

Write Your Life Workshop

Older
Americans
MONTH



QUARTER
Auction



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

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May is Older Americans Month

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthdays. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing, however. In April of 1963, President Kennedy's meeting with the National Council of Senior Citizens served as a prelude to designating May as "Senior Citizens' Month." Thanks to President Carter's 1980 designation, what was once called Senior Citizens' Month is now called "Older Americans Month" and has become a tradition.

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since JFK has issued a formal proclamation during or before the month of May, asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans' Month is celebrated across the country through ceremonies, events and other activities.

This year's theme "Age My Way" is an opportunity for all of us to explore the many ways that older adults can remain in and be involved with their communities. This falls right in line with the O'Neill Center's mission to help our area seniors live HIP: Healthy, Independent and Productive lives. While this mission continues year round, the O'Neill Center plans to celebrate Older Americans' Month by partnering with Community Action for a special lunch on Senior Day, Tuesday, May 10th from 11:30am to 1pm, followed by dessert and a special performance by "Elvis" upstairs.

Then on Friday the 13, at 10am it's your lucky day as we will host a discussion on how to protect seniors and their healthcare information from fraud. During this event we will play "SMP" BINGO, with prizes of course...where you'll learn lots of helpful information between games. So be sure to join us for that!

We hope that you will join us as we celebrate this Older Americans' Month and find ways for you to say that you can "Age My Way"!

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.

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.

Mackinac Island & Frankenmuth, MI June 12-17, 2022

\$1079 per person for double occupancy

Includes 3 nights stay in Mackinac, overnight in Dearborne and overnight in Frankenmuth on the way home. Also included: Grand Hotel buffet lunch, carriage tour, hydro jet ride, Soo Locks boat tour, Jack Pine Lumberjack show and tour of 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.

Pennsylvania Dutch Country & Hershey September 19-21, 2022

\$519 per person Double occupancy

This 3 day/2 night trip includes 2 Amish style dinners, Sight & Sound Theater's production of King David, Guided tour of Amish farmlands, visit to Kitchen Kettle Village, FX Theater Production of Jacob's Choice, and an opportunity to explore Hershey's Chocolate World.

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.

Biltmore Estate Holiday Trip to Asheville, NC, Dec. 7-9, 2022

\$549 per person double occupancy

This 3 day, 2 night trip includes 2 breakfasts at your hotel, Blue Ridge Mountain Opry Dinner show, 1 holiday dinner at the Biltmore Estate, explore the Biltmore house, guided tour of Asheville, NC, tasting at the Biltmore Estate Winery, along with admission to the estate Gardens and Grounds.

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

Walkers Club

Tuesdays, 10am, Free

Chair Volleyball

Wednesdays 9-11 am, Free

Beginner Tai Chi Wednesdays
1pm, Free



Afternoon at the Movies

May Matinees

- May 6 Murder Mystery -PG-13
- May 13 Geronimo - An American Legend - PG-13
- May 20 Midnight in Paris - PG-13
- May 27 Just Go With It - TV 14

June Matinees

- June 3 The Kindness of Strangers - TV 14
- June 10 Patsy and Loretta - TV 14
- June 17 True Grit - PG-13
- June 24 Sabrina - PG

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

Players’ Choice: Third Fridays · 10am

Men’s Billiard Tournaments

1st Thursday and 2nd Friday of
every month at 9am.

Massages with Beth

Call to book your appointment.

Knit and Crochet Society

Fridays · 11:30 a.m.

Join us for knitting or crocheting
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.

Ballroom Dance Exercise

Mondays · 4pm

Enjoy the music and dance your
way to fitness while you learn the
steps to Ballroom style dances like
the Foxtrot, Tango, Rumba, Waltz

and more. Free and open to the
public. Come join us!

Photography Club Challenge

May 2 and June 1 · 10am

Each month you will meet to receive
your Photo Challenge Cards with
ideas for photos to take each day of
the month. Then on the following
month, we’ll meet back 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.

**Chronic Disease Self-
Management Class**

Mondays (except Memorial Day) ·
1:30 p.m.

Take control of your chronic disease
and manage your health with this
free Healthy U class. 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. This is a 6
week course and is led by 2 trained
coaches. Call to reserve your seat.

Write Your Life Workshop

May 3 · 10am

We all have a story to tell, and Cole
Smith from Colonial House is just
the person to help you tell it. Cole
Smith is a writing coach, speaker,
and creative vision strategist. This
workshop will help you write your
life story, have it published or
printed so you can share your story.
Join us for this useful and rewarding
workshop. Please call to reserve
your spot as seating is limited.

Pokeno

May 3 & 17, June 7 & 21 · 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.
Please call to show interest.

Cinco de Mayo Fiesta

May 5 · 1:30pm

The only way this Fiesta could
be any better is if it fell on “Taco
Tuesday”! We will have some fun
outdoor games with prizes. This
Fiesta is being sponsored by
Rockland Ridge, Waterview Pointe,
and Continuing Healthcare and is
free to participants. Call to reserve
your spot.

Card Club

May 6 & June 3 · 10am

There are lots of fun card games
that we don’t already offer. If you
like card games, bring a friend and
join us for an afternoon of fun!

Mother’s Day Craft Project

May 6 · 10am

Bring a friend and join us for a
creative afternoon to celebrate
moms and family. Bring some
photos...of your mother, your
children or grandchildren, or even
your pets. The subject in the photo
needs to be able to fit into a canning
jar lid. Sponsored by Continuing
Healthcare and free to participants.
Call to reserve your spot.

National Senior Day Event

May 10 · 1:30pm

The O’Neill Center is partnering
with Community Action to provide
a special lunch from 11:30am to 1pm.
Then join us upstairs at 1:30pm for
dessert and a special performance
from “Elvis” as we celebrate
National Older Americans Month.

**Grief & Mourning for Widows &
Widowers**

May 11 & June 8 · 1pm

There is a time to mourn and there
is a time to grieve. The two are not
the same. If you are feeling lost,
alone or uncertain, there is help.
Grief support groups sponsored
by Marietta Hospice, led by BRV
Coordinator Kent Lowther.

Avoiding and Detecting Healthcare Fraud...with SMP BINGO

May 13 · 10am

Lisa Dalga and Jenni Espay with Ohio Senior Medicare Patrol (SMP) and Pro Seniors will discuss ways for you to recognize the tell-tale signs of Medicare fraud, ways to avoid scams and how to protect your healthcare information. And while you're here, we'll play some SMP BINGO, with prizes. Please call to reserve your place.

Players' Choice Games

May 20 & June 17 · 10am

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 play one of ours.

Grief and Mourning for All Losses

May 25 & June 22 · 1:30pm

Now is the time to find healing, hope and peace. If you need to talk there is someone to listen. Grief support group sponsored by Marietta Hospice, and led by BRV Coordinator Kent Lowther

Poppy Flag Canvas Painting

May 26 · 1:30pm

Poppies have long been a symbol of remembrance for Memorial Day as we honor those we have lost in war. Today it's just as important that we come together to show our patriotism as ever before. So bring a friend and a bottle and join us as we make this Poppy covered flag by using soda or water bottles to paint the flowers. Canvases are provided Free to participants. This activity is being sponsored by Lancaster House. Call to reserve your spot.

Dinner with the Doc

June 6, · 5:30pm

Dr. Jeff Patey MD is the owner and founder of Quality Care Associates. Dr. Patey will be speaking on the topic, "Living Your Best Life!" This event is sponsored by Quality Care

Associates, Shrivvers Hospice, and others and is free to attendees. Call to reserve your spot.

Diamond Painting Workshop

June 10 · 10am

Create a beautiful piece for you to keep or give as a gift. You may choose from a variety of projects from book marks to an actual 'painting' suitable for framing. Cost is dependent upon the piece that you choose. Call to reserve your spot for socializing and creative fun.

Escape Room

June 13 · 1:30pm

Have you ever wanted to try an "escape room?" Here's your chance! Join us for fun, friends and refreshments at what promises to be an interesting afternoon. This is a free event thanks to our sponsor Healthcare Solutions, (Belpre Landings). Call to reserve your spot as this is sure to fill up quickly!

Garden Butterfly Wall Hanging

June 16 · 1:30pm

Bring a friend and join us as we create this pretty gal to hang on your garden fence, shed or wherever you wish. This project is Free to participants. Pattern and supplies will be provided by our sponsor, Lancaster House. Call to reserve your spot.

Corn Hole Tournament and Ice Cream Social

June 21, 1:30pm

Join us in the parking lot as we celebrate Father's Day on the first day of Summer! We'll serve ice cream sandwiches and refreshments to keep you cool during a competitive game of Corn Hole. Sponsored by Rockland Ridge and Waterview Pointe and free for participants. Please call to reserve your spot.

Quarter Auction

June 24 · 6pm

Bring your smiling faces and LOTS of quarters! Doors open at 5pm and the auction starts at 6pm. There will be concessions, a 50/50 drawing and a Wine Pull, so bring extra cash with you. \$5 ticket includes one paddle, \$2 for each additional paddle. Bring quarters to use for the auction bidding. A limited number of extra rolls will be sold during the event.

Boho Driftwood/Yarn Wall Hanging

June 27 · 1:30pm

These chic Boho wall hangings will look great wherever you chose to hang them. Made with driftwood from right here in the MOV along with yarn, fabric, lace or whatever your imagination can dream up. Pattern and supplies provided. This project is being sponsored by Lancaster House and is free for participants. Please call to reserve your spot.

Blood Pressure Screening

by Housecalls Home Health
May 19 & June 16 · 8am

Book Club Meeting

3rd Tuesday at 10am

This meeting is being led by volunteer, Barb Wainwright
May 17- Reading
Lady Clementine by Marie Benedict
June 21 - Sharing

The Senior Club Meeting/Luncheon

May 11 & June 8 · 11am

Bring a potluck item to share.


Hearing Services


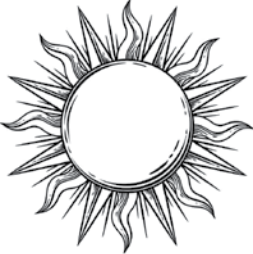
May 3 - Hearing Aid Cleaning

June 7 - Hearing Test

Free service by Ohio Valley Hearing Professionals. Call for an appointment time between noon and 2pm.

MAY

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| 2 10:00 Chair Exercise 10:00 Photography Club 1:30 Walk with Ease 1:30 Chronic Disease Self Management 4:00 Trivia 4:00 Ballroom Exercise 5:30 Zumba | 3 10:00 Gentle Yoga 10:00 Write Your Life 10:00 Walkers Club 12:00 Hearing Aid Cleaning 1:00 Bridge 1:00 Pokeno 1:00 Matter of Balance | 4 9:00 Chair Volleyball 1:00 Beginner Tai Chi 1:00 Euchre 4:00 Trivia 5:30 Zumba | 5 9:00 Men's Billiard Tournament 9:30 Bingo 10:00 Mexican Train Dominoes 1:00 Hand & Foot 1:30 Cinco de Mayo Fiesta | 6 10:00 Card Club 10:00 Mother's Day Craft 11:30 Knit & Crochet Society 12:00 Table Games 1:00 Movie: Murder Mystery |
| 9 10:00 Chair Exercise 1:30 Walk with Ease 1:30 Chronic Disease Self Management 4:00 Trivia 4:00 Ballroom Exercise 5:30 Zumba | 10 10:00 Gentle Yoga 10:00 Walkers Club 12:00 Senior Day Celebration 1:00 Bridge | 11 9:00 Quilting Group 11:00 Senior Club Meeting 1:00 Beginner Tai Chi 1:00 Grief & Mourning 1:00 Euchre 4:00 Trivia 5:30 Zumba | 12 9:30 Bingo 1:00 Hand & Foot | 13 9:00 Men's Billiard Tournament 10:00 Healthcare Fraud 11:30 Knit & Crochet Society 12:00 Table Games 1:00 Movie: Geronimo |
| 16 10:00 Chair Exercise 1:30 Walk with Ease 1:30 Chronic Disease Self Management 4:00 Trivia 4:00 Ballroom Exercise 5:30 Zumba | 17 10:00 Book Club 10:00 Gentle Yoga 10:00 Walkers Club 1:00 Bridge 1:00 Pokeno | 18 9:00 Quilting Group 9:00 Chair Volleyball 1:00 Euchre 1:00 Beginner Tai Chi 4:00 Trivia 5:30 Zumba | 19 8:00 Blood Pressure Screening 9:30 Bingo 1:00 Hand & Foot | 20 10:00 Players' Choice Games 11:30 Knit & Crochet Society 12:00 Table Games 1:00 Movie: Midnight in Paris |
| 23 10:00 Chair Exercise 1:30 Walk with Ease 1:30 Chronic Disease Self Management 4:00 Trivia 4:00 Ballroom Exercise 5:30 Zumba | 24 10:00 Book Club 10:00 Gentle Yoga 10:00 Walkers Club 1:00 Bridge | 25 9:00 Chair Volleyball 1:00 Beginner Tai Chi 1:00 Euchre 1:00 Grief & Mourning 4:00 Trivia 5:30 Zumba | 26 9:30 Bingo 1:00 Hand & Foot 1:30 Memorial Day Craft | 27 11:30 Knit & Crochet Society 12:00 Table Games 1:00 Movie: Just Go With It |
| 30 CLOSED in observance of Memorial Day | 31 10:00 Gentle Yoga 10:00 Walkers Club 1:00 Bridge |  | | |

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|--|
| <p>June 15, 2022</p>  <p>WORLD ELDER ABUSE AWARENESS DAY Building Strong Support for Elders</p> | | <p>1</p> <p>9:00 Chair Volleyball</p> <p>10:00 Photography Club</p> <p>1:00 Beginner Tai Chi</p> <p>1:00 Euchre</p> <p>4:00 Trivia</p> <p>5:50 Zumba</p> | <p>2</p> <p>9:00 Men's Billiard Tournament</p> <p>9:30 Bingo</p> <p>1:00 Hand & Foot</p> | <p>3</p> <p>10:00 Card Club</p> <p>11:30 Knit & Crochet Society</p> <p>12:00 Table Games</p> <p>1:00 Movie: The Kindness of Strangers</p> |
| <p>6</p> <p>10:00 Chair Exercise</p> <p>1:30 Chronic Disease Self Management</p> <p>4:00 Ballroom Exercise</p> <p>5:30 Dinner with the Doc</p> | <p>7</p> <p>10:00 Gentle Yoga</p> <p>10:00 Walkers Club</p> <p>12:00 Hearing Testing</p> <p>1:00 Bridge</p> <p>1:00 Pokeno</p> | <p>8</p> <p>9:00 Quilting Group</p> <p>11:00 Senior Club Meeting</p> <p>1:00 Beginner Tai Chi</p> <p>1:00 Grief & Mourning</p> <p>1:00 Euchre</p> <p>4:00 Trivia</p> <p>5:50 Zumba</p> | <p>9</p> <p>9:30 Bingo</p> <p>1:00 Hand & Foot</p> <p>5:00 Welcome to Medicare</p> | <p>10</p> <p>9:00 Men's Billiard Tournament</p> <p>10:00 Diamond Painting</p> <p>12:00 Table Games</p> <p>11:30 Knit & Crochet Society</p> <p>1:00 Movie: Patsy and Loretta</p> |
| <p>13</p> <p>10:00 Chair Exercise</p> <p>1:30 Chronic Disease Self Management</p> <p>1:30 Escape Room</p> <p>4:00 Trivia</p> <p>4:00 Ballroom Exercise</p> <p>5:30 Zumba</p> | <p>14</p> <p>10:00 Gentle Yoga</p> <p>10:00 Walkers Club</p> <p>1:00 Bridge</p> | <p>15</p> <p>9:00 Quilting Group</p> <p>9:00 Chair Volleyball</p> <p>1:00 Euchre</p> <p>1:00 Beginner Tai Chi</p> <p>4:00 Trivia</p> <p>5:30 Zumba</p> | <p>16</p> <p>8:00 Blood Pressure Screening</p> <p>9:30 Bingo</p> <p>1:00 Hand & Foot</p> <p>1:30 Garden Butterfly Craft</p> | <p>17</p> <p>10:00 Players' Choice Games</p> <p>11:30 Knit & Crochet Society</p> <p>12:00 Table Games</p> <p>1:00 Movie: True Grit</p> |
| <p>20</p> <p>CLOSED in observance of Juneteenth</p> | <p>21</p> <p>10:00 Book Club</p> <p>10:00 Gentle Yoga</p> <p>10:00 Walkers Club</p> <p>1:00 Bridge</p> <p>1:00 Pokeno</p> <p>1:30 Ice Cream Social and Corn Hole</p> | <p>22</p> <p>9:00 Chair Volleyball</p> <p>1:00 Beginner Tai Chi</p> <p>1:00 Euchre</p> <p>1:00 Grief & Mourning</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 & Crochet Society</p> <p>12:00 Table Games</p> <p>1:00 Movie: Sabrina</p> <p>6:00 Quarter Auction</p> |
| <p>27</p> <p>10:00 Chair Exercise</p> <p>1:30 Chronic Disease Self Management</p> <p>1:30 Boho Driftwood/ Yarn Wall Craft</p> <p>4:00 Trivia</p> <p>4:00 Ballroom Exercise</p> <p>5:30 Zumba</p> | <p>28</p> <p>10:00 Gentle Yoga</p> <p>10:00 Walkers Club</p> <p>1:00 Bridge</p> | <p>29</p> <p>9:00 Chair Volleyball</p> <p>1:00 Beginner Tai Chi</p> <p>1:00 Euchre</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> |  |



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Marietta, OH 45750

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JOIN US FOR A FUNDRAISER
TO BENEFIT THE O'NEILL CENTER!

Quarter Auction Friday June 24 at 6pm

What is it?

-A Quarter Auction can best be described as an auction meets raffle, a fun night out with friends and a way to win great items for a low cost (all while supporting a great cause)! You may purchase tickets at the O'Neill Center. \$5 ticket includes one paddle, \$2 each additional paddle.

What should you bring?

-Rolls of Quarters!

Bring rolls of quarters to use for the auction bidding. A limited number of extra rolls of quarters will be sold during the event.

-Extra Cash!

Bring extra cash for raffle tickets, concessions, wine pull and extra paddles.

Call us at 740-373-3914 for ticket information!



“Welcome to Medicare” June 9 at 5pm

The Ohio Senior Health Insurance Information Program (OSHIIP) provides Free, objective information on Medicare as a service of the Ohio Department of Insurance. OSHIIP can help answer questions that you may have about Medicare including:

-Do I need to sign up for Medicare now?

-How is Medicare supplement insurance different from Medicare Advantage Plans?

- Why should I use my complimentary “Welcome to Medicare” doctor visit?

- How do I select my best Medicare prescription drug options?

Join us at the O'Neill Center for what promises to be an evening filled with important information. Please call to reserve your spot as space is limited.