# SINELL CENTER November December 2023

HELPING AREA SENIORS LIVE HIP: HEALTHY, INDEPENDENT AND PRODUCTIVE

# cookie Exchange

DEAL or No Deal

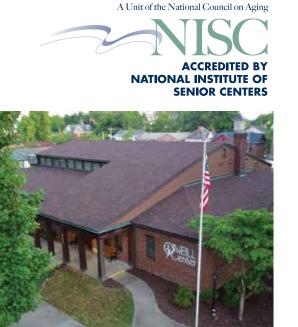
## Autonomous Vehicles

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

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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



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, sec, disability or ability to pay.



The O'Neill Center is pleased to announce they have been selected as one of three agencies across the State of Ohio to provide minor home modification projects funded by the Ohio Department of Aging's pilot program supported by the Administration for Community Living, U.S. Department of Health and Human Services.

This grant will allow us to make low-cost changes to the home environment that is directly related to reducing the risk of falling and improving general safety. Residents of Washington County who meet criteria, including being age 60+ and having low to moderate income levels, are eligible for a variety of tasks that are expected to make the living environment tasks easier, reduce accidents and lengthen the amount of time the resident can continue to live in their primary residence.

Those who are interested in being considered for this service are encouraged to contact the O'Neill Center at 740-373-3914.



Merry Christmas from the O'Neill Center Staff. May your holiday season be filled with joy, love, and all the things that bring you happiness. Wishing you a very happy and healthy New Year.

handicapped.

## 

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.





\$60 per person – Enjoy dinner on your own at Melhman's cafeteria prior to seeing this dazzling Festival of Lights. We will drive through this experience that is lit up nightly with over 100 lighted attractions along the 6-mile driving route. We'll have time to shop at the Carriage House gift shop and Farmhouse Sweets & Treats.

#### 2024 PREVIEW

#### March 20, 2024 Wheeling Island

\$50 per person – Free play is back! All guests will receive \$20 in free play. Book your seat now as this trip is sure to fill up fast!

#### April 22-25, 2024 Springtime in Charleston, SC

\$869 per person double occupancy – Enjoy a 3-night hotel stay along with 3 breakfasts, 3 dinners including Charleston Crab House on the Hames Island and 1 dinner cruise on The Spirit of Carolina. We'll also experience a guided tour of historic Charleston, enjoy Tea, Tour & Trolley at the Charleston Tea Plantation and visit the Historic City Market.

#### June 5, 2024 Ohio Star Theater

Look for full details, including pricing, to be coming out soon! The remarkable story of second chances is one of Sight & Sound's most beloved productions. Guests will journey alongside an ordinary woman whose faith in God ignites a chain of events that change the course of history. Of course, a delightful meal and shopping are on our agenda! Call for complete details!

#### Sept. 17-19, 2024 Sight & Sound Theater, Lancaster, PA

\$599 per person double occupancy – Enjoy a 2-night hotel stay with 2 breakfasts and 2 Wonderful Dinners. This trip will include a visit to Sight & Sound Theater's production of "Daniel" along with a guided tour of Amish Farmlands, a visit to Flight 93 National Memorial and Kitchen Kettle Village.

#### Oct. 6-11, 2024 Cape Cod, Boston & Martha's Vineyard

\$1399 per person double occupancy – Enjoy 5 nights of hotels accommodations that include 5 breakfasts, 3 dinners and 1 Seafood Dinner. Along with Evening entertainment, we will enjoy a scenic Ferry ride to Martha's Vineyard along with a tour. We'll take a guided tour of Boston, Mass Faneuil Hall and Quincy Markets, Boston, and tour Hyannis.

#### Dec. 10-12, 2024 Christmas in Pigeon Forge, TN

\$599 per person double occupancy – Enjoy 2 nights hotel accommodations that includes 2 breakfasts and 2 dinners. Three Holiday shows, Country Tonite, Smith Morning Variety Show, and The Comedy Barn. We'll Visit Apple Barn Village and Winery, Explore the Island with its terrific shopping and entertainment complex and enjoy the Winterfest Light Displays.



### FITNESS & DANCE

**Chair Exercise** Mondays, 10am, Free

#### Zumba

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

#### **Gentle Yoga**

Tuesdays, 10am, Free

#### Chair Volleyball

1st & 4th Wednesdays, 10am, Free

**Beginner Tai Chi** Wednesdays, 1pm, Free





#### November Matinees

- 3 The Book of Henry PG-13
- 10 The Dig PG-13
- 17 Unknown the Lost Pyramid PG

#### **December Matinees**

- 1 Dumplin PG 13
- 8 A Boy Called Christmas TV- PG
- 15 No Movie Join our Christmas Party!
- 22 Matilda the Musical 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

#### **Men's Billiard Tournaments**

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

#### **Blood Pressure Screening**

By Housecalls Home Health November 16 & December 21 · 8am

#### Blood Pressure/Blood Sugar Screenings

By Marietta/Belpre Health Department November 2 & December 7 · 8:30am

#### **Book Club Meeting**

3rd Tuesday • 10am Led by volunteer, Barb Wainwright November 21: Reading *Signal Fires* by Dani Shapiro No December meeting

#### The Senior Club Meeting/Luncheon

November 8 & December 13 · 11am Join us on the second Wednesday of each month at 11am for a good time!

#### **Hearing Services**

November 7 - Hearing Aid Cleaning December 5 - Hearing Testing Appts 12-2pm This free service is brought to us by Ohio Valley Hearing Professionals. Call for an appointment time.

#### **Manicure & Pedicures**

2nd & 4th Tuesdays · Appts start at 10am Sharon Graham has 30 plus years of experience with nail care. You may call to schedule one or both—all done in the privacy of our health room. \$16 for a manicure and \$33 for a pedicure.

#### Grief & Mourning Support Group for All Losses

November 27 · 3:30pm Now is the time to find healing, hope, and peace. This Grief Support group is Sponsored by Buckeye Hospice, and led by Pastor Donald Brooks. Call to register.

#### Men's Breakfast

Ist Tuesday of every month 9am A special time for the gentlemen to get together and enjoy each other's company, and enjoy a great breakfast.

#### **Alzheimer's Support Group**

Ist Friday of every month • 10am Join Krissy Kearns from Ohio Hospice who helps families dealing with Alzheimer's develop a support system, exchange information on challenges and possible solutions. You will also learn about community resources.

#### Thanksgiving Leftovers

November 1 · 10am

Sarah Layton from the OSU Extension Office will be here to talk about what to do with all those Thanksgiving leftovers. She'll also be sharing some recipes you can make with those leftovers as well. Call today to sign up.

#### **Cooking with Dennis**

November 2 · 1pm Dennis from Waterview Pointe will be joining us to whip up something wonderful! He will be doing anything from baking scrumptious desserts to cooking single course foods for everyone to try. You'll learn new recipes to try at home for yourself or to make for your families. This will also be a great way to expand your palate and try new foods. There is no cost to attend this event. Please call today to sign up.

#### **Autonomous Vehicles**

November 3 · 10:30am

Are autonomous vehicles the way of the future? Technology tells us they are! Are you interested in learning more? Do you want to have input as these vehicles are developed? The O'Neill Center is happy to give you an opportunity as researchers from Ohio University will hold a special session to offer information about these vehicles that are on the roadways today. Following the informational session, attendees will have a special opportunity to participate in a focus group where you can offer input about concerns you have and types of features that you feel would be important. Call to show interest for this one-of-a-kind session!

#### National Nacho Day

November 6 · 1pm

Have you ever stopped to think about all the different ways you can eat nachos?!?! The possibilities are endless. Join Becky Hennen as she shows us all the fun ways to enjoy nachos! Bring your appetite. There is a \$5 suggested donation, call today to sign up.

#### **Canvas Painting with Joyce**

November 6 & December 4 · 12:30pm Bring a friend and come paint some beautiful pictures with Joyce Fogle. In November, you'll be painting this super cute Fall Gnome, and in December you'll be painting this little red truck with a Christmas tree. Joyce will give you step by step instructions on how to paint the pictures shown here. Any level of experience can come enjoy this class. The cost of the class will be \$28 and payment must be made in advance. All supplies will be provided. Call to register.





#### **Diamond Painting**

November 10 & December 8 · 10am Are you looking for a fun project that will allow you to create a beautiful piece for you to take home for yourself or give as a gift? Participants will be able to choose from a variety of projects from bookmarks to actual paintings suitable for framing. Cost varies according to the piece that you choose. Call to register.

#### **Caramel Apple Party**

November 13 · 1:30pm Join our friends from Waterview Pointe for a caramel apple party! I'm pretty sure visions of caramel apples, apple cider and candy corn would be a good depiction of what's to come! Call to sign up and join us for another amazing party!

#### Snowman Tea Light Ornament

December 11 · 2pm Christmas is right around the corner so let's make some cute snowman tealight ornaments together. These will add a cute touch to any Christmas tree or wreath. Thanks to our wonderful sponsor Encompass Health this craft is free to make. Please call to sign up.



#### National PJ Day

November 14 · 10am

It's national PJ day and Cory from Legacy Marietta is coming to celebrate! Wear your PJ's and join us for breakfast. You know we will have fun since Cory will be in the house!

#### **Christmas Patchwork**

November 17 · 10am Get crafty for Christmas with a patchwork folk Christmas tree table center piece. \$20 will cover all materials and instructions by Nancy. Participants must have basic sewing machine skills. Kits will be premade to choose from. You may bring your own machine or we will have a few. Bring your basic sewing tools and preregister at 740-373-3914.



#### **Camden Clark Placeholder**

November 27 · 1pm A speaker from WVU Medicine, Camden Clark will join quests to talk about pertinent health information. Please phone to show interest and watch for upcoming details about who the speaker will be.

#### National Hot Cocoa Day

December 4 · 2:00pm Nothing like a nice warm cup of hot cocoa to warm you up on a cold winter's day! We'll have a hot cocoa bar with whipped cream, mini marshmallows and mini candy canes. Come join us and enjoy some great conversation and you might even make a new friend or two. Sponsored by Right at Home. Please call to register.

#### **Cookie Decorating**

December 8 · 1:30pm Join Waterview Pointe for an afternoon of cookie decorating! Leave the baking to us! You can leave the mess behind and take cookies home with you. Call to reserve your space for this fun afternoon!

#### Cookie Bake-off (& Exchange)

November 20 · 1:30pm Attention all "cookie bakers!" To celebrate the upcoming National Cookie Day, we will be having a contest to see who has the best cookies around. Do you have an old family recipe that everyone clammers for when you bring them to family functions, parties or potlucks? If you do, enter our friendly competition! We will have local judges on hand to sample the delectable treasures you create and there will be prizes for the winner. Last year's entries



are welcomed to join again this year! This will be followed up with a cookie exchange for anyone no matter if they enter the competition or not. Either way, plan to join us and share your home baked goodies! Call the O'Neill Center for entry into the competition or to show interest in the exchange.

#### National Ugly Sweater Day

December 15 · 10am We've all been invited to an "ugly sweater" Christmas party and found ourselves scrambling to the store to find that last minute ugly sweater. Well, this year why not make your own? Bring your own sweatshirt or sweater and join in creating your very own ugly sweater. We'll provide lots of fun stuff for you to add to your shirt. The possibilities are endless, call today to sign up.

#### **Christmas Party**

December 15 · 1pm

Our party will begin with a performance by the Belpre High School handbell choir. The students will be here with their bells and we invite you to come listen! Following that, elementary students from St. Mary Catholic School will delight our guests with a wonderful holiday vocal performance. Of course, it wouldn't be a party without refreshments! Come join in for an afternoon of holiday performances!

#### **Build a Gingerbread House**

December 18 · 1pm Join Karen Paskawych in getting creative and designing your own Gingerbread House. The cost is \$20 and this will include all supplies. Call to reserve your

Front Porch Sign December 18 · 3pm Karen Paskawych will be here to guide you through making this adorable Christmas Gnome porch sign. This would make a great gift or keep it for yourself. Price is \$18 and all supplies are included. Call today to sign up.



#### **Deal or No Deal**

December 20 · 11am You've seen the game show, Deal or No Deal on television. Cory from Legacy Marietta is bringing a modified version of this game show to the O'Neill Center. You won't want to miss out on the fun because when Cory comes, you know we will have a blast! Come see Cory do his best impersonation of Howie Mandel. You won't want to miss this excitement!

## NOVEMBER

	Monday		Tuesday	v	Vednesday	Thursday			Friday	
		•		1		2		3		
<b>Thanksgiving Leftovers</b> November 1 · 10am			10:00	Thanksgiving Left- overs	8:30	Blood Pressure/Blood Sugar Screening	10:00	Alzheimer's Support Group		
Sarah Layton from the OSU Extension Office will be here to			12:00	Monthly B-day Party	9:00	Men's Billiard Tournament	10:30	Autonomous Vehicles		
talk about what to do with all those			1:00	Euchre	9:30	Bingo	11:30	Knit & Crochet Society		
Thanksgiving leftovers. She'll also be			1:00	Beginner Tai Chi	1:00	Hand & Foot	1:00	Games		
sharing some recipes you can make with those leftovers as well. Call			5:30	Zumba	1:00	Cooking with Dennis	1:00	Mouie: The Book of Henry		
today to sign up.					5:30	Zumba				
6		7		8		9		10		
10:00	Chair Exercise	9:00	Men's Breakfast	9:00	Quilting Group	9:30	Bingo	9:00	Men's Billiard Tournament	
11:30	Zumba	10:00	Gentle Yoga	11:00	Senior Club Potluck/ Meeting	1:00	Hand & Foot	10:00	Diamond Painting	
12:30	Painting with Joyce	12:00	Hearing Aid Cleaning	1:00	Euchre	5:30	Zumba	11:30	Knit & Crochet Society	
1:00	National Nacho Day	1:00	Bridge	1:00	Beginner Tai Chi			1:00	Movie: The Dig	
		1:00	Sit & Knit with Nancy	5:30	Zumba			1:00	Games	
		5:30	Zumba							
13		14		15		16		17		
10:00	Chair Exercise	10:00	Mani/Pedis	9:00	Quilting Group	8:00	Blood Pressure Checks	10:00	Christmas Patchwork	
11:30	Zumba	10:00	National PJ Day Party	1:00	Euchre	9:30	Bingo	1:00	Movie: Unknown the Lost Pyramid	
1:30	Caramel Apple Party	1:00	Bridge	1:00	Beginner Tai Chi	1:00	Hand & Foot	1:00	Games	
		1:00	Sit & Knit with Nancy	5:30	Zumba	5:30	Zumba			
		5:30	Zumba							
20		21		22		23-24	4	1	1.1.1	
10:00	Chair Exercise	10:00	Book Club	1:00	Euchre	CLO	SED	<b>VD</b>	DV 2	
11:30	Zumba	1:00	Bridge	1:00	Beginner Tai Chi	to celebi Thankso	rate jiving Day		V S A	
1:30	Cookie Bake Off and Exchange	1:00	Sit & Knit with Nancy	5:30	Zumba		×			
5:30	NYC Trip Meeting	5:30	Zumba				•4	イン		
6:00	Stampin' Up						•			
27		28		29		30				
10:00	Chair Exercise	10:00	Manis/Pedis	10:00	Chair Volleyball	9:30	Bingo			
11:30	Zumba	10:00	Gentle Yoga	1:00	Euchre	1:00	Hand & Foot			
1:00	Camden Clark Speaker	1:00	Bridge	1:00	Beginner Tai Chi	5:30	Zumba			
3:30	Grief & Mourning Support Group	1:00	Sit & Knit with Nancy	5:30	Zumba					
		5:30	Zumba							

O'NEILL CENTER Annual Graft Show Saturday, December 2 O'NEILL CENTER Local artisans are busy creating all year will be on hand to sell their handmade to will put a sparkle in someone's eye where a giftor in your eye when you decide yourself! This is a great way to shop for "hard to buy for" list. If you get hungry	treasures that en you give it as	<b>1</b> 10:00	<b>Friday</b> Alzheimer's Support	
Annual Graft Show Saturday, December 2 will be on hand to sell their handmade to will put a sparkle in someone's eye when a giftor in your eye when you decide to yourself! This is a great way to shop for "hard to buy for" list. If you get hungry	treasures that en you give it as	-	Alzhaimar's Current	
around don't worry, we be got you cove	ocal artisans are busy creating all year long and they will be on hand to sell their handmade treasures that will put a sparkle in someone's eye when you give it as giftor in your eye when you decide you need to treat yourself! This is a great way to shop for those on your hard to buy for" list. If you get hungry while shopping round don't worry, we've got you covered. We'll have a oncession stand with goodies to help keep you fueled.			
4 5 6 7		8		
10:00 Chair Exercise9:00 Men's Breakfast10:00 Chair Volleyball8:30	Blood Pressure/Blood Sugar Screening	9:00	Men's Billiard Tournament	
11:30 Zumba 12:00 Hearing Tests 12:00 Monthly B-day Party 9:00	Men's Billiard Tournament	10:00	Diamond Painting	
12:30 Painting with Joyce 1:00 Bridge 1:00 Euchre 9:30	Bingo	1:00	Movie: A Boy Called Christmas	
2:00 National Hot Chocolate Day 1:00 Sit & Knit with Nancy 1:00 Beginner Tai Chi 1:00	Hand & Foot	1:00	Games	
5:30 Zumba 5:30 Zumba 5:30	Zumba	1:30	Cookie Decorating	
11 12 13 14		15		
10:00 Chair Exercise 10:00 Manis/Pedis 9:00 Quilting Group 9:30	Bingo	1:00	Christmas Party	
11:30 Zumba10:00 Gentle Yoga11:00 Senior Club Potluck/ Meeting1:00	Hand & Foot	10:00	National Ugly Sweater Day	
2:00 Snowman Tea Light 1:00 Sit & Knit with Nancy 1:00 Euchre 5:30	Zumba			
1:00 Bridge 1:00 Beginner Tai Chi				
5:30 Zumba 5:30 Zumba				
18 19 20 21		22		
10:00 Chair Exercise 10:00 Gentle Yoga 9:00 Quilting Group 8:00	Blood Pressure Checks	1:00	Movie: Matilda the Musical	
11:30 Zumba 11:00 Deal or No Deal 9:30	Bingo	1:00	Games	
1:00 Build a Gingerbread House 1:00 Bridge 1:00 Beginner Tai Chi 1:00	Hand & Foot			
3:00 Christmas Porch Sign 1:00 Sit & Knit with Nancy 1:00 Euchre 5:30	Zumba			

#### 25-29



**CLOSED** to celebrate Christmas & the New Year!



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Change Service Requested

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Local artisans are busy creating all year long and they will be on hand to sell their handmade treasures that will put a sparkle in someone's eye when you give it as a gift...or in your eye when you decide you need to treat yourself! This is a great way to shop for those on your "hard to buy for" list.

O'NEILL CENTER Annual Craft Show

Saturday, December 2 8am-3pm

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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.

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