

## Improve Your Driving Skills

CHRISTMAS  
in July Party



Visit Pennsylvania  
Dutch Country



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



The O'Neill Center is very fortunate to have such a strong and dedicated Board of Trustees. Each member of the board serves on several committees and volunteers their time, talent and treasure to assure that O'Neill Center can meet the needs of older residents of Washington County.



### 2022 Board of Trustees

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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.

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## 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.



### **Ohio State Fair August 2**

\$52 includes entrance to fair  
2022 brings back the best fair in the land with concerts and exhibits well known around the world.

### **Zanesville Scenic Railroad August 16**

\$60 includes train ride, lunch and museum entrance to Zane Grey Museum.

### **Backwoods Festival September 16**

\$60 includes bus and entrance into festival.  
This terrific arts and crafts festival, situated in a wooded area of Thornville, Ohio offers something for everyone.

### **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. Insurance must also be purchased one week after deposit. 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, Reykjavik, 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

### **Beginner Ballroom Dance Lessons**

Mondays at 4pm, Free

### **Zumba**

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

### **Gentle Yoga**

Tuesdays, 10am, Free

### **Chair Volleyball**

Wednesdays 9-11 am, Free

### **Beginner Tai Chi Wednesdays**

1pm, Free



## Friday Afternoon at the Movies

### July Matinees

- July 1 Rescued by Ruby TV-G
- July 8 The Adam Project PG-13
- July 15 The Professionals PG-13
- July 22 Home Team TV 14
- July 29 Quartet PG-13

### August Matinees

- Aug 5 Catch and Release PG-13
- Aug 12 Silverado PG-13
- Aug 19 Did You Hear About the Morgans? PG-13
- Aug 26 Dreamer PG

# ACTIVITIES

## 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

**Bridge:** Tuesdays · 1pm

**Euchre:** Wednesdays · 1pm

**Senior Bingo:** Thursdays · 9:30am

**Hand & Foot Cards:**

Thursdays · 1pm

**Men's Billiard Tournaments**

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

**Massages with Beth**

Call to book your appointment.

**DocuMondays**

August 1 · 1pm

We will explore not only documentaries, but biographies, and other educational programs as well. Bring a friend and join us for an interesting, educational and informative afternoon activity.

**Trivia Night**

Wednesdays · 4pm

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. So, bring your trivia savvy friends and come laugh with us and put your memory to the test.



**Seasonal Wood Signs** July 18 & August 15 · 3:30pm

Bring a friend or two and join us as we make seasonal wood signs for all occasions throughout the year. Each month there will be new signs themed for each season. They would make great gifts or keep them for yourself. All materials, including the wooden signs, phrases, paints, stains, accessories, are all provided. Prices may vary depending on the sign and other materials. Call for more information, to reserve your spot, as space is limited and to ensure that we have enough materials for everyone.

## Knit and Crochet Society

Fridays · 11:30 am

Join us for knitting or crochet and some conversation on Fridays.

## Firework Tumbler

July 1 · 1:30pm

These tumblers are the perfect way to celebrate the 4th whether you're with family and friends or spending the evening at home. They could easily be used for New Year's Day Celebrations or any other special day throughout the year. Bring a friend and come join us for a fun and creative afternoon. Please call for more information on cost and to reserve your spot as space is limited.

## Healthy Living for Your Brain & Body

July 7 · 3pm

Brenna Stockham, LISW-S – Clinical manager of the Alzheimer's Association will be at the O'Neill Center to talk about "Healthy Living for Your Brain and Body." Alzheimer's Disease is something that touches us all in ways that we may not even realize. Join us at the Alzheimer's Association sheds some light on this as we continue our efforts to raise awareness about this disease this summer and learn to keep our brain and body healthy!

## Corn Hole Tournament

July 11 & August 8 · 1:30pm

What better way to spend an afternoon than a friendly game...or two, of Corn Hole? Bring along a friend...or enough for a team, and beat the heat at the O'Neill Center and have a great time with friends too.



## DIY MARBLED Tin Can Luminaries



## Marbled Tin Can Luminaries

July 11 · 3:30pm

These luminaries will make a cute addition to your summer garden. Made from old tin cans, with holes made with a nail for the light to escape, and beautifully marbled with nail polish, they will add a splash of color wherever hang them. Or place them on your patio table for a lovely bit of dappled light. Bring some cans and a friend or two and join us for this cheery project. This project is being sponsored by Amedisys Hospice and is free to participants. Call to reserve your spot as space is limited.

## Inclement Weather

Inclement weather isn't just for the winter season. Harsh summer storms with damaging winds, flooding conditions and even hail can have a severe effect on the mid-Ohio Valley as well as the O'Neill Center. If a summer storm should arise and there is a potential for damage or electrical outages, be sure to check WTAP, WMOA, or our Facebook page to stay up-to-date on any changes, cancellations, or closures at the O'Neill Center. It is our goal to be here for area seniors each and every day, but sometimes that just isn't possible. We will do our best to keep you informed on any changes.

### **Christmas in July Party**

July 25 · 1pm

In the heat of the summer, we'll be having cool thoughts as we celebrate "Christmas in July" with a "Beachmas" Party. Maybe we'll have some Frozen "Hot" Chocolate and cookies while we sing Christmas in July Carols. "Oh, what fun it is"! So, bring a friend or two and join us for this different sort of summer celebration. This event is being sponsored by Encompass Health, Continuing Health Care, Rockland Ridge and Wyngate Senior Living Community and is Free for participants. Call for more information and to reserve your spot as space is limited.

### **Bagpipe Appreciation Day**

July 27 · 2:30pm

Join us as we celebrate Bagpipe Appreciation Day. Sara Chichester will be here to play for us again, but she will also share a little more about the interesting history of the bagpipes, their origins and purpose, the many parts of the pipes and other tidbits. Please call the O'Neill Center to sign up for this event.

### **Photography Contest**

Beginning August 1 with judging on August 19 · 10am

If you like to take pictures, even if it's with your phone, or if you think you just lucked out and captured a really great photo, then maybe you should join our photography contest. You don't need to have attended our Photography Club before. All you need to do is have your photo printed and mounted on a mat. Bring it to the O'Neill Center by July 22, where we will collect your information and assign a number to your photo. The contest will be anonymous, no one will know who took each photograph, so there's no favoritism. Photos will be on display August 1 - August 19, when Bill Jahn, local professional photographer and Marietta Photographic Society member, will be our judge. So be on the lookout for something great to snap a photo of, and enter our contest. Call for more information.



### **Pinecone Pineapple Ornaments**

August 1 · 1:30pm

Pinecone Pineapples... who could've imagined they'd be so cute?! Well, they for darn tootin are... and we'll get to make some with this adorable craft project. All supplies are provided so this craft is Free for participants so bring along a friend and join us. We promise you'll have a good time. This activity is being sponsored by Amedisys Hospice. Please call the O'Neill Center to reserve your spot as space is limited.

### **Matter of Balance Classes**

August 2 for 8 weeks · 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.

### **Marbleized Washer Necklaces**

August 29 · 3:30pm

What do you get when you cross wire and nail polish with a washer and ribbon? You get this beautiful and stylish necklace. It's great as a gift or to wear yourself. Perfect for any occasion, you can dress it up or dress it down. So, bring some friends and join us for this lovely craft project. This activity is free for participants and is being sponsored by Amedisys. Please call to reserve your spot.

## **MONTHLY SERVICES/MEETINGS**

### **Blood Pressure Screening**

by Housecalls Home Health  
July 21 & August 18 · 9am.

### **Book Club**

July 19 & Aug 16 · 10am

Led by volunteer, Barb Wainwright  
July 19: Reading "The Glass Lake" by Maeve Benchy  
August 16: Sharing

### **Grief & Mourning for Widows & Widowers**

July 13 & Aug 10 · 1pm

### **Grief and Mourning for All Losses**

July 27 & Aug 24 · 1:30pm

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. Now is the time to find healing, hope and peace. Grief support groups sponsored by Marietta Hospice, led by BRV Coordinator Kent Lowther. Please call to show interest.

### **The Senior Club Meeting/Potluck**

July 13 & August 10 · 11am

Join us on the second Wednesday of each month for a guaranteed good time!

### **Hearing Services**



July 5: Hearing Aid Cleaning

August 2: Hearing Test

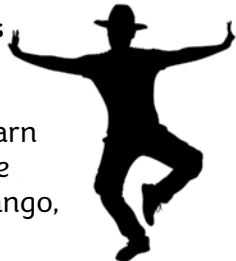
Have your hearing needs met each month with this free service brought to us by Ohio Valley Hearing Professionals. Please call for an appointment time offered between noon and 2pm.



# JULY

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Firework Tumbler</b>            July 1 · 1:30pm            These tumblers are the perfect way to celebrate the 4th whether you're with family and friends or spending the evening at home. Bring a friend and come join us for a fun and creative afternoon. Please call for more information on cost and to reserve your spot as space is limited.</p>				<p><b>1</b></p> <p>11:30 Knit &amp; Crochet Society</p> <p>1:00 Movie: Rescued by Ruby</p> <p>1:30 Crafts: Fireworks Tumbler:</p>
<p><b>4</b></p> <p><b>CLOSED</b>            to observe Independence Day</p> 	<p><b>5</b></p> <p>10:00 Gentle Yoga</p> <p>12:00 Hearing Aid Cleaning</p> <p>1:00 Bridge</p>	<p><b>6</b></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>4:00 Ballroom Dance</p> <p>5:30 Zumba</p>	<p><b>7</b></p> <p>9:00 Billiard Tournament</p> <p>9:30 Bingo</p> <p>12:30 AARP Drivers Course</p> <p>1:00 Hand &amp; Foot</p> <p>3:00 Alzheimer's Lecture</p>	<p><b>8</b></p> <p>9:00 Billiard Tournament</p> <p>11:30 Knit &amp; Crochet Society</p> <p>1:00 Movie: Adam Project</p> <p>1:30 Canasta</p>
<p><b>11</b></p> <p>10:00 Chair Exercise</p> <p>1:30 Corn Hole</p> <p>3:30 Garden Lantern Craft</p> <p>4:00 Ballroom Exercise</p> <p>5:30 Zumba</p>	<p><b>12</b></p> <p>10:00 Gentle Yoga</p> <p>1:00 Bridge</p>	<p><b>13</b></p> <p>9:00 Quilting Group</p> <p>11:00 Senior Club Potluck/ Meeting</p> <p>1:00 Grief Support Group</p> <p>1:00 Euchre</p> <p>1:00 Beginner Tai Chi</p> <p>4:00 Trivia</p> <p>5:30 Zumba</p>	<p><b>14</b></p> <p>9:30 Bingo</p> <p>1:00 Hand &amp; Foot</p>	<p><b>15</b></p> <p>11:30 Knit &amp; Crochet Society</p> <p>1:00 Movie: The Professionals</p>
<p><b>18</b></p> <p>10:00 Chair Exercise</p> <p>3:30 Seasonal Wood Signs</p> <p>4:00 Ballroom Exercise</p> <p>5:30 Zumba</p> <p>6:00 Stamping Up</p>	<p><b>19</b></p> <p>10:00 Book Club</p> <p>10:00 Gentle Yoga</p> <p>1:00 Bridge</p>	<p><b>20</b></p> <p>9:00 Chair Volleyball</p> <p>10:00 Quilting Group</p> <p>1:00 Euchre</p> <p>1:00 Beginner Tai Chi</p> <p>4:00 Trivia</p> <p>5:30 Zumba</p>	<p><b>21</b></p> <p>8:00 Blood Pressure Checks</p> <p>9:30 Bingo</p> <p>1:00 Hand &amp; Foot</p>	<p><b>22</b></p> <p>11:30 Knit &amp; Crochet Society</p> <p>1:00 Movie: Home Team</p> <p>1:30 Rummy</p>
<p><b>25</b></p> <p>10:00 Chair Exercise</p> <p>1:00 Christmas in July Party</p> <p>3:30 Senior Bingo</p> <p>4:00 Ballroom Exercise</p> <p>5:30 Zumba</p>	<p><b>26</b></p> <p>10:00 Gentle Yoga</p> <p>1:00 Bridge</p>	<p><b>27</b></p> <p>9:00 Chair Volleyball</p> <p>1:00 Grief Support Group</p> <p>1:00 Euchre</p> <p>1:00 Beginner Tai Chi</p> <p>2:30 Bagpipe Appreciation Day</p> <p>4:00 Trivia</p> <p>5:30 Zumba</p>	<p><b>28</b></p> <p>9:30 Bingo</p> <p>1:00 Hand &amp; Foot</p>	<p><b>29</b></p> <p>11:30 Knit &amp; Crochet Society</p> <p>1:00 Movie: Quartet</p> <p>1:30 Yahtzee</p>

# AUGUST

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 10:00 Chair Exercise 1:00 DocuMonday 1:30 Pinecone Pineapple Ornaments Craft 4:00 Ballroom Dance 5:30 Zumba	<b>2</b> 10:00 Fresh Conversations 12:00 Hearing Tests 1:00 Bridge 1:00 Matter of Balance	<b>3</b> 9:00 Chair Volleyball 1:00 Beginner Tai Chi 1:00 Euchre 4:00 Trivia 5:30 Zumba	<b>4</b> 9:00 Billiard Tournament 9:30 Bingo 1:00 Hand & Foot	<b>5</b> 11:30 Knit & Crochet Society 1:00 Movie: Catch and Release 1:30 Canasta
<b>8</b> 10:00 Chair Exercise 1:30 Corn Hole 4:00 Ballroom Dance 5:30 Zumba	<b>9</b> 10:00 Gentle Yoga 1:00 Bridge 1:00 Matter of Balance	<b>10</b> 9:00 Quilting Group 11:00 Senior Club Potluck/ Meeting 1:00 Beginner Tai Chi 1:00 Euchre 1:00 Grief Support Group 4:00 Trivia 5:30 Zumba	<b>11</b> 9:30 Bingo 1:00 Hand & Foot	<b>12</b> 9:00 Billiard Tournament 11:30 Knit & Crochet Society 1:00 Movie: Silverado
<b>15</b> 10:00 Chair Exercise 3:30 Seasonal Wood Signs 4:00 Ballroom Dance 5:30 Zumba 6:00 Stamping Up	<b>16</b> 10:00 Book Club 1:00 Matter of Balance 1:00 Bridge	<b>17</b> 9:00 Chair Volleyball 9:00 Quilting Group 1:00 Euchre 1:00 Beginner Tai Chi 4:00 Trivia 5:30 Zumba	<b>18</b> 8:00 Blood Pressure Checks 9:30 Bingo 1:00 Hand & Foot	<b>19</b> 10:00 Photography Contest Judging 11:30 Knit & Crochet Society 1:00 Movie: Did You Hear About the Morgans? 1:30 Rummy
<b>22</b> 10:00 Chair Exercise 3:30 Senior Bingo 4:00 Ballroom Dance 5:30 Zumba	<b>23</b> 10:00 Gentle Yoga 1:00 Bridge 1:00 Matter of Balance	<b>24</b> 9:00 Chair Volleyball 1:00 Grief Support Group 1:00 Euchre 1:00 Beginner Tai Chi 4:00 Trivia 5:30 Zumba	<b>25</b> 9:30 Bingo 1:00 Hand & Foot	<b>26</b> 11:30 Knit & Crochet Society 1:00 Movie: Dreamer 1:30 Yahtzee
<b>29</b> 10:00 Chair Exercise 3:30 Marbled Washer Necklace 4:00 Ballroom Dance 5:30 Zumba	<b>30</b> 10:00 Gentle Yoga 1:00 Bridge 1:00 Matter of Balance	<b>31</b> 1:00 Euchre 1:00 Beginner Tai Chi 4:00 Trivia 5:30 Zumba	<b>Ballroom Dance Lessons</b> Mondays · 4pm Enjoy the music and socialization while you learn the steps to Ballroom style dances like the Foxtrot, Tango, Rumba, Waltz and more. 	



## AARP Driver Education Course

**July 7  
12:30-4:30pm**

These classes were developed to help drivers, who are age 50 and older, improve their skills and be safer drivers longer. Classes cover age-related physical changes and rules of the road. You will hear presentations, watch videos, and participate in group discussions with classmates. There will be no driving tests or exams. Most insurance companies offer a discount for completion of the classes.

**Cost: \$20 for AARP members; \$25 for non-members. Payment by check made payable to AARP the day of the class.**

As of July 1, 2020, the AARP Smart Driver course is FREE to individuals who are plan holders of the AARP® Medicare Supplement Insurance Plan from United Healthcare. Participants must show a current insurance card to receive this benefit.