

Dinner with the Doc



Gardening 101



OLD TOWN
Worthington



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

Find us on   



Think Spring - Think Wellness

Spring has sprung with balmy temperatures breathing new life into the outdoors, giving us motivation to revamp our routines and make improvements to our overall health and wellness. The O'Neill Center provides many opportunities of which seniors may take advantage. Whether you join the "Matter of Balance" or "Walk with Ease" Classes, attend the Health Fair or any number of other health education opportunities, you will gain knowledge to help you improve your overall wellness.

The O'Neill Center also offers many regular programs that provide opportunities for folks to join fitness classes, health screenings, attend educational events and, of course, have time for socialization. So come see what you're missing and join the fun at the O'Neill Center this spring.

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.

DAY CENTER

O'Neill's Day Center is a home-like setting where guests spend the day making new friends, engaging in group activities, participating in field trips, and enjoying nutritious meals and snacks. A well trained, caring staff, which includes a nurse, are available to assist guests with medications, personal care including showers, and many other things. They make it their top priority to see to our guest's needs and well-being. Transportation can be offered for most Washington County residents.

Our friendly, dedicated drivers come right to your door in the morning and return you home in the afternoon.

To find out more, call the O'Neill Center at (740) 373-3914 and ask about our Day Center.



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 23, 2022

\$40

Join your friends for a day at Wheeling Island Casino, we will stop at Mehlman's Cafeteria for 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. Travel Insurance is purchased separately for \$51.

Old Town Worthington May 4, 2022

\$75

Step back into nineteenth-century Worthington—one of the oldest residences standing in its original location in central Ohio! We will tour Orange Johnson Museum. Break for lunch and then visit Ohio Railroad Museum allowing extra time to shop and explore old Town Worthington's unique shops.

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.

Ohio State Fair August 2, 2022

\$52 includes fair entrance

2022 brings back the best fair in the land with concerts and exhibits well known around the world.

Country Living Festival September 9, 2022

\$60

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 Oct. 17-Oct. 25, 2022

\$3,549 per person double occupancy. Single rates and insurance rates available on request.

Trip subject to change based on health related travel concerns.

Registration begins immediately with your first deposit of \$1000 being accepted April 1, 2022. Insurance must also be purchased by April 1st. 8 day, 7 night package includes, roundtrip airfare, 4 star hotels, 7 Breakfasts, 3 lunches and 4 dinners. 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.

Southern Caribbean Cruise March 11-23, 2023

Travel aboard the Royal Caribbean "Enchantment of the Seas." Visit St. Croix, USVI, Philipsburg, St Maarten, St. John, Antigua, Bridgetown, Barbados and Basseterre, St. Kitts & Nevis, all cruise out of the Baltimore, MD port. Cabins begin at \$1899. Insurance must be purchased and vaccination proof must be provided.



FITNESS & DANCE

Chair Exercise

Mondays, 10am, Free

Zumba

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

Ballroom Dance Exercise Mondays
4pm, Free

Gentle Yoga

Tuesdays, 10am, Free

Chair Volleyball

Wednesdays 10-11 am, Free

Beginner Tai Chi Wednesdays

1pm, Free

Advanced Tai Chi Wednesdays

2pm, Free

Fun and Fit Fridays

1pm, \$5



Afternoon at the Movies

MARCH MATINEES

March 4 - The Shack - PG-13

March 11 - Te Ata - PG

March 18 - Going in Style - PG-13

March 25 - Texas Rangers - PG-13

APRIL MATINEES

April 1 - Collateral Beauty - PG-13

April 8 - I am Sam - PG-13

April 15 - Victoria and Abdul
PG-13

April 22 - Stepmom - PG-13

April 29 - Montford:
The Chicksaw Rancher - TV 14

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

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

Card Club: First Fridays · 10am

BYOG: First Fridays · 10am

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
Trivia night will put your memory to the test. You will be divided into teams and asked a series of questions on geography, entertainment, history, art and literature, science and nature, sports and leisure and more. The team with the most correct answers will win.

Pokeno

March 1 & 15, April 5 & 19 · 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. Please call to show interest.

Card Club

March 4 & April 1 · 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. Uno Flip is a wild and crazy version. There's Dos, based on the original game of Uno but is twice as fun. Phase 10 is always a popular choice as well. And what about classic card games like Canasta, and good old Rummy? So if you like card games, bring a friend and join us for an afternoon of fun!

Players Choice-BYOG (Bring Your Own Game)

March 18 & April 15 · 10am
BYOG is a social afternoon of games, games, and more games! Indulge 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... and come have some fun with us!

Photography Club Challenge

March 1 & April 1 · 10am
Do you like to take pictures? Or do you want or need an excuse to keep you moving and get outside? Well, this club might just be the answer. Each month you'll meet to receive your photo challenge cards with ideas for photos to take each day of the month. The following month, we'll meet to share photos and get the card for the next month. You may bring printed photos, a USB or a flash drive to share your photos with the group. Please call to show interest.

Matter of Balance

Tuesdays starting March 1 · 1pm
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 8-week 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.

Grief & Mourning for Widows & Widowers

March 9 & April 13 · 1pm
There is a time to mourn and there is a time to grieve. The two are not the

St. Patrick's Day Gnomes

March 7 · 1:30pm
These adorable Irish Gnome "Leprechauns" will bring cheer and a little luck o' the Irish wherever you display them. Pattern and supplies 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.





Decoupage Egg Displays

April 4 · 1:30pm

These eggs will delight all throughout the spring. Nested on top of a glass candlestick or displayed as a collection in a basket, bowl or twig nest, these are perfect for Easter and the entire spring season. 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.

same. If you are feeling lost, alone or uncertain, there is help. If you need to talk, there is someone to listen. Sponsored by Marietta Hospice, led by BRV Coordinator Kent Lowther. Please call to show interest.

Dinner with the Doc

March 14 · 5:30pm

Dr. David Drozek DO is a Lifestyle Medicine physician who will be speaking on the topic, "Live Like the Blue Zone! Live Long and Live Well!" Space is limited, please call to make your reservation. Sponsored by Marietta Health System, Stonerise, Elison and Shriver's Hospice.

St. Patrick's Day Party

March 17 · 1:30pm

With the luck o' the Irish on our side, there's no telling what kind of shenanigans we'll get into. Games, prizes and bagpipes...oh my! Bring a friend and come join us for a fun afternoon! This party is being sponsored by Promedica and Stonerise Call to make your reservation as space is limited.

Grief and Mourning for All Losses

March 23 & April 27 · 1pm

Now is the time to find healing, hope and peace. If you need to talk there is someone to listen. Sponsored by Marietta Hospice, and led by BRV Coordinator Kent Lowther. Please call to show interest.

Diamond Painting Workshops

March 25 & April 29 · 10am

Create a beautiful piece for you to keep or give as a gift. You may choose from a variety of projects from bookmarks to an actual 'painting' suitable for

framing. Cost is dependent on the piece that you choose to make. Please call to show interest and reserve your spot for a fun afternoon of socializing and creative fun.

Walk with Ease Series

March 28 · 1:30pm

This evidence-based program has been proven to help people with arthritis or other related conditions to reduce pain, increase balance, strength, walking pace, and improve overall health. The program will help motivate you to get in shape and allow you to walk safely and comfortably. Walk With Ease is certified by the Arthritis Foundation and Doctor recommended. Call today to show interest in this series that will be held outdoors this spring in our renovated parking lot.

Walkers' Club

March 30 & April 6 · 1:30pm

March 30 is "Take a Walk in the Park Day" and April 6 is "National Walking Day ...so....let's do it! (weather permitting) We can meet at the O'Neill Center to sign in and then pick a park to meet at and take a walk together. Please call the O'Neill to show interest in this energizing and fun activity.

Gardening 101 Workshop

April 22 · 10am

On this Earth Day, join us along with Marcus McCartney, Master Gardener and Agriculture Educator from the Washington County OSU Extension Office, as he discusses what we need to do to prepare our garden for the growing season.

Here's your opportunity to ask a local expert any and all of your gardening questions. Please call the O'Neill Center to reserve your spot as space is limited.

Health Fair

April 25 · 10am-1pm

Join the area's finest healthcare providers for screenings and information. During the Health Fair you may proceed to all of the health screening stations until you have completed them all. Blood Glucose, pulse, Blood oxygen, Blood pressure, weight and BMI are some of the screenings that have been available in the past. A complete list of the screenings will be posted on our website. Call to show interest.

Blood Pressure Screening

by Housecalls Home Health

March 17 & April 21 · 8am

Book Club Meeting

March 15 & April 19 · 10am

This meeting is being led by volunteer, Barb Wainwright
March 15 - Reading
April 19 - Sharing

The Senior Club Meetings are back! Join us on April 13 at 11:30am for a guaranteed good time!

Hearing Services



March 1 - Hearing Aid Cleaning
April 5 - 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.

Ballroom Dance Exercise

Mondays · 4pm

Enjoy ballroom music and dance your way to fitness while you learn the steps to ballroom dances like the Foxtrot, Tango, Rumba, Waltz and more. "Learn While You Burn" (calories that is). Free and open to the public.

MARCH

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:00 Gentle Yoga 10:00 Photography Club 12:00 Hearing Aid Cleaning 1:00 Pokeno 1:00 Bridge 1:00 Matter of Balance	2 10:00 Chair Volleyball 1:00 Euchre 1:00 Beginner Tai Chi 2:00 Advanced Tai Chi 4:00 Trivia 5:30 Zumba	3 9:00 Men's Billiard Tournament 9:30 Bingo 1:00 Hand & Foot	4 10:00 Card Club 11:30 Knit & Crochet Society 1:00 Fun & Fit 1:00 Movie: The Shack
	7 10:00 Chair Exercise 1:30 Crafts 4:00 Trivia 4:00 Ballroom Exercise 5:30 Zumba	8 10:00 Gentle Yoga 1:00 Bridge 1:00 Matter of Balance	9 9:00 Quilting Group 1:00 Euchre 1:00 Beginner Tai Chi 1:00 Grief and Mourning 2:00 Advanced Tai Chi 4:00 Trivia 5:30 Zumba	10 9:30 Bingo 12:30 Tidbits With Elison 1:00 Hand & Foot
14 10:00 Chair Exercise 4:00 Trivia 4:00 Ballroom Exercise 5:30 Dinner with the Doc 5:30 Zumba	15 10:00 Book Club 10:00 Gentle Yoga 1:00 Bridge 1:00 Pokeno 1:00 Matter of Balance	16 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	17 8:00 Blood Pressure Screening 9:30 Bingo 1:00 Hand & Foot 1:30 St. Patrick's Day Party	18 10:00 BYOG 11:30 Knit & Crochet Society 1:00 Fun & Fit 1:00 Movie: Going in Style
21 10:00 Chair Exercise 4:00 Trivia 4:00 Ballroom Exercise 5:30 Zumba	22 10:00 Gentle Yoga 1:00 Bridge 1:00 Matter of Balance	23 10:00 Chair Volleyball 1:00 Beginner Tai Chi 1:00 Euchre 1:00 Grief and Mourning 2:00 Advanced Tai Chi 5:30 Zumba	24 9:30 Bingo 1:00 Hand & Foot	25 10:00 Diamond Painting 11:30 Knit & Crochet Society 1:00 Movie: Texas Rangers 1:00 Fun & Fit
28 10:00 Chair Exercise 1:30 Walk with Ease 4:00 Trivia 4:00 Ballroom Exercise 5:30 Zumba	29 10:00 Gentle Yoga 1:00 Bridge 1:00 Matter of Balance	30 10:00 Chair Volleyball 1:00 Beginner Tai Chi 1:00 Euchre 1:00 Walker's Club 2:00 Advanced Tai Chi 4:00 Trivia 5:30 Zumba	31 9:30 Bingo 1:00 Hand & Foot	

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Ballroom Dance Exercise Mondays at 4pm Enjoy ballroom music and dance your way to fitness while you learn the steps to ballroom style dances like the Foxtrot, Tango, Rumba, Waltz and more. This is a great way for seniors to “Learn While You Burn” (calories that is). So, get your dancing shoes on! This Class is Free and open to the public. Call to show interest or come join us.</p>				<p>1</p> <p>10:00 Card Club 10:00 Photography Club 11:30 Knit & Crochet Society 1:00 Movie: Collateral Beauty 1:00 Fun & Fit</p>
<p>4</p> <p>10:00 Chair Exercise 1:30 Crafts 1:30 Walk with Ease 4:00 Trivia 4:00 Ballroom Exercise 5:30 Zumba</p>	<p>5</p> <p>10:00 Gentle Yoga 12:00 Hearing Testing 1:00 Bridge 1:00 Pokeno 1:00 Matter of Balance</p>	<p>6</p> <p>10:00 Chair Volleyball 1:00 Beginner Tai Chi 1:00 Euchre 1:30 Walker’s Club 2:00 Advanced Tai Chi 4:00 Trivia 5:50 Zumba</p>	<p>7</p> <p>9:00 Men’s Billiard Tournament 9:30 Bingo 1:00 Hand & Foot</p>	<p>8</p> <p>9:00 Men’s Billiard Tournament 11:30 Knit & Crochet Society 1:00 Movie: I am Sam 1:00 Fun & Fit</p>
<p>11</p> <p>10:00 Chair Exercise 1:30 Walk with Ease 4:00 Trivia 4:00 Ballroom Exercise 5:30 Zumba</p>	<p>12</p> <p>10:00 Gentle Yoga 1:00 Bridge 1:00 Matter of Balance</p>	<p>13</p> <p>9:00 Quilting Group 11:30 Senior Club Meeting 1:00 Euchre 1:00 Beginner Tai Chi 1:00 Grief and Mourning 2:00 Advanced Tai Chi 4:00 Trivia 5:30 Zumba</p>	<p>14</p> <p>9:30 Bingo 12:30 Tidbits With Elison 1:00 Hand & Foot</p>	<p>15</p> <p>10:00 BYOG 11:30 Knit & Crochet Society 1:00 Fun & Fit 1:00 Movie: Victoria and Abdul</p>
<p>18</p> <p>10:00 Chair Exercise 1:30 Walk with Ease 4:00 Trivia 4:00 Ballroom Exercise 5:30 Zumba</p>	<p>19</p> <p>10:00 Book Club 10:00 Gentle Yoga 1:00 Bridge 1:00 Pokeno 1:00 Matter of Balance</p>	<p>20</p> <p>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</p>	<p>21</p> <p>8:00 Blood Pressure Screening 9:30 Bingo 1:00 Hand & Foot</p>	<p>22</p> <p>10:00 Gardening 101 11:30 Knit & Crochet Society 1:00 Movie: Stepmom 1:00 Fun & Fit</p>
<p>25</p> <p>10:00 Health Fair 10:00 Chair Exercise 1:30 Walk with Ease 4:00 Trivia 4:00 Ballroom Exercise 5:30 Zumba</p>	<p>26</p> <p>10:00 Gentle Yoga 1:00 Bridge</p>	<p>27</p> <p>10:00 Chair Volleyball 1:00 Beginner Tai Chi 1:00 Euchre 1:00 Grief and Mourning 2:00 Advanced Tai Chi 4:00 Trivia 5:30 Zumba</p>	<p>28</p> <p>9:30 Bingo 1:00 Hand & Foot</p>	<p>29</p> <p>10:00 Diamond Painting 11:30 Knit & Crochet Society 1:00 Movie: Montford: The Chicksaw Rancher 1:00 Fun & Fit</p>

COMMUNITY HEALTH FAIR APRIL 25



Join the area's finest healthcare providers for a day of screenings and information. You may proceed through all of the stations until you have completed them all. A complete list of the screenings and vendors will be posted on our website at www.oneillcenter.com.

