

## Chocolate Covered STRAWBERRIES



Healthy  
Smoothies





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



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.



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.

- Mrs. Ann Stewart, Retired RN (President)
- Mrs. Peggy Byers, Retired (Vice President)
- Mrs. Elizabeth Silvus, Banker (Treasurer)
- Ms. Vicki Schwartz-McCoy, Retired (Secretary)
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- Ms. Laura Miller, Banking Professional
- Mrs. Judy Peoples, Retired
- Mr. Kirk Schultheis, Insurance Agent/Business Owner
- Mrs. Margaret Webster, Retired



## Cancellations

At the O'Neill Center, we make safety our top priority. We strive at all times to keep our walkways and drives as clear as possible. We reserve the right to cancel any or all activities if we feel travel is not safe or we need additional time for clearing our areas. Please monitor WTAP and WMOA for cancellations this winter season.

## 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.



### **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**

\$110 per person - Enjoy lunch at Dutch Valley Restaurant then an afternoon at the Sight & Sound theater for a showing of "Ruth." 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!

### **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

**FREE ZUMBA MONDAYS: Jan. 8 & 22**

### **Gentle Yoga**

Tuesdays, 10am, Free

### **Chair Volleyball**

1st & 4th Wednesdays, 10am, Free

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



**Friday  
Afternoon  
at the Movies**

### **January Matinees**

- 5 All the Light We Cannot See TV MA
- 12 Runaway Bride PG
- 19 A Beautiful Life TV MA
- 26 Sixteen Candles PG

### **February Matinees**

- 2 Think Like a Dog PG 13
- 9 Love at First Sight PG 13
- 16 The Money Pit PG
- 23 Whitney Houston, I Wanna Dance with Somebody PG 13

*\*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

January 18 & February 15 · 8am

## Blood Pressure/Blood Sugar Screenings

By Marietta/Belpre Health Department  
January 4 & February 1 · 8:30am

## Book Club Meeting

3rd Tuesday · 10am

Led by volunteer, Barb Wainwright

January 16: *Remarkably Bright Creatures*  
by Shelby Van Pel

February 20: *The Ride of Her Life: the true story of a woman, her horse, and their last-chance journey across America*  
by Elizabeth Letts

## The Senior Club Meeting/Luncheon

January 10 & February 14 · 11am

Join us on the second Wednesday of each month at 11am for a good time!

## Hearing Services

January 2 – Hearing Aid Cleaning

February 6 – 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

January 29 & February 26 · 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

1st 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

1st 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.

## Cooking with Dennis

January 4 · 1pm

Chef Dennis from Waterview Pointe will be joining us to cook and/or bake some delicious recipes. 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 pallet and try foods and desserts you may have never had before. There is no cost to attend this event. Please call today to sign up.

## Healthy Eating on a Budget with OSU Extension

January 8 · 1pm

Sarah Layton from the OSU Extension Office will be here to talk about healthy eating in the New Year. Help keep your New Year’s resolutions on track with some healthy recipes. Call today to sign up.

## Law Enforcement Appreciation Day

January 9 · 12pm

Help us put together some gift bags for our officers. It’s Law Enforcement Appreciation Day and we want you to help us by assembling small gift bags of appreciation! We will have Officers coming to pick them up once we are finished at 1pm so we can thank them in person. Call to show interest and for more details about the day! We are asking for a \$5 donation to help cover the cost of supplies.

## Oasis Salt Cave & Renew Wellness

January 11 · 1:30pm

Brenda Hargett will be enlightening us about the benefits of Natural Himalayan salt. It’s known that people visit salt rooms just to de-stress and relax in salt caves. When people inhale the dry salt-enriched air deep down into their lungs it is said to clean the lungs, promote better breathing, healthier skin, good sleep, improve physical fitness and overall wellness. Join Brenda as she shares the wonderful benefits and even brings salt samples for you to view.



## Lollipop Bouquets

January 19 · 9am

Join Emily with her first craft! We will be taking our favorite lollipops and turning them into something not only yummy but beautiful for you to take home. Donation will be requested to cover supplies.

## Local History with Sharon

January 25 · 12:30pm

Beverly, Ohio’s local historian, Sharon Farnsworth, will be on hand at the O’Neill Center to share local history and artifacts in a small presentation. Join us and learn local history from Sharon.

## Talk with a Pharmacist

January 29 · 1:30pm

Austin Hilverding is a pharmacist and co-owner of Shriver’s Pharmacy and Wellness in Belpre. He has a passion for preventative and holistic medicine, keeping people well rather than only treating them when they are sick. Join Austin in learning how your prescription medication can be robbing your body of necessary vitamins and minerals.

**Smoothies with Michelle Keifer from Encompass Health**

January 30 · 12pm

Join us for some not only yummy but healthy smoothies. Have you ever wondered what all of the smoothie talk is about? Do you know what goes into a smoothie? Do you know how to make a tasty one? Join Michelle and get in on this delicious health craze.

**Medicare Donut Hole - All you need to know**

February 2 · 11am

What do you know about the Medicare Donut Hole? If you are like most, you want to know more. This is your chance. Don't be blindsided when you hit the Donut Hole. Come listen as Robin Collins, LSW explains the ins and outs and ups and downs of this process.

**Benefits of Hot Tea**

February 5 · 1pm

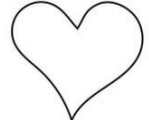
Linsee Thomas, Owner of Fire by Night Specialty Beverages will be teaching us the benefits of hot tea. It's been said that tea helps prevent some diseases and can enhance your mood and even help regulate your body temperature. Join Linsee and learn the benefits of this classic staple!



**Canvas Painting with Joyce**

January 8 & February 5 · 12:30pm

Bring a friend and come paint some beautiful pictures with Joyce Fogle. 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.



**Chocolate Covered Strawberries**

February 12 · 1pm

Becky Hennen is back and showing us how to make delicious chocolate covered strawberries. Have you ever dipped this sweet fruit into decadent chocolates? This is your chance! Join Becky and learn all of the ins and outs of strawberry dipping. \$5 donation is requested to cover supplies.

**Faux Margaritas and Flowers**

February 22 · 1:30pm

Chrisy Heiss from Right at Home Healthcare will be bringing a special treat for all to enjoy on National Margarita Day! Come in and sip some faux margaritas as we make a beautiful floral arrangement out of coffee filters. You will be able to personalize your bouquet to your personal taste. Don't miss this one.

**National No One Eats Alone Day**

February 16 · 12pm

Becca and Maggie from Wyngate Senior Living will be here with an AMAZING dessert Charcuterie board to share with everyone! Learn to assemble a board that will be sure to impress your guests. You will be able to enjoy delicious treats together on No One Eats Alone Day.

**Women's Heart Health Month**

February 26 · 1pm

A speaker from Camden Clark, WVU Medicine will be on hand at the O'Neill Center to talk about Women's Heart Health Month. Do you know the signs and symptoms so that you can stay on top of your heart health? Visit the O'Neill Center and learn valuable information and take control of your heart health.



**String Heart Décor Craft**

February 9 · 1pm

Emily will be showing everyone how to make this cute string heart door décor just in time for Valentine's Day. A \$5 donation is requested and all supplies will be provided for you.

**National Sticky Bun Day**

February 21 · 12pm

Kristin Wetzel from Worthington Healthcare Center will be here with some sticky, gooey goodness. National Sticky Bun Day, celebrated on February 21st recognizes a delicious pastry that comes rolled up and dripping with a sweet, sugary topping. Considered to be a Pennsylvania specialty, many believed the sticky buns origin in the United States began in the 19th century. Call to register and plan to celebrate with Kristin.


**Leap Day Party**

February 29 · 12pm

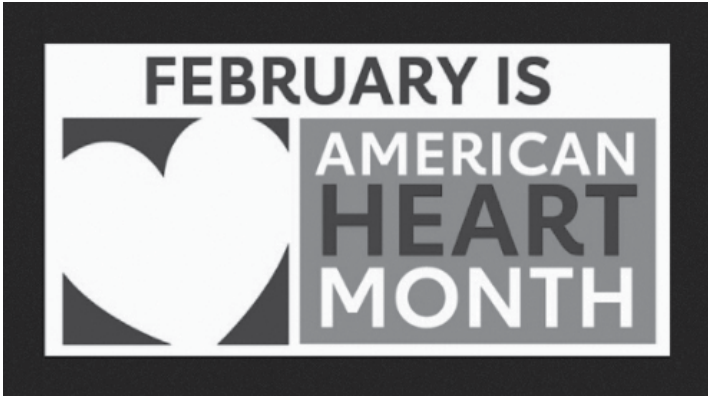
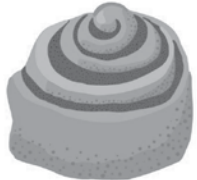
Cory from Legacy Marietta is back to join us for a fun Leap Day party.



# JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>  <b>CLOSED</b>  <b>Happy New Year!</b>	<b>2</b> 9:00 Men's Breakfast 10:00 Gentle Yoga 12:00 Hearing Aid Cleaning 1:00 Bridge	<b>3</b> 10:00 Chair Volleyball 12:00 Monthly B-day Party 1:00 Euchre 1:00 Beginner Tai Chi	<b>4</b> 8:30 Blood Pressure/Blood Sugar Screening 9:00 Men's Billiard Tournament 9:30 Bingo 1:00 Hand & Foot 1:00 Cooking with Dennis	<b>5</b> 10:00 Alzheimer's Support Group 1:00 Games 1:00 Movie: All the Light We Cannot See
<b>8</b> 10:00 Chair Exercise 11:30 Zumba 12:30 Painting with Joyce 1:00 Cooking Club (Healthy Eating)	<b>9</b> 10:00 Mani/Pedis 10:00 Gentle Yoga 12:00 National Law Enforcement Day 1:00 Bridge	<b>10</b> 9:00 Quilting Group 11:00 Senior Club Potluck/Meeting 1:00 Euchre 1:00 Beginner Tai Chi	<b>11</b> 9:30 Bingo 1:00 Hand & Foot 1:30 Oasis Salt Cave & Renew Wellness	<b>12</b> 9:00 Men's Billiard Tournament 1:00 Games 1:00 Movie: Runaway Bride
<b>15</b>  <b>CLOSED</b>  <b>Martin Luther King Jr. Day</b>	<b>16</b> 8:00 RSVP Board Meeting 10:00 Book Club 10:00 Gentle Yoga 1:00 Bridge 3:15 Homeless Project Meeting	<b>17</b> 9:00 Quilting Group 1:00 Euchre 1:00 Beginner Tai Chi	<b>18</b> 8:00 Blood Pressure Checks 9:30 Bingo 1:00 Hand & Foot	<b>19</b> 9:00 Lollipop Bouquets 1:00 Movie: A Beautiful Life 1:00 Games
<b>22</b> 8:00 Dinner with a Doc 10:00 Chair Exercise 11:30 Zumba	<b>23</b> 10:00 Mani/Pedis 10:00 Gentle Yoga 1:00 Bridge	<b>24</b> 10:00 Chair Volleyball 1:00 Euchre	<b>25</b> 9:30 Bingo 12:30 Local History with Sharon 1:00 Hand & Foot	<b>26</b> 10:00 National Peanut Brittle Day 1:00 Games 1:00 Movie: Sixteen Candles
<b>29</b> 10:00 Chair Exercise 11:30 Zumba 1:30 Let's Talk Vitamins & Minerals 3:30 Grief & Mourning Support Group	<b>30</b> 10:00 Gentle Yoga 12:00 Smoothies 1:00 Bridge	<b>31</b> 10:00 Chair Volleyball 1:00 Euchre		

# FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b>  8:30 Blood Pressure/Blood Sugar Screening  9:00 Men's Billiard Tournament  9:30 Bingo  1:00 Hand & Foot	<b>2</b>  10:00 Alzheimer's Support Group  11:00 Medicare Donut Hole  1:00 Games  1:00 Movie: Think Like a Dog
<b>5</b>  10:00 Chair Exercise  11:30 Zumba  12:30 Painting with Joyce  1:00 Hot Tea Benefits	<b>6</b>  9:00 Men's Breakfast  10:00 Gentle Yoga  12:00 Hearing Tests  1:00 Bridge	<b>7</b>  10:00 Chair Volleyball  12:00 Monthly B-day Party  1:00 Euchre	<b>8</b>  9:30 Bingo  1:00 Hand & Foot	<b>9</b>  9:00 Men's Billiard Tournament  1:00 Games  1:00 Movie: Love at First Sight  1:00 String Heart Decor Craft
<b>12</b>  10:00 Chair Exercise  11:30 Zumba  1:00 Chocolate Covered Strawberries	<b>13</b>  10:00 Manis/Pedis  10:00 Gentle Yoga  1:00 Bridge	<b>14</b>  9:00 Quilting Group  11:00 Senior Club Potluck/ Meeting  1:00 Euchre	<b>15</b>  8:00 Blood Pressure Checks  9:30 Bingo  1:00 Hand & Foot	<b>16</b>  12:00 No One Eats Alone Day Party  1:00 Games  1:00 Movie: The Money Pit
<b>19</b>  10:00 Chair Exercise  11:30 Zumba	<b>20</b>  10:00 Book Club  10:00 Gentle Yoga  1:00 Bridge	<b>21</b>  9:00 Quilting Group  12:00 National Sticky Bun Day  1:00 Euchre	<b>22</b>  9:30 Bingo  12:00 Margaritas and flowers  1:00 Hand & Foot	<b>23</b>  12:00 National Chili Day  1:00 Games  1:00 Movie: Whitney Houston, I Wanna Dance with Somebody
<b>26</b>  10:00 Chair Exercise  11:30 Zumba  12:00 Women's Heart Health Program  3:30 Grief & Mourning Support Group	<b>27</b>  10:00 Manis/Pedis  10:00 Gentle Yoga  1:00 Bridge	<b>28</b>  10:00 Chair Volleyball  1:00 Euchre	<b>29</b>  8:00 Leap Day Party  9:30 Bingo  1:00 Hand & Foot	<b>National Sticky Bun Day</b> <b>February 21 · 12pm</b>  



## Let Us Help You...Share the Care

O'Neill's Adult Day Center is a home away from home for seniors.

- Offering oversight and socialization for seniors
- Much needed respite for caregivers
- Affordable with funding options available

Call us today to schedule your personalized tour and let us care of you and your loved one!

