

Orange Color Party



OLDER
AMERICANS
MONTH



AGING UNBOUND: MAY 2023



ONLINE BANKING
Info Session



O'Neill Center
 333 Fourth Street
 Marietta, Ohio 45750
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 ONEILLCENTER.COM

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AGING UNBOUND: MAY 2023

Older Americans Month

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. 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. In April 1963, President John F. Kennedy and members of the National Council of Senior Citizens had a meeting which led to designating May as “Senior Citizens Month,” the prelude to “Older Americans Month.”

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

This year’s theme for the celebration is “Aging Unbound!” This theme offers an opportunity to explore an array of aging experiences without being boxed in by expectations and stereotypes. We hope you will look within this publication to find activities of interest and will join in to experience “Aging Unbound!”

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.

Welcome to Medicare

May 2 · 4:30pm

If you are approaching the time in life when you are looking for information on when or how to sign up for Medicare, or if you have questions about coverage and how the various parts differentiate, this program is for you! The Ohio Senior Health Insurance Information Program (OSHIIIP) provides Free, objective information on Medicare as a service of the Ohio Department of Insurance. OSHIIIP 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.

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.



June 7, 2023 Ash Cave

\$75 - Explore Ash Cave, a handicap accessible hike into the cave, followed by buffet lunch at Olde Dutch Restaurant. After lunch you will have time to explore the antique shop and petting zoo area before going on to Columbus Washboard factory for a tour.

June 13, 2023 Dutch Valley, Ohio Star Theater

\$95 - Experience the new Amish production of Dear Soldier Boy along with a family style lunch and shopping at Dutch Valley, Sugarcreek, Ohio.

June 28, 2023 Explore Ohio - German Village Columbus Ohio

\$50 - Spend a day exploring the German Village area, shops, eateries, and parks. These are just a few of the features you'll get to experience on this full day of exploring.

July 26, 2023 Discover Chillicothe, Ohio

\$80 per person - Explore attractions like the Adena Mansion and gardens, the Railroad Museum, lunch on your own during time walking around visiting the unique shopping area of downtown Chillicothe, Ohio.

August 1, 2023 Ohio State Fair

\$55 - Travel with O'Neill and spend Senior Day at the fair! Enjoy the air-conditioned Celeste Building for a free afternoon concert, dine in the air-conditioned Ohio Food court, and walk among the rides and exhibits. Don't forget to stop at the Dept of Natural Resource to take in their show.

September 12 - 14, 2023 WV Train Adventure

\$674 per person, double occupancy - This trip includes dinner and a show at the Gandy Dancer Dinner Theater, an excursion at the Cass Scenic Railway, lunch served onboard the train, and much more! Call for more details.

November 5 - 10, 2023 San Antonio, Waco & Dallas

\$2199 per person, double occupancy - This trip includes round trip airfare as you enjoy this 6-day trip, including 5 nights hotel lodging, 4 evening receptions, 4 breakfast, 4 dinners including a Texas style dinner at Southfork Ranch, and 1 lunch in Waco. Take part in a guided City Tour of San Antonio, The Alamo, tour Waco, and visit Chip & Joanna Gaines's renovated homes across Waco. A local guide will take you to famed Magnolia House, the Magnolia Market at the Silos and hunt for treasure at the Cedar Chest Antique Mall. Visit Southfork Ranch, explore the Famed San Antonio Riverwalk with Boat Cruise and tour Dallas, TX.

December 3 - 6, 2023 Christmas in New York

\$899 per person double occupancy - Includes hotel accommodations, 3 breakfasts at the hotel, 2 dinners including 1 dinner at a New York restaurant. Experience Radio City Music Hall Christmas Spectacular, guided tour of New York City, visit 9/11 Museum and Memorial and there will even be time for holiday shopping in New York City!



FITNESS & DANCE

Chair Exercise

Mondays, 10am, Free
Wednesdays, 10am, Free

Zumba

Mondays, 11:30am
Tuesdays, Wednesdays, and
Thursdays, 5:30pm, \$5 or 6 for \$25

Gentle Yoga

Tuesdays, 10am, Free

Beginner Tai Chi Wednesdays,
1pm, Free



**Friday
Afternoon
at the Movies**

May Matinees

5 True Spirit PG
12 A Life on Our Planet PG
19 Descendant
26 Rita Moreno - Just a Girl
Who Decided to Go for It
PG-13

June Matinees

2 My Girl PG
9 The Life Ahead PG 13
16 Found PG
23 The Volcano - Rescue
from Whakaan PG-13
30 RV PG

**Disclaimer: movies are subject to change based on availability.*

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

Bingo: Thursdays · 9:30am

Hand & Foot Cards:

Thursdays · 1pm

Friday Bingo: 3rd Fridays · 9:30am

Men's Billiard Tournaments

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

Blood Pressure Screening

By Housecalls Home Health

May 18 & June 15 · 8am

Book Club

May 16 & June 20 · 10am

This meeting is being led by volunteer, Barb Wainwright

May 16 – Reading

The Christie Affair by De Gramont, Nina

June 20 – Sharing

Men's Breakfast

May 2 & June 6 · 9am

This is a special time for gentlemen to get together and enjoy each other's company.

Senior Club Meeting/Luncheon

May 10 & June 14 · 11am

Join us on the second Wednesday of each month at 11am for a morning of food, fun, and friendship.

Hearing Services

May 2 – Hearing Aid Cleaning

June 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 offered between noon and 2pm.



Painting with Joyce

May 1 & June 5 · 12:30pm

Join Joyce Fogle the 1st Monday of every month at 12:30pm. For the month of May, we'll be painting the Rubber Rain Boots with Flowers, and June is the Bee Happy Daisy painting. Joyce will give you step by step instructions on how to paint the pictures shown here. The cost is \$28 and all supplies are included. Call today to reserve your spot.

Manicure & Pedicures

by Sharon Graham

Every 2nd and 4th Tuesday · 10am

Sharon Graham has 30 plus years of experience with nail care. You may schedule one or both—all done in the privacy of our health room. Cost is \$16 for a manicure and \$33 for a pedicure. Call to schedule your appointment today. Appointment times begin at 10am and last appointment ending at 3pm.

Grief & Mourning Support Group for All Losses

June 26 · 3:30pm

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.

Container Gardening 101

May 2 · 1pm

It's that time of year where everyone is getting gardens, flower beds and containers ready for gardening. Marcus McCartney from OSU Ext., will be here to talk about all the ins and outs of container gardening. Have questions? Don't worry! He'll be here to answer any questions you might have. He's even going to have something special for everyone to take home with them. Call today to reserve your spot.

Matter of Balance Series

May 4 · 1pm

Many older adults experience concerns about falling and restrict their activities to avoid falls. Matter of Balance is an award-winning program designed to help 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 program helps older adults reduce their fear of falling, thereby enhancing activity levels. This class will take place every Thursday for 8 weeks. The class is free and open to the public but registration is a must! Call today to register as class size is limited.

Mother's Day Brunch

May 5 · 10am

Come celebrate Mother's Day at the O'Neill Center! Bring your children, grandchildren or best friend. Enjoy delicious food without the worry of having to cook or clean up the mess. We're also going to play Mother's Day Bingo and Trivia. There will be a special gift for every lady who attends and prizes for the winners of the games. We will also be raffling off a hanging basket. Cost is \$10 per person. Sponsored by Buckeye Hospice & Palliative Care. Please call to reserve your seats.

Trivia with the Pasky's

May 8 · 2pm

Bring a friend and join Karen & Kevin Paskawych for a fun afternoon of trivia with fun themes and great prizes! Snacks will be provided. Sign-ups start at 2pm and the game will start at 2:30pm. Registration fee is \$4. Call to register.

Online Banking Informational Session

May 9 · 1pm

Does online banking come easy for you? Do you have concerns about using it? Join Joel Howdyshell from Peoples Bank as he talks about online banking and using the banking app on your phone or laptop. He will be discussing the benefits of online banking. Please call to reserve your spot.

Walk with Ease Series

May 15 · 1pm

Held every Monday, Walk with Ease is an evidenced-based program that 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 into shape and allow you to walk safely and comfortably. Walk with Ease is certified by the Arthritis Foundation and is Doctor recommended. Series will be held outdoors, weather permitting. In case of inclement weather, classes will be held indoors.

Diamond Painting

May 26 & June 9 · 10am

It's back! Create a beautiful piece for you or to give as a gift. You may choose from a variety of projects from bookmarks to actual painting suitable for framing. Cost varies according to the piece that you chose. Call to register.

Lunch & Learn

May 19 · 12pm

Join Kaitlyn Seevers, RN from MMH Cardiology Department as she discusses The Watchman Procedure and its benefits. WATCHMANTM is a one-time, minimally invasive procedure that permanently reduces stroke risk without the risks of blood thinner medications. She will be handing out educational material and answering any questions you may have. Lunch will be provided, so please call today to reserve your spot.

Seasonal Wood Signs

May 15 · 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 would make great gifts or keep them for yourself. All materials, including the wooden sign, phrases, paints, stains and accessories are provided. Cost is \$18 and this will cover all supplies. Registration is required to ensure we have enough supplies.



Color Party

May 26 · 1pm

Come join us and see what this new trend is all about. The color theme for our party is orange, so everyone wear your favorite orange attire. Snacks will be provided and they'll all pertain to the color orange. We will also be having a couple games with prizes. Cost is \$5, so call to today to reserve your seat.

Free Health Screening

June 8 · 8am

Katie Fleming from Ohio University HCOM will be here to give free health screenings from 8 - 9:30am. She will be doing cholesterol, glucose, and lipid panels. You'll get your results right then, and no appointment is needed. For best results you should fast 9-12 hours before testing.

Medicare Fraud

June 13 · 10am

Come in for donuts and coffee and fuel your mind with great information. Seniors can be particularly vulnerable to fraud and scams; however, many incidents go unreported. Join Lisa Dalga from Pro Seniors as she educates you on Medicare fraud. She will tell you what to do to prevent, detect and report Medicare fraud. Call today to reserve your spot.

National Fudge Day

June 16 · 1pm

Join Becky Hennen as she brings in a variety of different fudges for everyone to sample, along with an easy microwave fudge recipe. Bring a friend and your sweet tooth and get sweetened up. Cost is \$5, call to reserve your spot.



Mason Jar String Art

June 12 · 1pm


You definitely don't want to miss out on making this adorable mason jar with flowers! Hang this up and you'll have everyone asking where you bought it! Then, you can tell them you made it. Invite a friend and come join us. If this is your first-time doing string art don't worry, Karen Paskawych will be here to give step-by-step instructions. Cost is \$28 and this includes all supplies. Call to reserve your spot.

Stacy's Farm & Lunch

June 30 · 10:30am

Bring a friend or even your grandkids and join us for a day of fun. We'll start our morning off by meeting at Stacy's Farm at 10:30 to pick some delicious strawberries or blueberries to take home. Then, once we've finished up at Stacy's, we can all head over to Tonya's Country Kitchen for a delicious lunch and enjoy each other's company with laughs and some great conversation! Please call to register.

MAY

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|
| 1 10:00 Chair Exercise 11:30 Zumba 12:30 Painting with Joyce | 2 9:00 Men's Breakfast 10:00 Gentle Yoga 12:00 Hearing Aid Cleaning 1:00 Bridge 1:00 Container Gardening 101 4:30 Welcome to Medicare 5:30 Zumba | 3 10:00 Chair Exercise 1:00 Beginner Tai Chi 1:00 Euchre 5:30 Zumba | 4 9:00 Men's Billiard Tournament 9:30 Bingo 1:00 Matter of Balance 1:00 Sit & Knit 5:30 Zumba | 5 10:00 Alzheimer's Support Group 10:00 Mother's Day Brunch 11:30 Knit & Crochet Society 1:00 Movie: True Spirit |
| 8 10:00 Chair Exercise 11:30 Zumba 2:00 Trivia with the Paskys | 9 10:00 Manis/Pedis 10:00 Gentle Yoga 1:00 Bridge 1:00 Online Banking Info 5:30 Zumba | 10 9:00 Quilting Group 11:00 Senior Club Potluck/ Meeting 1:00 Euchre 1:00 Beginner Tai Chi 5:30 Zumba | 11 9:30 Bingo 1:00 Sit & Knit 1:00 Hand & Foot 1:00 Matter of Balance 5:30 Zumba | 12 9:00 Men's Billiard Tournament 10:00 Health Fair 11:30 Knit & Crochet Society 1:00 Movie: A Life On Our Planet |
| 15 10:00 Chair Exercise 11:30 Zumba 1:00 Walk with Ease 3:30 Seasonal Wood Signs 6:00 Stampin' Up | 16 10:00 Gentle Yoga 10:00 Book Club 1:00 Bridge 5:30 Zumba | 17 10:00 Chair Exercise 9:00 Quilting Group 1:00 Euchre 1:00 Beginner Tai Chi 5:30 Zumba | 18 8:00 Blood Pressure Screening 9:30 Bingo 1:00 Hand & Foot 1:00 Sit & Knit 1:00 Matter of Balance 5:30 Zumba | 19 9:30 Senior Bingo 11:30 Knit & Crochet Society 12:00 Lunch & Learn 1:00 Movie: Descendant |
| 22 10:00 Chair Exercise 11:30 Zumba 1:00 Walk with Ease | 23 10:00 Gentle Yoga 10:00 Manis/Pedis 1:00 Bridge 5:30 Zumba | 24 10:00 Chair Exercise 1:00 Euchre 1:00 Beginner Tai Chi 5:30 Zumba | 25 9:30 Bingo 1:00 Hand & Foot 1:00 Sit & Knit 1:00 Matter of Balance 5:30 Zumba | 26 10:00 Diamond Painting 11:30 Knit & Crochet Society 1:00 Movie: Rita Moreno Just a Girl Who Decided to Go for It. 1:00 Orange Color Party |
| 29 CLOSED for Memorial Day | 30 10:00 Gentle Yoga 1:00 Bridge 5:30 Zumba | 31 10:00 Chair Exercise 1:00 Euchre 1:00 Beginner Tai Chi 5:30 Zumba | <p><i>May the warmth of the sun and the fresh breeze of May greet you with a warm hello.</i></p>  | |

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| <p>Stacy's Farm & Lunch June 30 · 10:30am Bring a friend or even your grandkids and join us for a day of fun. We'll start our morning off by meeting at Stacy's Farm at 10:30 to pick some delicious strawberries or blueberries to take home. Then, once we've finished up at Stacy's, we can all head over to Tonya's Country Kitchen for a delicious lunch and enjoy each other's company with laughs and some great conversation! Please call to register.</p> | | | <p>1</p> <p>9:00 Men's Billiard Tournament</p> <p>9:30 Bingo</p> <p>1:00 Hand & Foot</p> <p>1:00 Sit & Knit</p> <p>1:00 Matter of Balance</p> <p>5:30 Zumba</p> | <p>2</p> <p>10:00 Alzheimer's Support Group</p> <p>11:30 Zumba</p> <p>11:30 Knit & Crochet Society</p> <p>1:00 Movie: My Girl</p> <p>1:00 Walk with Ease</p> <p>1:00 Mason Jar String Art</p> |
| <p>5</p> <p>10:00 Chair Exercise</p> <p>11:30 Zumba</p> <p>12:30 Painting with Joyce</p> <p>1:00 Walk with Ease</p> | <p>6</p> <p>9:00 Men's Breakfast</p> <p>10:00 Gentle Yoga</p> <p>12:00 Hearing Tests</p> <p>1:00 Bridge</p> <p>5:30 Zumba</p> | <p>7</p> <p>10:00 Chair Exercise</p> <p>1:00 Euchre</p> <p>1:00 Beginner Tai Chi</p> <p>5:30 Zumba</p> | <p>8</p> <p>8:00 Health Screenings - Ohio University</p> <p>9:30 Bingo</p> <p>1:00 Hand & Foot</p> <p>1:00 Sit & Knit</p> <p>1:00 Matter of Balance</p> <p>5:30 Zumba</p> | <p>9</p> <p>9:00 Men's Billiard Tournament</p> <p>10:00 Diamond Painting</p> <p>11:30 Knit & Crochet Society</p> <p>1:00 Movie: The Life Ahead</p> |
| <p>12</p> <p>10:00 Chair Exercise</p> <p>11:30 Zumba</p> <p>1:00 Mason Jar String Art</p> <p>1:00 Walk with Ease</p> | <p>13</p> <p>10:00 Gentle Yoga</p> <p>10:00 Manis/Pedis</p> <p>10:00 Medicare Fraud & Donuts</p> <p>1:00 Bridge</p> <p>5:30 Zumba</p> | <p>14</p> <p>9:00 Quilting Group</p> <p>11:00 Senior Club Potluck/ Meeting</p> <p>1:00 Euchre</p> <p>1:00 Beginner Tai Chi</p> <p>5:30 Zumba</p> | <p>15</p> <p>8:00 Blood Pressure Screening</p> <p>9:30 Bingo</p> <p>1:00 Hand & Foot</p> <p>1:00 Sit & Knit</p> <p>1:00 Matter of Balance</p> <p>5:30 Zumba</p> | <p>16</p> <p>9:30 Senior Bingo</p> <p>11:30 Knit & Crochet Society</p> <p>1:00 Movie: Found</p> <p>1:00 National Fudge Day</p> |
| <p>19</p> <p>CLOSED for Juneteenth</p> | <p>20</p> <p>10:00 Gentle Yoga</p> <p>10:00 Book Club</p> <p>1:00 Bridge</p> <p>5:30 Zumba</p> | <p>21</p> <p>10:00 Chair Exercise</p> <p>9:00 Quilting Group</p> <p>1:00 Euchre</p> <p>1:00 Beginner Tai Chi</p> <p>5:30 Zumba</p> | <p>22</p> <p>9:30 Bingo</p> <p>1:00 Hand & Foot</p> <p>1:00 Sit & Knit</p> <p>1:00 Matter of Balance</p> <p>5:30 Zumba</p> | <p>23</p> <p>11:30 Knit & Crochet Society</p> <p>1:00 Movie: The Volcano - Rescue from Whakaan</p> |
| <p>26</p> <p>10:00 Chair Exercise</p> <p>11:30 Zumba</p> <p>1:00 Walk with Ease</p> <p>3:30 Grief & Mourning Support Group</p> | <p>27</p> <p>10:00 Gentle Yoga</p> <p>10:00 Mani Pedi by appt</p> <p>1:00 Bridge</p> <p>5:30 Zumba</p> | <p>28</p> <p>10:00 Chair Exercise</p> <p>1:00 Euchre</p> <p>1:00 Beginner Tai Chi</p> <p>5:30 Zumba</p> | <p>29</p> <p>9:30 Bingo</p> <p>1:00 Hand & Foot</p> <p>1:00 Sit & Knit</p> <p>5:30 Zumba</p> | <p>30</p> <p>10:30 Stacy's Farm & Lunch at Tonya's Country Kitchen</p> <p>11:30 Knit & Crochet Society</p> <p>1:00 Movie: RV</p> |



May 12 from 10am to 1pm

HEALTH FAIR



Join the area's finest health care providers for a day of screenings and information geared toward adults age 50+. Cholesterol screening, blood glucose, blood pressure and so much more will be offered. For the cholesterol and blood glucose, fasting for 9-12 hours gives the most accurate results.