

Dreaming of TRAVEL

Table Games
ARE BACK!



Find activities
ONLINE



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

Find us on   

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.

Personal Services

Messages with Beth

Second and Fourth Fridays
 Space is limited. Call to book your appointment.
 July 9 and 23, August 13 and 27

Broughton Computer Lab

By Appointment Only
 Come in to the O'Neill Center to take advantage of our free computer lab. Surf the internet, play cards online through our partner We Thrive Together website. Visit your favorite social media sites, write your memoirs, or play games/cards online. Staff can be available for specific questions as needed—just let us know and we will see how we can help. Call for availability and appointments.

UPDATED GUIDELINES

- Appointments/reservations will continue to be taken for activities.
- Masks will no longer be required for fully vaccinated participants. Unvaccinated participants will continue to be required to wear masks.

Find us online

You may have noticed that the O'Neill Center has been growing and adapting with the changing times. You can find all of our scheduling and programming on our website. Keep up to date with all special programming and daily activities on our Facebook and Instagram pages or through our email mailing list. There are many online resources to get the latest activity updates from the O'Neill Center but you can still always feel free to call us with any programming questions.



Find us online through any of the following methods:

- **Website: oneillcenter.com** Visit our website to view activity calendars, information about the programs we offer, our newsletter, a list of staff contacts, a regular blog, and much more!
- **Email List (Constant Contact):** From the homepage of our website, you can sign-up for e-news from the O'Neill Center so that you will always be up to date on what is going happening in the O'Neill Center. Schedules, activity pages called Blizzard Bags, updated information on activities at the center, and all of the important things you need to know are all sent to your email. Best of all? You can choose the content received; we will never send spam. Or email Erin at eoneill@oneillcenter.com and she will gladly get you signed up for the O'Neill Center emails.
- **Facebook: 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 to see what is going on down on Washington Blvd.
- **YouTube: youtube.com search for O'Neill Center** There are numerous virtual activities recorded from our live Zoom events. If you missed or would like to re-watch an O'Neill Center Zoom event, you can always pull up the recorded video on YouTube.
- **Instagram: [@oneillseniorcenter](https://instagram.com/oneillseniorcenter)** We have a lot of fun in 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 you will enjoy seeing all we have going on. You can find us by searching [@oneillseniorcenter](https://instagram.com/oneillseniorcenter).

2021-2022 TRIP SCHEDULE

We are dreaming of travel! We don't know when the State of Ohio will lift travel restrictions for senior centers, but when they do, the O'Neill Center is standing by with a full slate of trips. Here is a sneak peek into what we are hoping will happen! **PRICES WILL BE ANNOUNCED AS SOON AS WE ARE ABLE TO BEGIN BOOKING FOR THESE TRIPS.**

Watch our website and Facebook page for Day trips coming soon.

Wed. July 12 · 10am Balloon Fiesta Trip Promotion Party

Live attendance and via zoom, preview this wonderful trip and win prizes. You won't want to miss this informational session about an exciting upcoming trip to the International Balloon Fiesta and Grand Canyon!

New Attractions added!

Sept 14-15, 2021, Lancaster PA See the Sight and Sound Theater Queen Esther, an Amish dinner, and overnight hotel accommodations, the next day enjoy an Amish country tour & lunch on your own at Kettle Kitchens. Then back to Marietta. \$359.00 per person double occupancy.

Oct. 3- Oct. 9, 2021 The American Frontier featuring The Albuquerque International Balloon Fiesta and The Grand Canyon, round trip airfare, 6 nights hotels, 6 breakfast at your hotel 5 evening receptions with food and drinks, fully escorted trip with local guide service, admission to the Balloon Fiesta with VIUP seating and private brunch, Train ride to the Grand Canyon, White Sands National Park, Las Cruces, NM, Phoenix and Scottsdale. \$2499 per person double occupancy. Insurance and single rates available.

Dec. 6-8, 2021 Nashville Country Christmas \$549.00 per person, double occupancy, single pricing available. 3 day, 2 nights, 2 breakfasts, 1 dinner show at Nashville Nightlife Theater, 2 evening receptions at hotel, guided tour of Nashville, Evening at the Grand Ole Opry, visit Opryland Resort for their Country Christmas, enjoy the Delta River flatboat ride at Opryland Resort.

2022

May 24 - June 4, 2022

Alaskan Gold Rush Adventure Tour Aboard Royal Caribbean's "Radiance"

Included In Your Cruise Vacation:

Round-Trip Airfare, Round Trip Motor Coach to Your Local Airport, 8 Day/7 Night Cruise, Cabin, Shipboard Meals, Port Charges, Taxes and Transfers in Vancouver & Fairbanks. 4 Day/3 Night Land Tour including Hotel Accommodations, Deluxe Motor Coach Transportation for Touring, Wilderness Express Train Ride from Fairbanks to Denali, Denali National History Tour, Tour of Gold Dredge 8

\$3995.00 Per Person Inside Cabin Cat. 6V

\$4300.00 Per Person Outside Cabin Cat. 4P

\$4882.00 Per Person Balcony Cabin Cat. 4H

(Price Based on Double Occupancy.)

Cabin Selection Subject to Availability)

PLEASE NOTE: Passports are required for your cruise

Oct. 17-Oct. 25, 2022 ICELAND, Land of Fire & Ice

Your 8 day, 7 night package includes, roundtrip airfare, 4 star hotels, 7 Breakfasts, 3 lunches and 4 dinner. Hunt for the northern lights on a Motor Coach excursion, Amphibian boat ride in the Glacier Lagoon, a soak in the Iconic Blue lagoon, Friaheimar Farms luncheon, tour of the capital, Reykjuik, Snaefellsnes Peninsula, and Grand Golden Circle. Rates coming soon.



FITNESS & DANCE

Gentle Yoga Tuesdays
10am, Free

Tai Chi Advanced Wednesdays,
2pm, Free

Fun & Fit Fridays
1pm, \$5



Friday Afternoon at the Movies

July 21	Blue Miracle
July 9	The Dig
July 16	Lionheart
July 23	The Stolen
July 30	Otherhood
August 6	State of Play
August 13	Good Sam
August 20	The Interpreter
August 27	Penguin Bloom

IN-PERSON PROGRAMMING

Join local hosts and facilitators in the O'Neill Center for these amazing activities. **SPACE IS LIMITED FOR ALL OF OUR IN-PERSON PROGRAM OFFERINGS, PLEASE CALL OR EMAIL TO RESERVE YOUR SEAT AND CHECK AVAILABILITY.**

TABLE GAMES

Billiards – Monday, Tuesday, Wednesday, Thursday, Friday, 8am-4pm

Bridge – Tuesday · 1pm

Euchre – Wednesday · 1pm

Bingo – Thursdays · 9:30am

Hand & Foot – Thursdays · 1pm

Stampin' Up

July 19 & Aug 16 · 6pm

Make 3 cards for \$10. Make your own beautifully hand-crafted cards and visit with friends.

Bible Study

July 12, 26 & Aug 9, 23 · 10am

Bible study with Debra Cain.

Trivia

Mondays and Wednesdays · 4pm

Come test your recall skills and enjoy an evening of competition amongst friends. Categories will vary. There will be some prizes from our sponsors for those who answer the most questions correctly.

Gentle Yoga

Tuesdays · 10am

Ease into your week with this Gentle Yoga practice with Nancy.

Book Club

Third Tuesdays · 10am

Advanced Tai Chi

Wednesdays · 2pm

The Advanced Tai Chi is for individuals who have progressed through our beginner class and are ready to move on to our more advanced course.



A Matter of Balance

Tuesdays in August · 1pm

Don't let the fear of falling keep you from enjoying activities. This evidence based program was developed by the Ohio Department of Aging through a grant from the Administration on Aging. This 8-week program helps older adults reduce fear of falling and enhances activity levels. The class is free and open to the public. Call to reserve your seat.

Blood Pressure Screening

July 15 & Aug 19 · 9am

Join us for a blood pressure screening before bingo. Offered by Housecalls Home Health.

Fun & Fit

Fridays · 1pm

Come have fun and get fit with Candi up to three days a week. \$5/class

Knit and Crochet Society

Fridays · 11:30am

Join us for knitting or crochet and conversation on Fridays. Explore new patterns or work on your current project.



Hearing Services

1st Tuesday each Month · 12-2pm

Join the Terri and Zach from Ohio Valley Hearing Professionals at the O'Neill center for hearing tests and hearing aid cleaning.

July 6: Hearing Aid Cleaning, Free
Aug 2: Hearing Test, Free

Educational Tidbits from Elmcroft

Second Thursday of Month · 12:30pm

Join Elmcroft's Therapy department once a month on Thursday for a special educational workshop. This event is free, but space is limited. Call to reserve your seat!

July 8: Protect the skin you live in
Aug 12: Rusty hinges, staying active with Arthritis

Diamond Painting

July 26 · 1:00pm

This new craft hobby combines cross stitch and paint by number. Tiny resin "diamonds" are applied to a DMC-coded adhesive canvas to create a vibrant mosaic painting. The cost of this class will be \$15 and all supplies will be provided. Pre-registration and payment is required.

Care Consultation

**Meaningful help
when supporting
a loved one**



“Navigating everyday obstacles can be challenging enough but as we age, we may find we need a little help to keep track of our health, our finances, our home and family. And it’s OK to ask for that help, especially if you are feeling overwhelmed. Contact Bethany today. She could be just the connection you are looking for!” —Erin

Call Bethany Porter at 740-373-3914 or email outreach@oneillcenter.com to learn more about how Care Consultation can help.



Care Consultation is a FREE* telephone- and email-based care-coaching program that assists and supports adults at risk for dementia, including those with intellectual and developmental disabilities — AND — their family and friend caregivers, or other supports.

Care Consultants will help you:

- ✓ Prioritize concerns using a simple step-by-step plan based on your needs.
- ✓ Learn about and connect to health and community services.
- ✓ Keep yourself and your loved one safe.
- ✓ Communicate with your loved one and family and friends about care and managing difficult behaviors.
- ✓ Get more family and friends, or supporters, to help.

“Knowledge is essential, whether you are the afflicted person, a family member or a full-time caregiver.” —Connie

Eligibility...

Individual With or At-Risk for Dementia:

- ✓ Adult of any age with or at-risk of memory loss or cognitive impairment.
- ✓ Must reside in Washington County.
- ✓ Resides in a community setting (house, apartment, supportive living group home).
- ✓ Has unmet needs such as: functional limitations, housing, nutrition, managing finances, communicating with health care providers, transportation, education for disease/symptom management, etc.



Family/Friend Caregiver:

- ✓ Caregiver is adult of any age.
- ✓ Resides within or outside of Washington County.
- ✓ Needs assistance with caring for their loved one even if they reside in supportive housing.
- ✓ Needs help identifying, accessing, and following through with using services.
- ✓ Needs some guidance on decision-making and planning for future care.

Providing care to a loved one who is forgetful or has problems with memory can be overwhelming, especially when juggling other responsibilities.

To get started, call us at 740-373-3914

JULY

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Mondays and Wednesdays · 4pm</p> <p>Come test your recall skills and enjoy an evening of competition amongst friends. Categories will vary. There will be some prizes from our sponsors for those who answer the most questions correctly.</p>			1 9:30 Bingo 1:00 Hand & Foot	2 11:30 Knit and Crochet Society 1:00 Fun & Fit (\$5) 1:00 Movie: Blue Miracle
5 CLOSED for Independence Day 	6 10:00 Gentle Yoga 12:00 Hearing Tests 1:00 Bridge	7 10:00 Chair Volleyball 2:00 Advanced Tai Chi 4:00 Trivia	8 9:30 Bingo 12:30 Tidbits with Elmcroft 1:00 Hand & Foot	9 Massage by appt 11:30 Knit and Crochet Society 1:00 Fun & Fit (\$5) 1:00 Movie: The Dig
12 10:00 Balloon Fiesta Trip Meeting 10:00 Bible Study 4:00 Trivia	13 10:00 Gentle Yoga 1:00 Bridge	14 10:00 Chair Volleyball 1:00 Euchre 2:00 Advanced Tai Chi 4:00 Trivia	15 9:00 Blood Pressure Check 9:30 Bingo 1:00 Hand & Foot	16 11:30 Knit and Crochet Society 1:00 Fun & Fit (\$5) 1:00 Movie: Lionheart
19 4:00 Trivia 6:00 Stampin' Up	20 10:00 Gentle Yoga 10:00 Book Club 1:00 Bridge	21 1:00 Euchre 2:00 Advanced Tai Chi 4:00 Trivia	22 9:30 Bingo 1:00 Hand & Foot	23 Massage by appt 11:30 Knit and Crochet Society 1:00 Fun & Fit (\$5) 1:00 Movie: The Stolen
26 10:00 Bible Study 1:00 Diamond Painting (\$) 4:00 Trivia	27 10:00 Gentle Yoga 1:00 Bridge	28 10:00 Chair Volleyball 1:00 Euchre 2:00 Advanced Tai Chi 4:00 Trivia	29 9:30 Bingo 1:00 Hand & Foot	30 11:30 Knit and Crochet Society 1:00 Fun & Fit (\$5) 1:00 Movie: Otherhood

AUGUST

Monday	Tuesday	Wednesday	Thursday	Friday
2 4:00 Trivia	3 10:00 Gentle Yoga 12:00 Hearing Aid Cleaning 1:00 Bridge 1:00 Matter of Balance	4 10:00 Chair Volleyball 1:00 Euchre 2:00 Advanced Tai Chi 4:00 Trivia	5 9:30 Bingo 1:00 Hand & Foot	6 11:30 Knit & Crochet Society 1:00 Fun & Fit (\$5) 1:00 Movie: State of Play
9 10:00 Bible Study 4:00 Trivia	10 10:00 Gentle Yoga 1:00 Bridge 1:00 Matter of Balance	11 10:00 Chair Volleyball 1:00 Euchre 2:00 Advanced Tai Chi 4:00 Trivia	12 9:30 Bingo 12:30 Tidbits with Elmcroft 1:00 Hand & Foot	13 Massage by appt 11:30 Knit & Crochet Society 1:00 Fun & Fit (\$5) 1:00 Movie: Good Sam
16 4:00 Trivia 6:00 Stampin' Up	17 10:00 Gentle Yoga 10:00 Book Club 1:00 Bridge 1:00 Matter of Balance	18 1:00 Euchre 2:00 Advanced Tai Chi 4:00 Trivia	19 9:00 Blood Pressure Check 9:30 Bingo 12:30 Tidbits with Elmcroft 1:00 Hand & Foot	20 11:30 Knit & Crochet Society 1:00 Fun & Fit (\$5) 1:00 Movie: The Interpreter
23 10:00 Bible Study 4:00 Trivia	24 10:00 Gentle Yoga 1:00 Bridge 1:00 Matter of Balance	25 10:00 Chair Volleyball 1:00 Euchre 2:00 Advanced Tai Chi 4:00 Trivia	26 9:30 Bingo 1:00 Hand & Foot	27 Massage by appt 11:30 Knit & Crochet Society 1:00 Fun & Fit (\$5) 1:00 Movie: Penguin Bloom
30 4:00 Trivia	31 10:00 Gentle Yoga 1:00 Bridge 1:00 Matter of Balance	<p>Providing care to a loved one who is forgetful or has problems with memory can be overwhelming, especially when juggling other responsibilities. Care Consultation is a FREE* telephone- and email-based care-coaching program that assists and supports adults at risk for dementia, including those with intellectual and developmental disabilities — AND — their family and friend caregivers, or other supports.</p> <p>To get started, call us at 740-373-3914</p>		



333 Fourth Street
Marietta, OH 45750

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Marietta, Ohio
Permit #37

Change Service Requested

Exercise could be your best bet to reduce your risk of falling.

The U.S. Preventive Services Task Force (USPSTF) updated its recommendations on the best ways to prevent falls in older adults. The strongest finding indicates that exercise programs focused on strength and resistance training, as well as balance and gait, help reduce the risk of falls. Checking someone's medications, vision and home environment also is effective, but the real key to staying on your feet is continued exercise.

A Matter of Balance is a program that helps reduce the fear of falling and increase activity levels among older adults. Participants learn about the importance of exercise in preventing falls; practice exercises to improve strength, coordination and balance; see how to conduct a home safety evaluation; and gain strategies to get up and down safely. Participants engage in 25 minutes of exercise at the start of each class.

Any type of exercise helps, from lifting your legs while you watch TV and marching in place, to walking, to exercise programs like Tai Chi.

One exercise that can help build your strength and balance is Sit-To-Stands:

- Stand tall with your back facing a sturdy chair and your feet hip-width apart. (If you need to, hold onto the wall or a sturdy piece of furniture for balance. As you get stronger, do this without holding onto anything.)
- Sit back and slowly lower your hips onto the chair as gently as possible.
- Without swinging your torso, push through your heels to stand up.
- Perform 10 times.

Look inside for details on the next Matter of Balance class which begins in August at the O'Neill Center. Watch future editions for additional opportunities on Tai Chi and much more!

Speaking of falling, what would happen if you fell and couldn't get up?

Do you have someone who checks on you every day to be sure you are ok? The O'Neill Center, in partnership with the Washington County Sheriff's Office, offers a free computerized telephone calling system available to seniors 60 and older and adults who live in Washington County. The system, called RUOK? (Are You O.K.) is designed to check at-risk adults on a daily basis.

For more information call the O'Neill Center 740-373-3914 and ask for Robin.

