

# O'NEILL CENTER

January February 2022

HELPING AREA SENIORS LIVE HIP: HEALTHY, INDEPENDENT AND PRODUCTIVE

## Photography Club Challenge

**BYOG**  
Bring Your  
Own Game



**SUPERBOWL**  
Kickoff Party



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

Find us on   

At the O'Neill Center, we make safety our top priority. We strive at all times to keep our walkways and drives as clear as possible. We reserve the right to cancel any or all activities if we feel travel is not safe or we need additional time for clearing our areas. Please monitor WTAP and WMOA for cancellations this winter season for both the O'Neill and Belpre Senior Center.



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.

The O'Neill Center is a nationally accredited, private nonprofit senior center that provides services and activities to help seniors remain HIP: Healthy, Independent, and Productive. We do that through...

**ACTIVITIES**

- **Health & Fitness** From Tai Chi and yoga to education and screenings.
- **Education** Join professionals as they share information that is informative and fascinating.
- **Arts** Try a knitting class or the monthly craft. Choose from a wide variety.
- **Social** You can join a card playing group, try your luck at bingo, or take in a movie.
- **Trips** Whether you would like to visit near or far...O'Neill has something for you!

**SERVICES**

- **Medical Transportation** The O'Neill Center provides a vital connection to medical care for hundreds of seniors across Washington County, Ohio. A friendly, dedicated staff of specially trained drivers is ready to make sure you get to important medical appointments. Our vans accommodate special mobility needs.
- **In-home Assistance** An aide performs light housekeeping tasks, runs errands, does laundry, and prepares meals for seniors.
- **Day Center** O'Neill's Day Center provides a home-like setting where qualified staff provides care for our guests, empowering seniors to live in their homes or with loved ones. Guests receive health and medication monitoring by a nurse, nutritious meals and snacks, personal care assistance, engaging activities, and various exercise options.
- **Social Service** Our senior services team helps seniors find answers to difficult questions concerning, Medicare Part D and other aging issues and seek existing pharmaceutical patient assistance programs which can provide medications for those who cannot afford them.



## TRIPS

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.

### **Wheeling Island**

**March 20, 2022**

\$40 per person. Join your friends for a day at Wheeling Island Casino, we will stop at Melhman's Cafeteria for your lunch before heading to the casino.

### **Ark Experience & Newport Aquarium**

**April 25-26, 2022**

\$335 per person for double occupancy

Enjoy an Ark Encounter with the full size Noah's Ark. Relax in Emzara's Kitchen while dining on a complete buffet. After a hot breakfast at our hotel, we will travel to the famous Newport Aquarium. Be prepared to pet a shark.

**Call now to reserve your space!**

### **Alaskan Gold Rush Adventure Tour aboard Royal Caribbean's "Radiance"**

**May 24 - June 4, 2022**

(Limited and based on availability and double occupancy)

\$3995 per person Inside Cabin Cat. 6V

\$4300 per person Outside Cabin Cat. 4P

\$4882 per person Balcony Cabin Cat. 4H

Cruise vacation Includes: 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.

*PLEASE NOTE: Passports are required for your cruise*

### **Mackinac Island & Frankenmuth, MI**

**June 2022**

\$1079 per person for double occupancy

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

### **Country Living Festival**

**September 9, 2022**

\$60 per person. Trip includes entrance to the fair. Country Living Magazine comes to life. Enjoy the Ohio Historical village with shopping for vintage and handmade items to complete your home.

### **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, Fridheimar Farms luncheon, tour of the capital, Reykjavik, Snaefellsnes Peninsula, and Grand Golden Circle.



## FITNESS & DANCE

### **Chair Exercise**

Mondays, 10am, Free

### **Zumba**

Mondays & Wednesdays, 5:30pm,  
\$5 or 6 for \$25

### **Gentle Yoga**

Tuesdays, 10am, Free

### **Chair Volleyball**

Wednesdays 10-11 am, Free

### **Beginner Tai Chi** Wednesdays

1pm, Free

### **Advanced Tai Chi** Wednesdays

2pm, Free



## Afternoon at the Movies

### JANUARY MATINEES

Jan 7 - Same Kind of Different as Me  
PG-13

Jan 14 - The Outlaw Josey Wales  
PG

Jan 21 - The Starling - PG-13

Jan 28 - Premonition - PG-13

### FEBRUARY MATINEES

Feb 4 - The Best of Enemies - PG-13

Feb 11 - American Outlaws - PG-13

Feb 18 - Marshall - PG-13

Feb 25 - Poseidon - PG-13

# IN-PERSON PROGRAMMING

## BROUGHTON COMPUTER LAB

Open to seniors

Monday-Friday 8am-4pm

Closed on holidays.

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

## TABLE GAMES

Closed on Holidays

**Billiards:** Daily from 8am-4pm

**Pokeno:** 1st & 3rd Tuesdays · 1pm

**Bridge:** Tuesdays · 1pm

**Euchre:** Wednesdays · 1pm

**Senior Bingo:** Thursdays · 9:30am

**Hand & Foot Cards:**

Thursdays · 1pm

## Monthly Billiard Tournaments

Join a fun group of gentlemen for a billiard tournament on the 1st Thursday of every month at 1pm, and on the 2nd Friday the men will hold another tournament.

## Massages with Beth

Session dates may vary each month. Call to book your appointment because space is limited.

## Knit and Crochet Society

Fridays · 11:30 a.m.

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

## Trivia Night

Mondays and Wednesdays · 4pm

We will put you into teams and ask questions on various topics: geography, entertainment, history, art and literature, science and nature, and sports and leisure. The team with the most correct answers will win. So come laugh with us and put your memory to the test.

## Card Club

Jan 7 & Feb 4 · 10am

If you like playing card games of all kinds, then you should join us for our "Card Club." There are lots of fun card games that we don't already offer. Uno is a classic favorite, but then there's Uno Attack, where you never know how many cards you'll end up with. Uno Flip is a wild and crazy version you really should try that puts a new twist on the classic game and is really fun. There's Dos, based on the original game of Uno but is twice as fun. Phase 10 is also a popular choice

## Players Choice

### BYOG (Bring Your Own Game)

Jan 21 & Feb 18 · 10am

BYOG is a social morning of games, games, and more games! Officially starting at 10am once each month, you can enjoy indulging in your favorite Hobby Games, Card Games, Classic Board Games, and perhaps even take time to learn a game or two that you've never played before! Bring a friend and a game or two, or play one of ours. Come have some fun with us!

## Pokeno

Jan 4 & 18, Feb 1 & 15 · 1pm

If you like BINGO, you'll like POKENO. It's the same concept, only instead of calling letters and numbers, we use a deck of cards. It adds a challenging twist to a well-known and beloved game. So join us and see what you think. You just might enjoy it.



## New Year's Party

Jan 3 · 1:30pm

Bring a friend and join us for an afternoon of fun with entertainment and light refreshments to celebrate the New Year together. Bruce Armitage will bring along his guitar and sing for us, and he's always good for a joke or two between songs. It promises to be a good time for everyone. This activity is being sponsored by Lancaster House, Waterview Pointe and Rockland Ridge. Space is limited so call the O'Neill Center to show interest and reserve your spot. It's sure to be a great afternoon so don't miss it!

## Pinecone Flower Bouquet Wall Art

Jan 10 · 1:30 p.m.

We will be making a natural pinecone flower bouquet wall art piece. This beautiful decoration can be used all year—not just to brighten the winter season. Pattern and supplies will be provided. This project is sponsored by Lancaster House and is free for participants. Please call to show interest and to reserve your spot as space is limited.





### Morse Code Name Bracelets

Jan 11 · 1:30

January 11th is “Learn Your Name in Morse Code Day.” So what better way to “celebrate,” than to make a bracelet with your name in Morse Code? First, we will assist you in learning what your name is in Morse Code, then you can select your beads and begin fashioning your bracelet. This activity is being sponsored by Lancaster House and is free to participants. Call the O’Neill Center to show interest and reserve your spot as space is limited.

### Photography Club Challenge

Feb 1 · 10am

Do you like to take pictures? Or do you want or need an excuse to keep you moving and get outside this winter? Well, this club might just be the answer. Each month you will meet to receive your Photo Challenge Cards with ideas for photos to take each day of the month. Then the following month, we’ll meet back to share photos and get the card for the next month. Below is the Challenge Card for January. You may bring printed photos, a USB or a Flash Drive to share your photos with the group. Please call to show interest.

### January Photo Challenge

- |                          |                       |
|--------------------------|-----------------------|
| 1. first new year selfie | 17. diptych           |
| 2. blurry                | 18. vanity            |
| 3. eyes                  | 19. pretty            |
| 4. photo & quote         | 20. sky               |
| 5. leg-wear              | 21. inspired by music |
| 6. weird angle           | 22. outfit            |
| 7. breakfast             | 23. mirror            |
| 8. guilty pleasure       | 24. on the road       |
| 9. favorite color        | 25. black & white     |
| 10. morning              | 26. in your bag       |
| 11. key                  | 27. upside down       |
| 12. routine              | 28. expression        |
| 13. kiss                 | 29. drink             |
| 14. flame                | 30. your view         |
| 15. throwback            | 31. close up          |
| 16. important object     |                       |



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### Sweetheart Polka Dot Mug

Feb 7 · 1:30pm

These cute little mugs will delight year-round and warm you from the inside out. Perfect for yourself or a gift for your sweetheart. Pattern and supplies provided. This project is being sponsored by Lancaster House and is free for participants. Please call the O’Neill Center to show interest and reserve your spot as space is limited.

### Chocolate Covered Pretzel Rods

Feb 10 · 1:30

Who doesn’t love Chocolate covered pretzels? Join us on February 10 at 1:30 and we’ll have a great time socializing and creating this flavorful treat. You can wrap them up as a gift or simply enjoy them yourself. All supplies will be provided. This activity is being sponsored by Stonerise and is free for participants. Call the O’Neill Center to show interest and reserve your spot as space is limited.

### Super Bowl Kickoff Party

February 11 · 1:30

Let’s “Kickoff” Super Bowl weekend together with a party! You’ll be able to ‘score’ some typical tailgate-style food and drinks, along with some games, friends and fun! This afternoon of football-themed fun is being sponsored by Lancaster House, Waterview Pointe, and Rockland Ridge. Call to reserve your spot as space is limited.

### Valentine’s Day Party

Feb 14 · 1:30

Bring along your sweetheart or join a friend and spend some time with us as we celebrate St. Valentine’s Day with music, entertainment, delicious, sweet treats and fun. The festivities are sponsored by Lancaster House, Waterview Pointe and Rockland Ridge. Call to make your reservation as seating is limited for this sweet event!

### OSU Extension Office Workshops

Jan 6 & Feb 3 · 9am

Come join our host from the Washington County OSU Extension Office for our Morning Chat Series. On the first Thursday morning of each month at 9am, right before Bingo. They will discuss a variety of interesting health topics like “Meals for One,” “Diabetic Meal Planning” and others. So come for the chat, stay for Bingo and have a full morning of games, laughs, information, socializing and FUN!

### Blood Pressure Screening

by Housecalls Home Health

Jan 20 & Feb 17 · 9am

### Book Club Meeting

Jan 18 & Feb 15 · 10am

This meeting is being led by volunteer, Barb Wainwright  
Jan 18: Reading  
Feb 15: Sharing

### Senior Club Meetings are back!

Jan 12 & Feb 9

Join us on the second Wednesdays of each month at 11am for a guaranteed good time! Call in advance to reserve your space.

### Hearing Services

Jan 4: Hearing Aid Cleaning




Feb 1: Hearing Test

Have your hearing needs met each month. This free service is brought to us by Ohio Valley Hearing Professionals. Hearing aid cleanings and testing are the first Tuesday. Please call for an appointment time offered between noon and 2pm.

# JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 10:00 Chair Exercise 1:30 New Year's Party 4:00 Trivia 5:30 Zumba	<b>4</b> 10:00 Gentle Yoga 12:00 Hearing Aid Cleaning 1:00 Bridge 1:00 Pokeno	<b>5</b> 10:00 Chair Volleyball 1:00 Euchre 1:00 Beginner Tai Chi 2:00 Advanced Tai Chi 4:00 Trivia 5:30 Zumba	<b>6</b> 9:00 Men's Billiard Tournament 9:00 Chat with OSU 9:30 Bingo 1:00 Hand & Foot	<b>7</b> 10:00 Card Club 11:30 Knit & Crochet Society 1:00 Fun & Fit 1:00 Movie: Same Kind of Different as Me
<b>10</b> 10:00 Chair Exercise 1:30 Craft 4:00 Trivia 5:30 Zumba	<b>11</b> 10:00 Gentle Yoga 1:00 Bridge 1:30 Morse Code Name Bracelets	<b>12</b> 9:00 Senior Club Luncheon/Meeting 9:00 Quilting Group 1:00 Euchre 1:00 Beginner Tai Chi 2:00 Advanced Tai Chi 4:00 Trivia 5:30 Zumba	<b>13</b> 9:30 Bingo 12:30 Tidbits With Elison 1:00 Hand & Foot	<b>14</b> 9:00 Men's Billiard Tournament 11:30 Knit & Crochet Society 1:00 Fun & Fit 1:00 Movie: The Outlaw Josey Wales
<b>17</b> <p style="text-align: center;"><b>CLOSED for Martin Luther King Jr. Day</b></p>	<b>18</b> 10:00 Book Club 10:00 Gentle Yoga 1:00 Bridge 1:00 Pokeno	<b>19</b> 9:00 Quilting Group 10:00 Chair Volleyball 1:00 Beginner Tai Chi 1:00 Euchre 2:00 Advanced Tai Chi 4:00 Trivia 5:30 Zumba	<b>20</b> 8:00 Blood Pressure Checks 9:30 Bingo 1:00 Hand & Foot	<b>21</b> 10:00 BYOG 11:30 Knit & Crochet Society 1:00 Fun & Fit 1:00 Movie: The Starling
<b>24</b> 10:00 Chair Exercise 4:00 Trivia 5:30 Zumba 6:00 Stampin' Up	<b>25</b> 10:00 Gentle Yoga 1:00 Bridge	<b>26</b> 10:00 Chair Volleyball 1:00 Beginner Tai Chi 1:00 Euchre 2:00 Advanced Tai Chi 4:00 Trivia 5:30 Zumba	<b>27</b> 9:30 Bingo 1:00 Hand & Foot	<b>28</b> 11:30 Knit & Crochet Society 1:00 Movie: Premonition 1:00 Fun & Fit
<b>31</b> 10:00 Chair Exercise 4:00 Trivia 5:30 Zumba	<p style="text-align: center;"><b>Players Choice: BYOG (Bring Your Own Game)</b>            Jan 21 &amp; Feb 18 · 10am            BYOG is a social day of games, games, and more games! You can enjoy indulging in your favorite Hobby Games, Card Games, Classic Board Games, and perhaps even take time to learn a game or two that you've never played before! Bring a friend and a game or two, or play one of ours. Come have some fun with us!</p>			

# FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> 10:00 Gentle Yoga 10:00 Photography Club 12:00 Hearing Tests 1:00 Bridge 1:00 Pokeno	<b>2</b> 10:00 Chair Volleyball 1:00 Beginner Tai Chi 1:00 Euchre 2:00 Advanced Tai Chi 4:00 Trivia 5:30 Zumba	<b>3</b> 9:00 Men's Billiard Tournament 9:00 Chat with OSU 9:30 Bingo 1:00 Hand & Foot	<b>4</b> 10:00 Card Club 11:30 Knit & Crochet Society 1:00 Movie: The Best of Enemies 1:00 Fun & Fit
<b>7</b> 10:00 Chair Exercise 10:00 Card Club 1:30 Crafts 4:00 Trivia 5:30 Zumba	<b>8</b> 10:00 Gentle Yoga 1:00 Bridge	<b>9</b> 9:00 Senior Club Luncheon/Meeting 9:00 Quilting Group 1:00 Beginner Tai Chi 1:00 Euchre 2:00 Advanced Tai Chi 4:00 Trivia 5:50 Zumba	<b>10</b> 9:30 Bingo 12:30 Tidbits with Elison 1:00 Hand & Foot 1:30 Chocolate covered pretzels	<b>11</b> 9:00 Men's Billiard Tournament 11:30 Knit & Crochet Society 1:00 Movie: American Outlaws 1:00 Fun & Fit 1:30 Super Bowl Party
<b>14</b> 10:00 Chair Exercise 1:30 Valentine's Party 4:00 Trivia 5:30 Zumba  	<b>15</b> 10:00 Gentle Yoga 10:00 Book Club 1:00 Bridge 1:00 Pokeno	<b>16</b> 9:00 Quilting Group 10:00 Chair Volleyball 1:00 Euchre 1:00 Beginner Tai Chi 2:00 Advanced Tai Chi 4:00 Trivia 5:30 Zumba	<b>17</b> 8:00 Blood Pressure Checks 9:30 Bingo 1:00 Hand & Foot	<b>18</b> 10:00 BYOG 11:30 Knit & Crochet Society 1:00 Fun & Fit 1:00 Movie: Marshall
<b>21</b> 10:00 Chair Exercise 4:00 Trivia 5:30 Zumba 6:00 Stampin' Up	<b>22</b> 10:00 Gentle Yoga 1:00 Bridge	<b>23</b> 10:00 Chair Volleyball 1:00 Euchre 1:00 Beginner Tai Chi 2:00 Advanced Tai Chi 4:00 Trivia 5:30 Zumba	<b>24</b> 9:30 Bingo 1:00 Hand & Foot	<b>25</b> 11:30 Knit & Crochet Society 1:00 Movie: Poseidon 1:00 Fun & Fit
<b>28</b> 10:00 Chair Exercise 4:00 Trivia 5:30 Zumba	<b>Photography Club Challenge</b> Take the photos on page 5 in January. First Meeting to share: Feb 1 at 10am			





333 Fourth Street  
Marietta, OH 45750

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PAID  
Non-profit  
Marietta, Ohio  
Permit #37

Change Service Requested



Bring your sweetheart & enjoy an afternoon of music, food and friends.

Call the O'Neill Center to show interest and reserve your spot as space is limited.  
740~373~3914