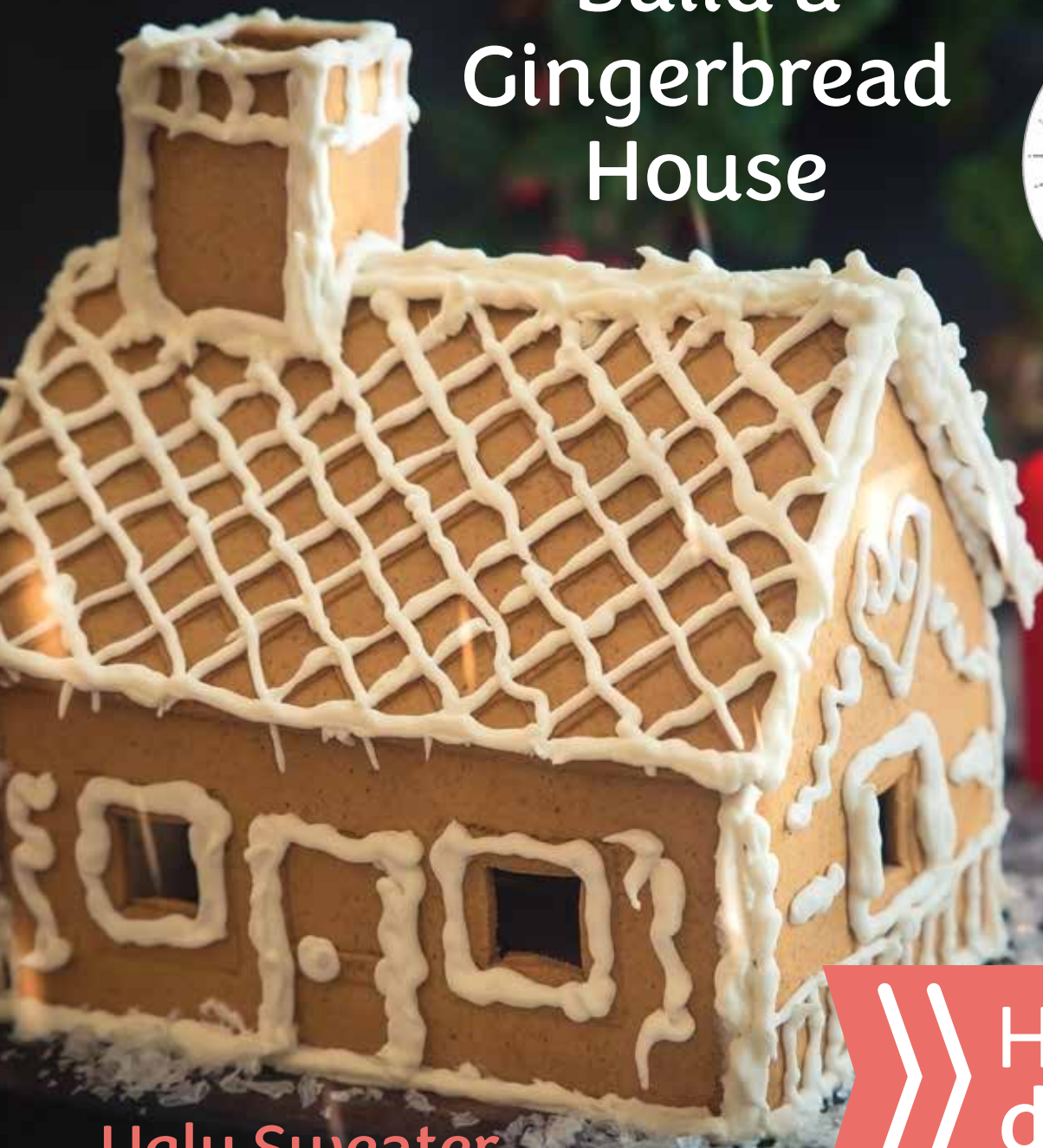


Build a Gingerbread House



Ugly Sweater
Christmas Party

HEALTHY
desserts



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

Find us on   



Happy Holidays

From the O'Neill Center family, we'd like to say the best part of the holiday season is remembering those who make the holidays meaningful. We wish you all the love and happiness this season can bring, and may it follow you throughout the upcoming year.

A Unit of the National Council on Aging



Holiday season is here and when thinking about buying those gifts remember to shop local. Local shops serve as an integral role for seniors by being a key part of their social network. They found that smaller shopping trips provided an opportunity for the elderly community to remain involved in local shopping. The capacity to shop locally also allowed them to take control and remain independent. Shopkeepers also played a valuable role in looking out for the more vulnerable and saw it as part of their service to the community. Join local artisans and vendors at our craft show!

Dementia Friends

This global movement is changing the way people think, act, and talk about dementia. Developed by the Alzheimer's Society in the United Kingdom, the Dementia Friends initiative is underway in Minnesota and across the United States. By helping everyone in a community understand what dementia is and how it affects families, each of us can make a difference for people touched by dementia. You can become a Dementia Friend by attending a one-hour informational session to learn about this worldwide movement, about living with dementia, and the simple things you can do to support someone living with the disease. You don't need to be a dementia expert to become a Dementia Friend. You don't need to know someone with dementia to become a Dementia Friend. After you attend the session, you decide about becoming a Dementia Friend.



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.



Hartville Kitchen and Shops

January 24, 2023

\$65

Enjoy lunch at the famous Hartville Kitchen and afterwards explore The Shops at Hartville. There's something for everyone here! Continue your exploration to the Hardware Store and the Marketplace, an indoor flea market. A stop to the Hartville Chocolate and Candy shop will complete this outing. Book now as this trip is sure to fill quickly!

Football Hall of Fame

February 6, 2023

\$70

Gear up for the Superbowl with a day trip to Canton for the Football Hall of Fame. We'll enjoy a lunch, included in your cost, for this day trip and a stop for a history lesson of Ohio.

The History of Trains Day Trip

April 19, 2023

\$75

Enjoy a trip down memory lane. From carvings of trains to full WWII train cars. We will visit Warther's Museum in the morning and stop for lunch at the Tuscarawas Senior Center before going to the Dennison Railroad Depot Museum.



**The O'Neill Center
wishes you and yours
a very special
holiday season filled
with joy, peace,
happiness and all
things you hold dear.**

Give a Gift that will make a Difference

The O'Neill Senior Center, Inc. is a 501 (c) (3), not-for-profit, tax exempt organization that relies on the support from individuals, local businesses, foundations and other community organizations to power our mission of helping area seniors live healthy, independent and productive lives.



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**

November Matinees

Nov 4 Rescued by Ruby TV-G

Nov 11 RBG PG

Nov 18 The Kindness of
Strangers TV-14

December Matinees

Dec 2 Christmas in the
Heartland TV-PG

Dec 9 Won't You Be My
Neighbor PG-13

Dec 16 The Bucket List PG-13

Dec 23 Christmas with the
Kranks 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

Monday Bingo: 4th Mondays · 3:30pm

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

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

Beginner+ Ballroom Dance Lessons

Every Monday · 4:00pm

Bring a dance partner and have a fun evening at the O'Neill Center as you learn the steps to Ballroom dances like the Foxtrot, Tango, Rumba, Waltz and more. This is a great way for seniors to get a little exercise as well. So, get your dancing shoes on! This Class is free and open to the public. Call to show interest or come join us.

Sit & Knit with Nancy

Nov 3, 10 & 17 · 1:00 pm

December 1st, 8th and 15th at 1:00 pm
Learn some simple holiday knit projects for gift giving. Yarn and patterns will be provided.

Alzheimer's Support Group

1st Friday of every month, 10-11:30am

Join Krissy Kearns who will be helping families dealing with Alzheimer's to develop a support system, exchange information on challenges and possible solutions. Talk through issues you're having and learn new ways of coping. You will also learn about community resources in the area that can help you.



Seasonal Wood Signs

Nov 21 & Dec 19 · 3:30pm

Bring a friend or two and join us on the 3rd Monday of every month as we make seasonal wood signs for all occasions throughout the year. Each month there will be new signs themed for each season. They are so cute and would make great gifts or keep them for yourself. All materials, including the wooden signs, phrases, paints, stains, accessories, are provided. Cost is \$15 per sign and this will cover all supplies. Call now to reserve your spot.



Lunch and Learn Series

Thursdays · 12:15 pm

We're partnering with businesses throughout the MOV and discussing a variety of topics. You can reserve a lunch with Community Action at noon, then the class will start at 12:15 in our downstairs classroom.

Nov 3: Healthy Aging by the Washington County Health Dept.

Nov 10: Continuing Healthcare - New Programs Offered

Nov 17: Encompass Health - Services Offered and Strokes

Dec 1: Medication Packs with White Oak Pharmacy

Dec 8: Buckeye Hospice - Palliative Care

Dec 15: Meals for Leftovers with OSU Extension

Dec 22: Winter Time Blues with Washington County Health Department

Healthy Desserts Program

November 2nd · 1:00pm

Bring your friends and join Greta Lynch from the OSU Extension as she bakes a healthy dessert for everyone to enjoy. She will also be talking about ways to make your desserts healthy and will be sharing recipes.



Fall Wine Glass Candle Centerpieces

Nov 4 · 10am

Bring a friend and join us in making these adorable centerpieces for your table just in time for Thanksgiving. Not only will they brighten up any table they'll be the conversation piece of the room. Cost is \$5.00 and supplies will be provided. Call to reserve your spot as space is limited.



thankful

November Gratitude Journaling

Nov 7, 14, 21 & 28 · 1pm

Each week you will be given 7 journal prompts to write about. On December 7th at 1:00pm, we will be having a Share Your Gratefulness party. We will talk about some of the topics and share a couple of our Gratefulness Journal entries. Journal's will be provided. Sponsored by Encompass Health.

Grief and Mourning Support Group for All Losses

Nov 28 · 3pm

Now is the time to find healing, hope and peace. If you need to talk there is someone to listen. This Grief Support group is sponsored by Buckeye Hospice, and led by Pastor Donald Brooks.



Build a Gingerbread House

Dec 5 · 1pm

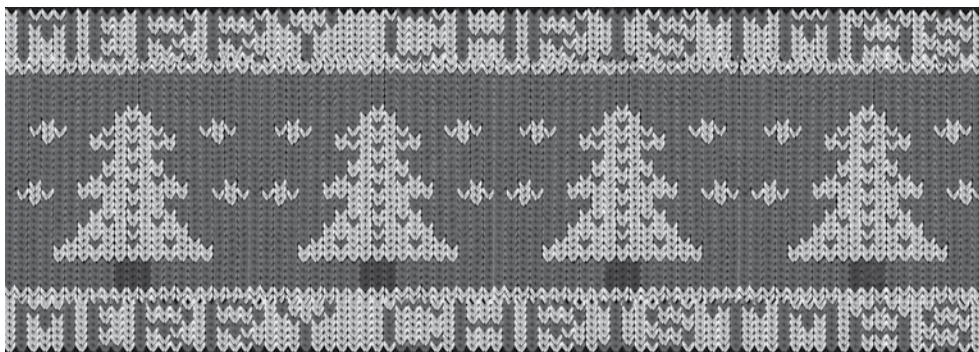
There is no better way to get into the Christmas Spirit than by building a Gingerbread House. Join Karen Pas-kawych in getting creative and designing your own Gingerbread House. The cost is \$20 and this will include all supplies. Call to reserve your spot as space is limited.



Personalized Scrabble Letter Ornaments

Dec 16 · 10am

Christmas is just around the corner, and who doesn't love a homemade Christmas gift? Your loved ones will be able to cherish this forever, and every Christmas when hanging these on the Christmas Tree, they'll think of you and all those memories you made together will come rushing back. Call to reserve your spot as space is limited.



Ugly Sweater Christmas Party

Dec 13 · 1pm

This is one party you don't want to miss! Wear an ugly Christmas Sweater or be creative and make your own. Casee Ruffing from Amedisys will be judging everyone's sweaters and the winner will receive a prize! But wait we're not done yet! Make sure you don't eat a big lunch before coming. We're going to have some delicious finger foods, desserts and hot chocolate. Wood County Christian School students will be coming to serenade with Christmas songs. I hope everyone's been good and is on the nice list, because Santa and Mrs. Claus will be here! Sponsored by Buckeye Hospice & Compass.

MONTHLY SERVICES/MEETINGS

Men's Breakfast

Nov 1 & Dec 6 · 8:30am

A special time for gentlemen to get together and enjoy each other's company over a nice warm breakfast.

Blood Pressure Screening

by Housecalls Home Health

Nov 17 & Dec 15 · 9am

Book Club

Nov 15 & Dec 20 · 10am

Led by volunteer, Barb Wainwright

Nov 15: Reading "State of Terror" by Penny, L/ Clinton, H.R.

Dec 20: Sharing

The Senior Club Meeting/Luncheon

Nov 9 · 11am

Join us on the second Wednesdays of each month for a guaranteed good time! Bring along a covered dish or dessert.

Hearing Services

Nov 1: Hearing Aid Cleaning

Dec 6: Hearing Testing

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 between noon and 2pm.






Christmas Carols with the Kids




Dec 9 · 10am

Nothing is more precious than seeing the excitement of Christmas time in the eyes of children. Come enjoy the children from the Betsy Mill's Club as they sing Christmas Carols and exchange small home-made gifts that they made. Sponsored by Encompass & Shrivvers Hospice.

NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
	1 8:30 Men's Breakfast 10:00 Gentle Yoga 12:00 Hearing Aid Cleaning 1:00 Bridge	2 9:00 Chair Volleyball 1:00 Euchre 1:00 Beginner Tai Chi 1:00 Healthy Desserts 5:30 Zumba	3 9:00 Billiard Tournament 9:30 Bingo 12:15 Lunch and Learn Lecture Series 1:00 Hand & Foot 1:00 Sit & Knit	4 10:00 Fall Wine Glass Candle Centerpieces 10:00 Alzheimer's Support Group 11:30 Knit & Crochet Society 1:00 Movie: Rescued by Ruby
7 10:00 Chair Exercise 1:00 November Gratitude Journaling 4:00 Ballroom Exercise 5:30 Zumba	8 10:00 Gentle Yoga 1:00 Bridge	9 9:00 Quilting Group 11:00 Senior Club Potluck/ Meeting 1:00 Euchre 1:00 Beginner Tai Chi 5:30 Zumba	10 9:30 Bingo 12:15 Lunch and Learn Lecture Series 1:00 Hand & Foot 1:00 Sit & Knit	11 CLOSED in observance of Veteran's Day 
14 10:00 Chair Exercise 1:00 November Gratitude Journaling 4:00 Ballroom Exercise 5:30 Zumba	15 10:00 Gentle Yoga 10:00 Book Club 1:00 Bridge	16 9:00 Chair Volleyball 9:00 Quilting Group 1:00 Euchre 1:00 Beginner Tai Chi 5:30 Zumba	17 9:00 Blood Pressure Checks 9:30 Bingo 12:15 Lunch and Learn Lecture Series 1:00 Hand & Foot 1:00 Sit & Knit	18 10:00 Personalized Scrabble Letter Ornament 11:30 Knit & Crochet Society 1:00 Movie: The Kindness of Strangers
21 10:00 Chair Exercise 1:00 November Gratitude Journaling 3:30 Seasonal Wood Signs 4:00 Ballroom Exercise 5:00 Zumba 6:00 Stampin' Up	22 10:00 Gentle Yoga 1:00 Bridge	23 9:00 Chair Volleyball 1:00 Euchre 1:00 Beginner Tai Chi 5:30 Zumba	24 25 CLOSED to celebrate Thanksgiving Day 	
28 10:00 Chair Exercise 1:00 November Gratitude Journaling 3:00 Grief & Mourning for All Losses 3:30 Senior Bingo 4:00 Ballroom Exercise 5:30 Zumba	29 10:00 Gentle Yoga 1:00 Bridge	30 1:00 Euchre 1:00 Beginner Tai Chi 5:30 Zumba		

DECEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Dec 1: Medication Packs with White Oak Pharmacy Dec 8: Buckeye Hospice Palliative Care Dec 15: Meals for Leftovers with OSU Extension Dec 22: TBD</p>			1 9:00 Billiard Tournament 9:30 Bingo 12:15 Lunch and Learn Lecture Series 1:00 Hand & Foot 1:00 Sit & Knit	2 10:00 Alzheimer's Support Group 11:30 Knit & Crochet Society 1:00 Movie: Christmas in the Heartland
			5 10:00 Chair Exercise 1:00 Build a Gingerbread House 4:00 Ballroom Dance 5:30 Zumba	6 8:30 Men's Breakfast 10:00 Gentle Yoga 12:00 Hearing Tests 1:00 Bridge
12 10:00 Chair Exercise 4:00 Ballroom Dance 5:30 Zumba	13 10:00 Gentle Yoga 1:00 Bridge 1:00 Christmas Party	14 9:00 Quilting Group 11:00 Senior Club Potluck/ Meeting 1:00 Euchre 1:00 Beginner Tai Chi 5:30 Zumba	15 8:00 Blood Pressure Checks 9:30 Bingo 12:15 Lunch and Learn Lecture Series 1:00 Hand & Foot 1:00 Sit & Knit	16 10:00 Personalized Scrabble Letter Ornament 11:30 Knit & Crochet Society 1:00 Movie: The Bucket List
19 10:00 Chair Exercise 3:30 Seasonal Wood Signs 4:00 Ballroom Dance 5:30 Zumba 6:00 Stampin' Up	20 10:00 Gentle Yoga 10:00 Book Club 1:00 Bridge	21 9:00 Chair Volleyball 10:00 Quilting Group 1:00 Euchre 1:00 Beginner Tai Chi 5:30 Zumba	22 9:30 Bingo 12:15 Lunch and Learn Lecture Series: Winter Time Blues with Wash Co Health Dept 1:00 Hand & Foot	23 11:30 Knit & Crochet Society 1:00 Movie: Christmas with the Kranks
26 	27	28 CLOSED to celebrate Christmas & the New Year!	29 	30



333 Fourth Street
Marietta, OH 45750

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Marietta, Ohio
Permit #37

Change Service Requested



O'NEILL CENTER ANNUAL CRAFT SHOW

Saturday,
December 3

8AM – 3PM

Many local artisans will be on hand to sell you their handmade items. This is a great way to shop for all those Christmas gifts. If you get hungry while shopping around don't worry, we've got you covered. We'll have a concession stand with goodies to help keep you fueled.

**For more information call The O'Neill Center at
740-373-3914.**