



Fall Harvest PARTY

Medicare Open Enrollment



NATIONAL
Senior Center
MONTH



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.
 Sept. 10 & 24 and Oct. 8 & 22

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.

National Senior Center Month

National Senior Center Month is celebrated every year in September. The O'Neill Center is among the just more than 200 nationally accredited senior centers in our nation. NCOA's National Institute of Senior Centers (NISC) offers the nation's only National Senior Center Accreditation Program. NISC developed the program with standards of excellence for senior center operations to advance the quality of senior centers nationwide. These standards serve as a guide for all senior centers to improve their operations today—and position themselves for the future.

O'Neill Board members and staff met with representatives from the National Institute of Senior Centers to determine if we are keeping with the nine standards and practices they have established in an effort to advance the quality of senior centers nationwide. Earning accreditation improves and strengthens overall senior center operations. It results in official recognition that a senior center is meeting its mission in a nationally accepted, professional fashion.

Senior centers connect older adults to vital community services than can help them stay healthy and independent. The O'Neill Center is the focal points for delivery of services, which include:

- Information and assistance
- Transportation services
- Adult daycare
- In-home assistance

O'Neill also offers a variety of activities:

- Health, fitness and wellness programs
- Volunteer and civic engagement opportunities
- Social and recreational activities
- Educational and arts programs

It is our hope that you will join the O'Neill Center in celebrating this success by becoming involved by attending a class, traveling with us or taking advantage of one of the many services we provide. We are a county-wide agency that serves as your senior center. Join in—make friends—have fun!



2021-2022 TRIP SCHEDULE

2022 will bring many new day trips so that you may enjoy Ohio and neighboring states. Look for details in upcoming issues.

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.

Lancaster PA trip to see a new production at the Sight and Sound Theater Queen Esther September 14-15, 2021

\$359 per person double occupancy.

Enjoy a trip to Lancaster PA trip to see the Sight and Sound Theater Queen Esther, enjoy an Amish dinner, and overnight hotel accommodations. The next day it's on to tour Amish country and lunch on your own at Kettle Kitchens. Then back to Marietta.

Mackinac Island & Frankenmuth, MI June 2022

\$1079 per person for double occupancy

This trip includes Grand Hotel buffet lunch, carriage tour, Hydro jet ride, Soo Locks boat tour, Jack Pine Lumberjack show, tour and overnight in Frankenmuth.

Scotland and Outlander Highlands July 21-29, 2022

For informational purposes only. Rates will be made available once bookings begin.

Tours included at all area stops. Includes four star hotels, breakfast every day, dinner three nights and luncheons. Additional details will be made available once bookings are able to be made.

Iceland, Land of Fire & Ice October 17-25, 2022

For informational purposes only. Rates will be made available once bookings begin.

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, Reykjavik, Snaefellsnes Peninsula, and Grand Golden Circle.

The mission of O'Neill Senior Center is to advocate for and provide specialized services, programs, and volunteer opportunities, which enable and encourage adults age 50 and up of Washington County and surrounding areas to live independent, healthy, and productive lives; and to educate and inform the public regarding available services.



FITNESS & DANCE

Chair Exercise

Mondays, 10am, Free

Gentle Yoga

Tuesdays, 10am, Free

Chair Volleyball

Wednesdays 10-11 am, Free

Tai Chi Wednesdays, 1pm, Free

Fun & Fit Fridays, 1pm, \$5



Friday Afternoon at the Movies

| | |
|----------|----------------------------------|
| Sept. 3 | Blue Miracle - PG |
| Sept. 10 | Adrift - PG-13 |
| Sept. 17 | The Theory of Everything - PG-13 |
| Sept. 24 | Effie Gray - PG-13 |
| Oct. 1 | God Bless the Broken Road - PG |
| Oct. 8 | Radium Girls - TV-14 |
| Oct. 15 | Pick of the Litter - PG |
| Oct. 22 | The Life Ahead - PG-13 |
| Oct. 29 | Love Guaranteed - PG |

IN-PERSON PROGRAMMING

BROUGHTON COMPUTER LAB

Closed on Holidays

Open to Seniors

Monday-Friday 8am-4pm

Call the O'Neill Center for our schedule of upcoming computer classes.

TABLE GAMES

Closed on Holidays

Billiards: Daily from 8am-4pm

Bridge: Tuesdays · 1pm

Euchre: Wednesdays · 1pm

Senior Bingo: Thursdays · 9:30am

Hand & Foot Cards:

Thursdays · 1pm

Pokeno: 1st & 3rd Tuesdays · 1pm

Knit and Crochet Society

Fridays · 11:30am

What a great time to come in and join your friends and work on some of your projects and just socialize. We'll have scarf and fingerless glove patterns available for you to begin your fall projects.

TRIVIA

Trivia Night

Mondays and Wednesdays · 4pm

Trivia night will put your memory to the test. We will put you into teams and ask a series of questions on various topics. The topics will be on geography, entertainment, history, art and literature, science and nature, and sports and leisure. The team with the most correct answers will win. Come laugh with us and put your memory to the test.



Fall Harvest Party

Oct. 25 · 1pm

You won't want to miss this year's harvest party because it will be a ton of fun! Party will be complete with Food, Games, Music and we may have a few surprises up our sleeves. No reservation needed, just come join in and celebrate fall at our annual fall harvest party!

Book Club

Each 3rd Tuesday at 10am

This meeting is being led by volunteer, Barb Wainwright

Sept. 21: Reading *One Hundred Years of Solitude*

Oct. 19: Sharing

Ice Cream Social

Sept. 13 · 1pm

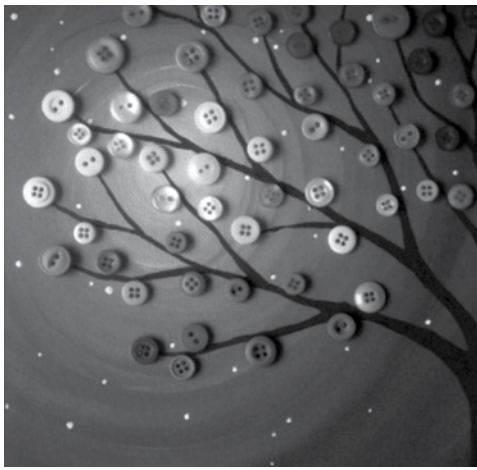
We will be having an End of Summer Ice Cream Social. Root beer floats, sundaes, and banana splits with all the fixins along with musical entertainment provided by "The Friendly Notes." This event is being sponsored by Amedisys, Rockland Ridge and Waterview Pointe and the best part is there is no cost! The Social will be held in our newly renovated parking lot. Join us for some sweet treats as we wrap up summer!



Wine Glass Candle Holder Craft

Sept. 20 · 1pm

Join in to make a beautiful fall floral candle holder from a wine glass. This adorable piece can be used as a simple decoration or as part of your centerpiece for the upcoming holidays. So come and join in for a fun afternoon. Pattern and supplies provided at the cost of \$8 payable the day of the class.



Button Tree Craft

Oct. 4 · 1pm

This craft is perfect for the fall or any time of year. This adorable tree will add color to wherever you place it. Please call the O'Neill Center to reserve your spot. Pattern and supplies provided for only \$5.

Winterizing Your Garden

Oct. 20 · 10am

Marcus McCartney from the OSU Extension office will be here to present a class on winterizing your garden. Join in this informative and free chat about all things gardening.

SERVICES

Blood Pressure Screening

Sept. 16 & Oct. 21 · 9am

Hearing Services

Sept. 7: Hearing Aid Cleaning

Oct. 5: Hearing Test

These free services are brought to us by Ohio Valley Hearing Professionals. Please call for an appointment time offered between noon and 2pm.

Evidence Based Programming

Call for schedule and to show interest.

Walk with Ease Series

Starting this fall Walk with Ease is an evidence-based program that has been proven to help people with arthritis or other related conditions reduce pain, increase balance, strength, and walking pace, and improve overall health. The program will help motivate you to get in great shape and allow you to walk safely and comfortably. Call today to show interest in this series that will be held outdoors this fall in our newly renovated parking lot.



Chronic Disease Self-Management Classes

Starting this fall As we age, chronic diseases become part of our lives. Living with chronic diseases can be overwhelming. Taking control of your chronic disease and managing your health is a great way to keep yourself on the right track. 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 6-week course is led by 2 trained coaches will begin this fall. Reach out today and learn techniques that can help you live a better life! Call us at 740-373-3914 to show interest.




O'Neill's Transportation Service is a vital connection to medical care for hundreds of seniors across Washington County. We are proud to encompass a growing fleet of vehicles to ensure seniors have the necessary means to get to the vital care they need.

This service is available to those age 60 and above who reside in private dwellings in Washington County, OH. Our specially trained drivers offer door to door service in our comfortable, air conditioned vans which are equipped to accommodate those with special mobility needs.

Reservations are required and can be made Monday through Friday by phoning the Transportation Coordinator at (740) 373-3914. You may also contact the Coordinator by filling out the online Medical Transportation Request Form.

SEPTEMBER

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
|  | | <p>1</p> <p>10:00 Chair Volleyball</p> <p>1:00 Euchre</p> <p>1:00 Beginner Tai Chi</p> <p>2:00 Advanced Tai Chi</p> <p>4:00 Trivia</p> | <p>2</p> <p>9:30 Bingo</p> <p>1:00 Hand & Foot</p> | <p>3</p> <p>11:30 Knit and Crochet Society</p> <p>1:00 Fun & Fit</p> <p>1:00 Movie: Blue Miracle</p> |
| <p>6</p> <p>CLOSED</p> <p>for</p> <p>Labor Day</p> | <p>7</p> <p>10:00 Gentle Yoga</p> <p>12:00-2:00 Hearing Aid Cleaning Appointments</p> <p>1:00 Bridge</p> <p>1:00 Pokeno</p> <p>5:30 Baloon Fiesta Trip Meeting</p> | <p>8</p> <p>9:00 Senior Club Luncheon/Meeting</p> <p>1:00 Euchre</p> <p>1:00 Beginner Tai Chi</p> <p>2:00 Advanced Tai Chi</p> <p>4:00 Trivia</p> | <p>9</p> <p>9:30 Bingo</p> <p>12:30 Tidbits with Elmcroft</p> <p>1:00 Hand & Foot</p> | <p>10</p> <p>11:30 Knit and Crochet Society</p> <p>1:00 Fun & Fit</p> <p>1:00 Movie: Adrift</p> |
| <p>13</p> <p>10:00 Chair Exercise</p> <p>1:00 Matter of Balance</p> <p>1:00 Ice Cream Social</p> <p>4:00 Trivia</p> <p>5:30 Zumba</p> | <p>14</p> <p>10:00 Gentle Yoga</p> <p>1:00 Bridge</p> | <p>15</p> <p>10:00 Chair Volleyball</p> <p>11:00 Senior Club Meeting</p> <p>1:00 Beginner Tai Chi</p> <p>1:00 Euchre</p> <p>2:00 Advanced Tai Chi</p> <p>4:00 Trivia</p> <p>5:30 Zumba</p> | <p>16</p> <p>9:00 Blood Pressure Screening</p> <p>9:30 Bingo</p> <p>1:00 Hand & Foot</p> | <p>17</p> <p>11:30 Knit and Crochet Society</p> <p>1:00 Fun & Fit</p> <p>1:00 Movie: The Theory of Everything</p> |
| <p>20</p> <p>10:00 Chair Exercise</p> <p>1:00 Crafts</p> <p>1:00 Matter of Balance</p> <p>4:00 Trivia</p> <p>5:30 Zumba</p> | <p>21</p> <p>10:00 Gentle Yoga</p> <p>10:00 Book Club</p> <p>1:00 Bridge</p> <p>1:00 Pokeno</p> | <p>22</p> <p>10:00 Chair Volleyball</p> <p>1:00 Beginner Tai Chi</p> <p>1:00 Euchre</p> <p>2:00 Advanced Tai Chi</p> <p>4:00 Trivia</p> <p>5:30 Zumba</p> | <p>23</p> <p>9:30 Bingo</p> <p>1:00 Hand & Foot</p> | <p>24</p> <p>11:30 Knit and Crochet Society</p> <p>1:00 Fun & Fit</p> <p>1:00 Movie: Effie Gray</p> |
| <p>27</p> <p>10:00 Chair Volleyball</p> <p>10:00 Discovery Hour</p> <p>1:00 Matter of Balance</p> <p>4:00 Trivia</p> <p>5:30 Zumba</p> | <p>28</p> <p>10:00 Gentle Yoga</p> <p>1:00 Bridge</p> | <p>29</p> <p>10:00 Chair Volleyball</p> <p>1:00 Beginner Tai Chi</p> <p>1:00 Euchre</p> <p>2:00 Advanced Tai Chi</p> <p>4:00 Trivia</p> <p>5:30 Zumba</p> | <p>30</p> <p>9:30 Bingo</p> <p>1:00 Hand & Foot</p> |  <p>Ice Cream Social Sept. 13 · 1pm The social will be held in our newly renovated parking lot.</p> |

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
|  <p>Fall Harvest Party Oct. 25 · 1pm You won't want to miss this year's harvest party because it will be a ton of fun! Party will be complete with Food, Games, Music and we may have a few surprises up our sleeves. No reservation needed, just come join in and celebrate fall at our annual fall harvest party!</p> | | | | <p>1</p> <p>11:30 Knit and Crochet Society</p> <p>1:00 Fun & Fit</p> <p>1:00 Movie: God Bless the Broken Road</p> |
| <p>4</p> <p>10:00 Chair Exercise</p> <p>1:00 Crafts</p> <p>4:00 Trivia</p> <p>5:30 Zumba</p> | <p>5</p> <p>12:00-2:00 Hearing Test Appointments</p> <p>1:00 Bridge</p> <p>1:00 Pokeno</p> | <p>6</p> <p>10:00 Chair Volleyball</p> <p>1:00 Beginner Tai Chi</p> <p>1:00 Euchre</p> <p>2:00 Advanced Tai Chi</p> <p>4:00 Trivia</p> <p>5:30 Zumba</p> | <p>7</p> <p>9:30 Bingo</p> <p>1:00 Hand & Foot</p> | <p>8</p> <p>11:30 Knit & Crochet Society</p> <p>1:00 Fun & Fit</p> <p>1:00 Movie: Radium Girls</p> |
| <p>11</p> <p>10:00 Chair Exercise</p> <p>4:00 Trivia</p> <p>5:30 Zumba</p> | <p>12</p> <p>10:00 Gentle Yoga</p> <p>1:00 Bridge</p> | <p>13</p> <p>9:00 Senior Club Luncheon/Meeting</p> <p>1:00 Beginner Tai Chi</p> <p>1:00 Euchre</p> <p>2:00 Advanced Tai Chi</p> <p>4:00 Trivia</p> <p>5:30 Zumba</p> | <p>14</p> <p>9:30 Bingo</p> <p>12:30 Tidbits with Elmcroft</p> <p>1:00 Hand & Foot</p> | <p>15</p> <p>11:30 Knit & Crochet Society</p> <p>1:00 Fun & Fit</p> <p>1:00 Movie: Pick of the Litter</p> |
| <p>18</p> <p>10:00 Chair Exercise</p> <p>4:00 Trivia</p> <p>5:30 Zumba</p> | <p>19</p> <p>10:00 Gentle Yoga</p> <p>10:00 Book Club</p> <p>1:00 Bridge</p> <p>1:00 Pokeno</p> | <p>20</p> <p>10:00 Winterizing your Garden</p> <p>10:00 Chair Volleyball</p> <p>1:00 Euchre</p> <p>1:00 Beginner Tai Chi</p> <p>2:00 Advanced Tai Chi</p> <p>4:00 Trivia</p> <p>5:30 Zumba</p> | <p>21</p> <p>9:00 Blood Pressure Screening</p> <p>9:30 Bingo</p> <p>1:00 Hand & Foot</p> | <p>22</p> <p>11:30 Knit & Crochet Society</p> <p>1:00 Fun & Fit</p> <p>1:00 Movie: The Life Ahead</p> |
| <p>25</p> <p>10:00 Chair Exercise</p> <p>1:00 Fall Harvest Party</p> <p>4:00 Trivia</p> <p>5:30 Zumba</p> | <p>26</p> <p>10:00 Gentle Yoga</p> <p>1:00 Bridge</p> | <p>27</p> <p>10:00 Chair Volleyball</p> <p>1:00 Beginner Tai Chi</p> <p>1:00 Euchre</p> <p>2:00 Advanced Tai Chi</p> <p>4:00 Trivia</p> <p>5:30 Zumba</p> | <p>28</p> <p>9:30 Bingo</p> <p>1:00 Hand & Foot</p> | <p>29</p> <p>10:00 Ghost Stories of Marietta</p> <p>11:30 Knit & Crochet Society</p> <p>1:00 Fun & Fit</p> <p>1:00 Movie: Love Guaranteed</p> |

MEDICARE OPEN ENROLLMENT OCTOBER 15 THROUGH DECEMBER 7



Medicare Open Enrollment is the one time a 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 2022.

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.

For assistance call our Social Services Department and request an appointment. Appointments are made on a first come first serve basis. Ask for Robin Collins or Bethany Porter at 740-373-3914.

