Center CLOSED	27 Happy Thanksgiving!
30 10:00 Chronic Disease Management Class 10:00 Stroke Workshop 1:00 Gift Wrapping Workshop	<p>The staff at the O'Neill Center is getting in the holiday spirit a little early this year! We hope you'll join us and help us WIN this year's Nonprofit Challenge, in partnership with Marietta Community Foundation and Superior Toyota Hyundai.</p> <p>This year's challenge starts Nov. 2 and goes through Nov. 17. It is a toy drive to help MCF and the Washington County Angel Tree program. The top three nonprofits to collect the most toys will be declared the winners on Nov. 18th. Winning the top prize would help the O'Neill Center check some items off our own wish list. Not only that, but each toy that we collect goes to a child in our community. The Washington County Angel Tree program is a joint project between MCF and the Salvation Army. Their goal is to give toys to 1,000 children this Christmas!</p> <p>We are very excited to participate in this event this year because we know we have some of the most generous, kind-hearted friends at the O'Neill Center. We know we can work together to gather the most toys and bring smiles to the faces of children all over our community!</p> <p>We will have a barrel at the main building at 333 Fourth St. in Marietta. Please drop new toys at our center between 8 a.m. and 4:30 p.m. Monday through Friday. We can also accept donations earmarked for this project and our O'Neill elves can purchase the toys.</p> <p>Thank you for your help on this. The spirit of giving is alive and well at The O'Neill!</p>			



DECEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:00 Educational Workshop Series-History 3:00 Gentle Yoga	2 9:00 Charades 1:00 Matter of Balance	3 12:00 Hearing Screening 2:00 Tap N Burn	4 9:00 Massages 9:00 Craft Class
7 10:00 Chronic Disease Management Class 1:00 Matter of Balance	8 10:00 Educational Workshop Series-Planets 3:00 Gentle Yoga	9 9:00 Charades 1:00 Matter of Balance 2:00 Tidbits with Elmcroft	10 10:00 Christmas Movie 2:00 Tap N Burn	11 9:00 Craft Class 1:00 Fun & Fit
14 1:00 Matter of Balance	15 10:00 Educational Workshop Series-Poetry 3:00 Gentle Yoga	16 9:00 Charades 1:00 Matter of Balance 2:00 Cochlear Implant	17 10:00 Christmas Program 1:00 Christmas Program	18 9:00 Massages 1:00 Fun & Fit
21 1:00 Matter of Balance	22 10:00 Educational Workshop Series-Science 3:00 Gentle Yoga	23 9:00 Charades	24 Center CLOSED Merry Christmas!	25 
28 1:00 Matter of Balance	29 10:00 Educational Workshop Series-Entertainment 3:00 Gentle Yoga	30 9:00 Charades 2:00 Trivia	31 	1 Center CLOSED Happy New Year!

The O'Neill Center is growing and adapting with the changing times. We already know our seniors are H.I.P. so they are probably familiar with Facebook. But did you know we also have an email mailing list, an Instagram page and videos on YouTube?

- **Our Website: oneillcenter.com** Here we post activity calendars, information about the programs we offer, our newsletters, a list of staff contacts, a regular blog, lunch menus, information about trips and much more.
- **Our Constant Contact Email List** From the homepage of our website, you can sign up for e-news from the center so that you will always be alerted to what we have going on. Schedules, activity pages called Blizzard Bags, updated information on activities at the center and important things you need to know are all sent out to your email. Best of all? You can choose the content you want to receive and we will never spam you. Or if you want us to add you, email Erin at eroneill@oneillcenter.com and she'll gladly get you signed up.
- **Facebook: Find us at [facebook.com/oneillcenter](https://www.facebook.com/oneillcenter)** We use this social media site to communicate in real time with those who follow us. We share the good news of The O'Neill Center. You can also follow Belpre Senior Center at [facebook.com/BelpreSeniorCenter](https://www.facebook.com/BelpreSeniorCenter) to see what's going on down on Washington Blvd.
- **YouTube: Our channel can be found by searching O'Neill Center** There you will find dozens of our virtual activities that have been recorded on Zoom. If you don't have time for the scheduled Zoom activity, you can always pull up a video and enjoy cooking, dancing, chair exercise or timely programs.
- **Instagram: @oneillseniorcenter** We have a lot of fun at our centers and we sure do like to share that fun with our Instagram followers. Instagram is all about sharing photos and we enjoy the platform for its ease of use. We think that you will enjoy seeing all that we have going on. You can find us by searching oneillseniorcenter or scan the QR code.





333 Fourth Street
Marietta, OH 45750

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Marietta, Ohio
Permit #37

Change Service Requested

A collection of approximately 15 wrapped Christmas gifts of various sizes, decorated with red and white ribbons, snowflake cutouts, holly leaves, and pine branches, arranged on a light-colored wooden surface.

— Virtual — Craft Show

SATURDAY, DECEMBER 5

Every year the O'Neil Center hosts a craft show on the first Saturday in December. Due to the Pandemic we will be hosting our craft show virtually.

Please call to get the details on how to purchase crafts and for any other questions at 740-373-3914.