

# ONEILL CENTER

March-April 2021

HELPING AREA SENIORS LIVE HIP: HEALTHY, INDEPENDENT AND PRODUCTIVE

Talk, laugh, play,  
sweat & connect  
from Home

**Movies ON-SITE**  
every Thursday

hello  
Spring

**LEARNING LAB**  
Workshop Series



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

Find us on   

*Spring, Forward*

March 14, 2021

This year, Daylight Savings means more than changing clocks. As the days get longer, and the Earth thaws, let's look forward to a spring filled with growth. We hope to continue to provide our community with opportunities to safely come together and live HIP.

**Crafts with Nancy**

Fridays · 10am

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.

**Marietta College Music Therapy Department Performances**

April 6 & 13 · 9am

Come watch a LIVE! virtual concert from Marietta College Music Therapy Department students and staff. Two dates are available, but space is limited. Call to reserve your seat.

**Financial Aid Program**

April 9 · 2:30 pm

Marietta Memorial Health Systems reps will be here to discuss financial assistance for balances on accounts after insurance. We'll also learn about the guidelines, requirements, and necessary forms. There will be a Q&A period. Call to reserve your seat.

**Derby Party**

April 29 · 2pm

Come make a Derby-inspired hat, and play some equestrian-themed games. Space is limited, so call to reserve your spot. Heartland will be sponsoring our Derby hat creations, and Amedysis will be providing refreshments!

**Trivia**

Mondays · 2pm

Jog your memory with a fun game of Trivia with your friends! There may be some nice prizes for those who answer the most questions correctly. Space is limited, so call to reserve your seat.

**Do You Know?**

1st, 2nd & 4th Wednesdays · 9am

Find out what's happening in a fun way. Join us for current events and find out just how much you know! Call to reserve your seat since space is limited.

**Cooking with Becky**

Mondays · 9am

Filmed in advance and shown so you can learn to make amazing dishes by the very talented Becky Hennen. Call today to reserve your space.



**Fitness & Massage**

**Gentle Yoga** Tuesdays at 1:15pm · Free  
**Tai Chi** Wednesdays at 2pm · Free  
**Fun & Fit** Fridays at 1pm · \$5/class

**Massages with Beth**

First & Third Thursday of each month. Please call to book your appointment because space is limited.



**Computer Lab**

**Broughton Computer Lab**

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

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.



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.

**In-Person Programming**

**Learning Lab**

Tuesdays in March · 9am  
Join us for this educational workshop series on many different topics. There is a topic for everyone! Find the topics you want to learn more about. Space is limited, so call and reserve your seat! Our staff will lead discussions and you are sure to enjoy this opportunity!  
**3-2:** Pick Of The Litter  
**3-16:** A Life On Our Planet pt. 1  
**3-30:** A Life On Our Planet pt. 2

**Armchair Travel**

Tuesdays · 10am  
This is a perfect time to travel the world virtually! Come into our center to enjoy this experience. We will offer a snack and beverage commonly served in each country. Please call to reserve your space as seats are limited.  
**3-9:** Ireland  
**3-23:** Scotland  
**4-20:** Rome, Italy  
**4-27:** Israel

**Games**

Thursdays · 9am  
A little friendly competition never goes out of style! If you love to laugh and enjoy a good game with friends, then you don't want to miss out! Anyone at any level can play. The winning team will leave with the bragging rights. All games are free of charge. Please call ahead to reserve your seat.

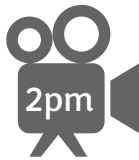
**HELPING AREA SENIORS LIVE HIP: HEALTHY, INDEPENDENT AND PRODUCTIVE**

## Educational Tidbits from Elmcroft

2nd Wednesday · 9am  
Elmcroft's Therapy department will present special educational workshops. These are free, but space is limited. Call to reserve your seat.

**3-10:** Move It Or Lose It

**4-14:** Active Aging - Can I Benefit from Therapy?



## Movies

Thursdays · 2pm

Join the O'Neill Center Thursday afternoons to enjoy a special movie treat. Come and watch the show on our big screen TV!

**3-4:** The Boy Who Harnessed The Wind

**3-11:** Enola Holmes

**3-18:** The Guernsey Literary & Potato Peel Society

**3-25:** The Midnight Sky

**4-1:** Jazz: The Gift

**4-8:** Maya Angelou: And Still I Rise

**4-15:** The Little Prince

**4-22:** A Champion Heart

## Original Virtual Programming

No RSVP needed. Follow us on Facebook for links to our virtual offerings. If you need assistance locating the links, call us for details.

**Mondays** - Exercise with Nancy. Get moving from your living room with Nancy.

**Wednesdays** - Cooking Club. Stay in, and watch a cooking how-to video from Becky Hennen

**Thursdays** - Tap N Burn. Tune in from home, and tap those toes with Rachel.

# MARCH

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 9:00 Cook with Becky 2:00 Trivia	<b>2</b> 9:00 Learning Lab: Pick of the Litter 1:15 Gentle Yoga	<b>3</b> 9:00 Do You Know? 2:00 Tai Chi	<b>4</b> 9:00 Game Day 2:00 Movie Appt. Massages	<b>5</b> 10:00 Craft with Nancy 1:00 Fun & Fit
<b>8</b> 9:00 Cooking with Becky 2:00 Trivia	<b>9</b> 10:00 Armchair Travel 1:15 Gentle Yoga	<b>10</b> 9:00 Elmcroft: Move It Or Lose It 2:00 Tai Chi	<b>11</b> 9:00 Game Day 2:00 Movie	<b>12</b> 10:00 Craft with Nancy 1:00 Fun & Fit
<b>15</b> 9:00 Cook with Becky 2:00 Trivia	<b>16</b> 9:00 Learning Lab: Life on our Planet 1 1:15 Gentle Yoga	<b>17</b> 9:00 Do You Know? 2:00 Tai Chi	<b>18</b> 9:00 Game Day 2:00 Movie Appt. Massages	<b>19</b> 10:00 Craft with Nancy 1:00 Fun & Fit
<b>22</b> 9:00 Cook with Becky 2:00 Trivia	<b>23</b> 10:00 Armchair Travel 1:15 Gentle Yoga	<b>24</b> 9:00 Do You Know? 2:00 Tai Chi	<b>25</b> 9:00 Game Day 2:00 Movie	<b>26</b> 10:00 Craft with Nancy 1:00 Fun & Fit
<b>29</b> 9:00 Cook with Becky 2:00 Trivia	<b>30</b> 9:00 Learning Lab: Life on our Planet 2 1:15 Gentle Yoga	<b>31</b> 9:00 Do You Know? 2:00 Tai Chi		

Monday	Tuesday	Wednesday	Thursday	Friday
<b>APRIL</b>			<b>1</b> 9:00 Game Day 2:00 Movie Appt. Massages	<b>2</b> 10:00 Craft with Nancy 1:00 Fun & Fit
<b>5</b> 9:00 Cook with Becky 2:00 Trivia	<b>6</b> 9:00 MC Music Therapy 1:15 Gentle Yoga	<b>7</b> 9:00 Do You Know? 2:00 Tai Chi	<b>8</b> 9:00 Game Day 2:00 Movie	<b>9</b> 10:00 Craft with Nancy 1:00 Fun & Fit 2:30 Financial Aid MMHS
<b>12</b> 9:00 Cook with Becky 2:00 Trivia	<b>13</b> 9:00 MC Music Therapy 1:15 Gentle Yoga	<b>14</b> 9:00 Elmcroft: Can I benefit from therapy? 2:00 Tai Chi	<b>15</b> 9:00 Game Day 2:00 Movie Appt. Massages	<b>16</b> 10:00 Craft with Nancy 1:00 Fun & Fit
<b>19</b> 9:00 Cook with Becky 2:00 Trivia	<b>20</b> 10:00 Armchair Travel 1:15 Gentle Yoga	<b>21</b> 9:00 Do You Know? 2:00 Tai Chi	<b>22</b> 9:00 Game Day 2:00 Movie	<b>23</b> 10:00 Craft with Nancy 1:00 Fun & Fit
<b>26</b> 9:00 Cook with Becky 2:00 Trivia	<b>27</b> 10:00 Armchair Travel 1:15 Gentle Yoga	<b>28</b> 9:00 Do You Know? 2:00 Trivia	<b>29</b> 9:00 Game Day 2:00 Derby Party	<b>30</b> 10:00 Craft with Nancy 1:00 Fun & Fit



333 Fourth Street  
Marietta, OH 45750

US POSTAGE  
PAID  
Non-profit  
Marietta, Ohio  
Permit #37

Change Service Requested

O'Neill has been working to provide quality virtual programs for you while you remain safe at home. We are pleased to share an exciting addition to our virtual offerings.

## You are invited to... Talk, Laugh, Play, Sweat, and Connect: from Home.

O'Neill Center is working with We Thrive Together and other organizations across Ohio to offer great virtual programming for anyone who wishes to participate. A variety of programming is being offered, including exercise classes, games, bingo, trivia, presentations, and much more.



A full list of programs can be found at [WWW.WETHRIVETOGETHER.ORG](http://WWW.WETHRIVETOGETHER.ORG). After registering for an event, you'll receive instructions to join the online program either by telephone or any internet-ready device.

**To register visit [www.WeThriveTogether.org](http://www.WeThriveTogether.org),  
email at [Alyssa@WeThriveTogether.org](mailto:Alyssa@WeThriveTogether.org),  
or call Toll Free: 1-866-584-5640. Technical support is also available!**

## Virtual Events: Step-by-Step Instructions

### Register for Event: one of three ways:

Visit: [www.WeThriveTogether.org/events](http://www.WeThriveTogether.org/events)  
Email: [alyssa@wethrivetogether.org](mailto:alyssa@wethrivetogether.org)  
Call Toll Free: (866) 584-5640

### Join the Event:

Join by computer/tablet/smartphone  
or traditional phone

Have fun!

### Available Controls During the Event

To view the controls, move the mouse or touch your screen. Click or tap on an option to make a selection.

**Leave Meeting** (You can rejoin anytime while the event is still in progress)

**Microphone** (Microphone is red with a slash when muted)

**Video** (Camera is red with a slash when the video camera is off)

**Participants** (View list of participants, control your microphone, video camera, or view the chat)

### NEED HELP?

**Email:** [alyssa@wethrivetogether.org](mailto:alyssa@wethrivetogether.org)

**Call Toll Free:** (866) 584-5640