



O'NEILL CENTER

March April 2024

HELPING AREA SENIORS LIVE HIP: HEALTHY, INDEPENDENT AND PRODUCTIVE



*Shello
Spring!*

»
»
Sham
Rock
& Roll!

Let's Plant
a FLOWER

ONEILLCENTER.COM



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

Find us on   



O'Neill Transportation Service

O'Neill Center provides transportation services to anyone age 60 and above residing in private dwellings or apartments in Washington County. A friendly, dedicated staff of specially trained drivers is ready to make sure you get to important medical appointments. This service is funded in part by Washington County Senior Services Levy, a Title III grant of the Older Americans Act administered by ODA through Buckeye Hills Regional Council, United Way Alliance, and donations. All the vans are air conditioned and equipped to accommodate those with special mobility needs. Reservations are required and can be made Monday through Friday by phoning the Transportation Coordinator. We prefer as much notice as possible and all transportation requests should be made at least 24 hours in advance. Call the Transportation Coordinator at (740) 373-3914 to find out more about this service or to arrange for your transportation needs.

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.



Think Spring

Spring's balmy temperatures breathe new life into our outdoor surroundings and can give us motivation to improve our routines and make improvements to our health and wellness. The O'Neill Center offers many regular programs that provide opportunities to join in on fitness classes or health screenings, engage in educational events and there's always time for socialization. Come find out what you're missing and join the fun at your O'Neill Center!

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 6-7, 2024 Newport Aquarium

\$349 per person double occupancy - Enjoy a 1-night stay along with a fabulous breakfast. This trip includes a wonderful dinner cruise while you take in the skyline of Cincinnati aboard a paddlewheel riverboat. We will also venture to the Newport Aquarium, where you will be immersed in an underwater world as you explore 85-feet of seamless tunnel that wanders through the heart of the aquarium with thousands of animals from around the world and millions of gallons of water!

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.

September 20, 2024 Ravenna Balloon A-Fair

\$69 per person - Join us as we take a trip to Ravenna Balloon A-fair! We will stop for lunch at Ferraro's Family Restaurant. After a delicious lunch, we arrive at the Balloon A-Fair! They will have all kinds of fun entertainment and food trucks for you to enjoy before the Balloon event kicks off the evening.

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

Advanced Tai Chi Wednesdays,
2pm, Free



Friday Afternoon at the Movies

March Matinees

- 1 Elvis PG-13
- 8 Family Switch PG
- 15 Unbroken PG-13
- 22 The Lost Husband PG-13
- 29 Leo PG

April Matinees

- 5 Poms PG-13
- 12 All Together Now PG
- 19 A Perfect Pairing TV-14
- 26 Bruce Almighty 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
March 21 & April 18 · 8am

Blood Pressure/Blood Sugar Screenings

By Marietta City Health Department
March 7 & April 4 · 8:30am

Book Club Meeting

3rd Tuesday · 10am

Led by volunteer, Barb Wainwright

March 19: *Tom Lake* by Ann Patchett

April 16: *Sold On A Monday* by Kristina McMorris

The Senior Club Meeting/Luncheon

March 13 & April 10 · 11am

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

Hearing Services

March 5 – Hearing Aid Cleaning

April 2 – 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

March 25 & April 29 · 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.

Healthy Eating with OSU Extension

March 5 & April 9 · 10:30am

Sarah Layton from the OSU Extension Office will be here in March to discuss the sugars in the foods we eat every day. Return in April for another informative session!

National Oreo Day

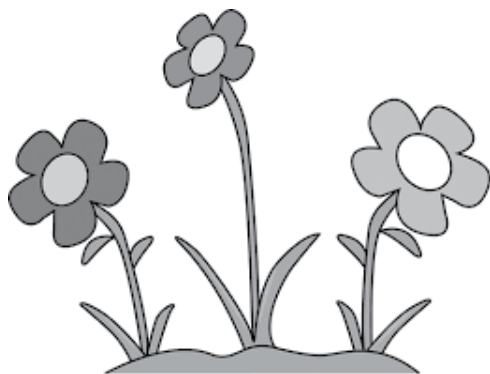
March 6 · 2pm

Dennis and Kyla from Waterview Pointe will be here to celebrate National Oreo Day. The Oreo cookie debuted on this day 112 years ago. Come join us in celebration of “Milk’s Favorite Cookie,” and learn new recipes from Dennis involving the delicious Oreo. Call to register.

National Plant a Flower Day

March 11 · 1pm

Marcus McCartney from the OSU Extension Office is joining us for a demonstration on how to properly plant all our favorite potted plants. Call to save your spot.



Sham Rock & Roll!

March 15 · 12pm

St. Patrick’s Day PARTY! Join Cory from Legacy as we ROCK THE HOUSE with our green rock and roll themed party! Wear your favorite green outfit or your favorite band tee. Make sure to call and register and be ready to celebrate a rockin day!

In-depth with Brain Health, Dementia and Caregiving

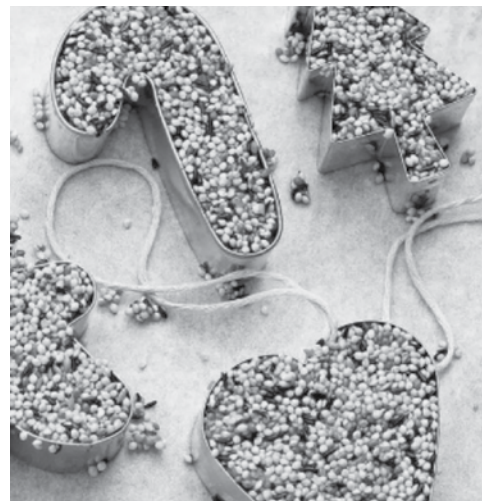
March 20 · 1:30pm

Regional experts will be speaking about brain health, behaviors and communication for those affected by Dementia and Alzheimer’s. Join us in learning about the research in the areas of diet and nutrition, exercise, cognitive activity and social engagement.

First Day of Spring Craft

March 19 · 2pm

Emily is teaching everyone how to make bird seed ornaments just in time for spring. Call to register. \$5 donation to help cover costs.



Muffins with Maude Collins

March 22 · 9:30am

Join Maude Collins as she tells us her incredible story about how she became the first female sheriff in Ohio. We will have plenty of delicious muffins to snack on while we listen. Call to register for a great informational session.

National Cereal Day

March 26 · 12pm

Join Tricia Mumaw as we celebrate National Cereal Day with the cereal bar of your dreams! We will be providing all kinds of delicious cereals and ideas for this famous breakfast staple. Call to register.

Solar Eclipse

April 3 · 2pm

Franci Bolden, planetarium technician at Marietta College, will be here to help us learn about the Solar Eclipse of 2024. While we aren't in the direct path of the total eclipse, we are expected, weather permitting, to see approximately 95% of the eclipse. Come learn about the eclipse and come back on April 8 to view it with us!

National Deep Dish Pizza Day

April 5 · 12pm

Chef Dennis and Kyla are coming to help us celebrate a delicious holiday! They will be bringing some yummy deep-dish pizzas to share with us! Call to register for what will be a delicious afternoon snack and chat with our friends from Waterview Pointe!

Marietta College's Legacy Library

April 17 · 12pm

Join Linda Showalter, Special Collections Associate at Marietta College, as she teaches us about Secrets of Special Collections - little-known stories about local history that are represented with documents, artwork, and manuscripts held in Marietta College Special Collections.

Living with Chronic Pain

April 15 · 1:30pm

If you or someone you love is living with chronic pain, you're among the millions of people who know the burden it can be. There are multiple medication-free options for the long-term management of symptoms. Learn more about the types of chronic pain and the therapies available by attending this seminar.



MARCH



APRIL

Canvas Painting with Joyce

March 4 & April 1 · 12:30pm

Bring a friend and come paint some beautiful pictures with Joyce Fogle. You will be painting this Beautiful Rainbow in March and this perfect Bunny for April! 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.

Health Fair

April 19 · 10am-1pm

Join the area's finest health care providers for a day of screenings and information geared toward adults age 50+. Glucose, blood pressure and so much more will be offered. Come take advantage of the screenings and learn about our area providers.

National Jelly Bean Day

April 22 · 1pm

Join Marchelle Hines from Right Home with a fun game of BeanBoozled! Will you get a yummy treat? Or a different kind of surprise? Call to register for a fun afternoon of laughs.

National Pretzel Day

April 26 · 12:30pm

Cory is joining us celebrate National Pretzel Day. The big question of the day will be "do you like salty or sweet pretzels?" We will have a variety of different tasty pretzels for everyone to enjoy. Call to register.




Easter Party

April 1 · 2pm

Come join us and Michelle Kiefer from Encompass Health for our "April Fool's" themed Easter party! We will have plenty of delicious treats for you to snack on! But! Watch what you bite into. It might not be what you are expecting!



MARCH

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---|
|  <p>Sham Rock & Roll! March 15 · 12pm St. Patrick's Day PARTY! Join Cory from Legacy as we ROCK THE HOUSE with our green rock and roll themed party! Wear your favorite green outfit or your favorite band tee. Make sure to call and register and be ready to celebrate a rockin day!</p> | | | | <p>1</p> <p>10:00 Alzheimer's Support Group</p> <p>1:00 Games</p> <p>1:00 Movie: Elvis</p> |
| <p>4</p> <p>10:00 Chair Exercise</p> <p>11:30 Zumba</p> <p>12:30 Painting with Joyce</p> | <p>5</p> <p>9:00 Men's Breakfast</p> <p>10:00 Gentle Yoga</p> <p>10:30 Healthy Eating</p> <p>12:00 Hearing Aid Cleaning</p> <p>1:00 Bridge</p> <p>1:00 Sit & Knit with Nancy</p> <p>5:30 Zumba</p> | <p>6</p> <p>10:00 Chair Volleyball</p> <p>12:00 Monthly B-day Party</p> <p>1:00 Euchre</p> <p>1:00 Beginner Tai Chi</p> <p>2:00 National Oreo Day</p> <p>2:00 Advanced Tai Chi</p> <p>5:30 Zumba</p> | <p>7</p> <p>8:30 Blood Pressure/Blood Sugar Screening</p> <p>9:00 Men's Billiard Tournament</p> <p>9:30 Bingo</p> <p>1:00 Hand & Foot</p> <p>5:30 Zumba</p> | <p>8</p> <p>9:00 Men's Billiard Tournament</p> <p>1:00 Games</p> <p>1:00 Movie: Family Switch</p> |
| <p>11</p> <p>10:00 Chair Exercise</p> <p>11:30 Zumba - Try today's class for free</p> <p>1:00 National Plant a Flower Day</p> | <p>12</p> <p>10:00 Manis/Pedis</p> <p>10:00 Gentle Yoga</p> <p>1:00 Bridge</p> <p>1:00 Sit & Knit with Nancy</p> <p>5:30 Zumba</p> | <p>13</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>2:00 Advanced Tai Chi</p> <p>5:30 Zumba</p> | <p>14</p> <p>9:30 Bingo</p> <p>1:00 Hand & Foot</p> <p>5:30 Zumba</p> | <p>15</p> <p>12:00 St. Patrick's Day Party</p> <p>1:00 Games</p> <p>1:00 Movie: Unbroken</p> |
| <p>18</p> <p>10:00 Chair Exercise</p> <p>11:30 Zumba</p> <p>6:00 Stampin' Up</p> | <p>19</p> <p>10:00 Book Club</p> <p>10:00 Gentle Yoga</p> <p>1:00 Bridge</p> <p>1:00 Sit & Knit with Nancy</p> <p>2:00 Bird Seed Ornaments</p> <p>5:30 Zumba</p> | <p>20</p> <p>9:00 Quilting Group</p> <p>1:00 Euchre</p> <p>1:00 Beginner Tai Chi</p> <p>In Depth Brain Health, Dementia and Caregiving</p> <p>2:00 Advanced Tai Chi</p> <p>5:30 Zumba</p> | <p>21</p> <p>8:00 Blood Pressure Screening</p> <p>9:30 Bingo</p> <p>1:00 Hand & Foot</p> <p>5:30 Zumba</p> | <p>22</p> <p>9:30 Muffins With Maude Collins</p> <p>1:00 Games</p> <p>1:00 Movie: The Lost Husband</p> |
| <p>25</p> <p>10:00 Chair Exercise</p> <p>11:30 Zumba</p> <p>3:30 Grief & Mourning Support Group</p> | <p>26</p> <p>10:00 Manis/Pedis</p> <p>10:00 Gentle Yoga</p> <p>12:00 National Cereal Day</p> <p>1:00 Bridge</p> <p>1:00 Sit & Knit with Nancy</p> <p>5:30 Zumba</p> | <p>27</p> <p>10:00 Chair Volleyball</p> <p>1:00 Euchre</p> <p>1:00 Beginner Tai Chi</p> <p>2:00 Advanced Tai Chi</p> <p>5:30 Zumba</p> | <p>28</p> <p>9:30 Bingo</p> <p>1:00 Hand & Foot</p> <p>5:30 Zumba</p> | <p>29</p> <p>1:00 Games</p> <p>1:00 Movie: Leo</p> |

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| 1 10:00 Chair Exercise 11:30 Zumba 12:30 Painting with Joyce 2:00 Easter Party | 2 9:00 Men's Breakfast 10:00 Gentle Yoga 12:00 Hearing Tests 1:00 Bridge 1:00 Sit & Knit with Nancy 5:30 Zumba | 3 10:00 Chair Volleyball 12:00 Monthly B-day Party 1:00 Euchre 1:00 Beginner Tai Chi 2:00 Eclipse Talk 2:00 Advanced Tai Chi 5:30 Zumba | 4 8:30 Blood Pressure/Blood Sugar Screening 9:00 Men's Billiard Tournament 9:30 Bingo 1:00 Hand & Foot 5:30 Zumba | 5 10:00 Alzheimer's Support Group 12:00 National Deep Dish Pizza Day 1:00 Games 1:00 Movie: Poms |
| 8 10:00 Chair Exercise 11:30 Zumba 3:00 Eclipse Watch Party | 9 10:00 Gentle Yoga 10:00 Manis/Pedis 10:30 Healthy Eating 1:00 Bridge 1:00 Sit & Knit with Nancy 5:30 Zumba | 10 9:00 Quilting Group 11:00 Senior Club Potluck/Meeting 1:00 Euchre 1:00 Beginner Tai Chi 2:00 Advanced Tai Chi 5:30 Zumba | 11 9:30 Bingo 1:00 Hand & Foot 5:30 Zumba | 12 9:00 Men's Billiard Tournament 1:00 Games 1:00 Movie: All Together Now |
| 15 10:00 Chair Exercise 11:30 Zumba 1:30 Living with Chronic Pain 6:00 Stampin' Up | 16 10:00 Book Club 10:00 Gentle Yoga 1:00 Bridge 1:00 Sit & Knit with Nancy 5:30 Zumba | 17 9:00 Quilting Group 2:00 Marietta College Legacy Library 1:00 Euchre 1:00 Beginner Tai Chi 2:00 Advanced Tai Chi 5:30 Zumba | 18 8:00 Blood Pressure Screening 9:30 Bingo 1:00 Hand & Foot 5:30 Zumba | 19 10:00 Health Fair 1:00 Games 1:00 Movie: A Perfect Pairing |
| 22 10:00 Chair Exercise 11:30 Zumba 1:00 National Jelly Bean Day | 23 10:00 Gentle Yoga 10:00 Manis/Pedis 1:00 Bridge 1:00 Sit & Knit with Nancy 5:30 Zumba | 24 10:00 Chair Volleyball 1:00 Euchre 1:00 Beginner Tai Chi 2:00 Advanced Tai Chi 5:30 Zumba | 25 9:30 Bingo 1:00 Hand & Foot | 26 12:30 National Pretzel Day 1:00 Movie: Bruce Almighty |
| 29 10:00 Chair Exercise 11:30 Zumba 3:30 Grief & Mourning Support Group | 30 10:00 Gentle Yoga 1:00 Bridge 1:00 Sit & Knit with Nancy 5:30 Zumba | Marietta College Legacy Library April 17 · 12pm Join Linda as she teaches us about Secrets of Special Collections – Little-known stories about local history that are represented with documents, artwork, and manuscripts held in Marietta College Special Collections. | | |

April 19 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+. Glucose, blood pressure and so much more will be offered. Come take advantage of the screenings and learn about our area providers.