



Caregiver SUPPORT

*COTTON
CANDY
PARTY*



Scams
& Fraud



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

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**OLDER
 AMERICANS
 MONTH**



POWERED BY CONNECTION: MAY 2024

Older Americans Month is a month-long observance in the United States devoted to celebrating older Americans and their contributions and raising awareness about issues related to age and aging.

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.”

Like many observance months, Older Americans Month has a yearly theme, which is set by the Administration on Aging and the Administration on Community Living (which are both part of the US Department of Health and Human Services). This year’s theme for the celebration is “Powered by Connection!” this theme which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

We hope you will join in as we celebrate connections all month long!

Caregiver Support

The summer solstice that occurs every June is considered the “longest day” and “shortest night” of the year. While most people love the longer daylight hours, it can be different for those who are caring for someone with dementia.

The O’Neill Center offers options for caregivers. The Day Center is a home like setting for many individuals and the activities provided are beneficial while giving caregivers some time to run errands or even go to work. Care Consultations is another valuable program that assists and supports adults at risk for Dementia and their family and friend caregivers, or other supports. In addition, the O’Neill Center offers support groups.

Call today for more information about any of our offerings and let us help you!

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.

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.



Ohio State Fair, July 30, 2024

\$60 per person

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.

Newport Aquarium, September 11-12, 2024

\$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-foot 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!

Ravenna Balloon A-Fair, September 21, 2024

\$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.

Air Force Museum, November 11, 2024

\$85 per person

Enjoy a full day of exploring! This wonderful day trip in honor of Veteran's Day includes touring the National Museum of the US Air Force, which is the official museum of the United States Air Force located at Wright-Patterson Air Force Base. This will be followed by a little pre-holiday excursion to see the infamous Dickens Village characters as you walk the streets of Cambridge before taking in the incredible holiday lights display with musical accompaniment at the Cambridge Courthouse. Participants should be prepared for periods of walking and standing. Lunch and dinner will be on your own.

Christmas in Pigeon Forge, TN, December 10-12, 2024

\$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,
1:30pm, Free

Advanced Tai Chi Wednesdays,
2pm, Free



**Friday
Afternoon
at the Movies**

May Matinees

- 3 The Hill (PG-13)
- 10 Fried Green Tomatoes (PG-13)
- 17 Enola Holmes 2 (PG-13)
- 24 Fletch (PG)
- 31 Mercury (TV-PG)

June Matinees

- 7 Worth (PG-13)
- 14 It Could Happen to you (PG)
- 21 The Great Gatsby (PG)
- 28 Operation Mincemeat (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

May 16 & June 20 · 8am

Blood Pressure/Blood Sugar Screenings

By Marietta City Health Department

May 2 & June 6 · 8:30am

Book Club Meeting

3rd Tuesday · 10am

Led by volunteer, Barb Wainwright

May 21: *Book of Lost Names*

by Kristin Harmel

June 18: *The Art Thief: A true story of love, crime and a dangerous obsession*

by Michael Finkel

The Senior Club Meeting/Luncheon

May 8 & June 12 · 11am

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

Hearing Services

May 7 – Hearing Aid Cleaning

June 4 – 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. 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

June 24 · 3:00pm

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.

Dementia Support Group

1st Friday of every month · 10am

Join Maggie Whittaker from Shriver’s Hospice who helps families dealing with Alzheimer’s develop a support system, exchange information on challenges and possible solutions. Talk through issues you’re having and teach you ways of coping. You will also learn about community resources in the area that can help you.

Power of Attorney & Guardianships

May 22 · 2pm

Maggie Pollard from the Arbors at Marietta will be joining us on a discussion of why having a Power of Attorney or Guardianship is important. Call to reserve your spot for this informational session.

Kentucky Derby Party

May 3 · 1:30pm

Join us for a Kentucky Derby party. Dress like you’re going to the races! We will be having a contest for the best dressed participant. Come join in for some fun games and tasty treats. Call to register.

Cinco De Mayo

May 6 · 1pm

Marchelle Hines from Right at Home will be here helping us celebrate Cinco De Mayo with some fun activities and snacks. Call and register for this fun fiesta.

Mother’s Day Brunch

May 10 · 10am

Kristen Wetzel from Worthington Healthcare Center will be here to help us celebrate all mothers. Mother’s Day started when a women named Anna Jarvis’s mother passed in 1905. She wanted a day to honor all of the sacrifices mothers make for their children. Join us for a brunch as we celebrate this special occasion!

Table Décor Craft

May 14 · 1:30pm

Emily is going to share her creative side with all of us as we embark on a craft that will build upon itself each month. Join us on May 14 and then come back each month as we create a new version to update your décor to fit the month’s holiday! This month we will be doing a May flower. Call and add your name to the list. \$5 donation will cover all supplies needed to make this centerpiece that you can enjoy for years to come!

Cooking with Dennis

May 16 · 2pm

Dennis from Waterview Pointe will be joining us to cook or bake some delicious recipes— anything from scrumptious desserts to single course foods to try. You’ll learn new recipes to try at home for yourself or to make for your families. This will be a great way to expand your palate and try new foods. Please call to register.

Drug interactions

May 17 · 1:30pm

Austin Hiluerding 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. Austin will be talking about common and non-prescription drug interactions as well as common nutrient depletions. He is going to explain how some of the prescription medications we take can actually rob our bodies of key vitamins and minerals. Call to register.

Cotton Candy Party

May 21 · 2pm

Spun Sweetly Cotton Candy Company and Michelle Kiefer are joining us in celebration of Older Americans month. Come join in for a sweet treat and fun games. Did you know a typical bag of cotton candy contains less sugar and calories than a can of pop? Call to register.

Chat with Emily

May 23 · 12pm

Come chat with Emily and enjoy some coffee and treats. We want to hear your input! Share what you would like to see in the future with trips, activities and anything else. This is your senior center and we can make it better if you let us know what you want. We appreciate everyone who will come and participate.

Ohio River Island

May 31 · 2pm

Michael Schramm, Visitor Services Manager of the Ohio River Islands National Wildlife Refuge will be joining us to give a presentation about the refuge in Williamstown. The Ohio River Islands National Wildlife Refuge was established in 1990 to protect, conserve, and restore habitat for wildlife native to the river and its floodplain. Call to register.

Bob Ross Painting Tutorial

June 3 · 1pm

We will be showing a tutorial with Bob Ross painting a picture as we follow along. Call to reserve as space is limited.

National Environment Day

June 5 · 2pm

Clean air, stable climate, adequate water, sanitation and hygiene, safe use of chemicals, protection from radiation, healthy and safe workplaces, sound agricultural practices, health-supportive cities and built environments, and a preserved nature are all prerequisites for good health. Josh Lane, Director of Environmental Health at the Washington County Health Dept. will be here explaining different components of environmental health. Please call to sign up.

Medicare Advantage Plans vs. Medicare Supplemental (Medigap) Policies

June 10 · 11am

Robin Collins, LSW will be explaining what the differences are between advantage plans and supplemental plans. Join us in a discussion about the two different coverages. We will explore what is available in Washington County and the questions that need answered to make the best choice for your own personal situation.

National German Chocolate Cake Day

June 11 · 1pm

Becky Hennen will be here and bringing some amazing German Chocolate Cake to help us celebrate. This dessert is named after the inventor Samuel German, who worked at Bakers Chocolate Company. Call and register. \$5 donation is appreciated to help cover the cost.



MAY

Painting with Joyce

May 6 & June 3 · 12:30pm

Bring a friend and come paint some amazing pictures with Joyce Fogle. Come and paint this beautiful flower in May and a gorgeous water scene in June. 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.



JUNE

Father's Day Breakfast

June 14 · 9am

The nation's first Father's Day was celebrated on June 19, 1910. However, it was not until 1972—58 years after President Woodrow Wilson made Mother's Day official—that the day honoring fathers became a nationwide holiday in the US. Father's Day 2024 will occur on Sunday, June 16. Amber Johnson will be here to help celebrate Father's Day. A special breakfast will be served. Come join the fun whether you are a father, know a father or have ever had a father! Registration is required.

Welcome to Medicare

June 17 · 5:30pm

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. Please call to reserve your spot as space is limited.

Scams and Fraud

June 25 · 2pm

Tim Kern, Financial Advisor at Edward Jones will be here giving information on popular scams and fraud that is becoming more widespread. Understanding how to detect scams is the first step to protecting yourself! Call to register for this informational session.




Table Décor Round Two!

June 28 · 1:30pm


This time Emily will be helping you get 4th of July ready! With the new set of table décor crafts! Some supplies have been donated by Rockland Ridge. \$5 donation to cover the rest of the costs. Call to register.

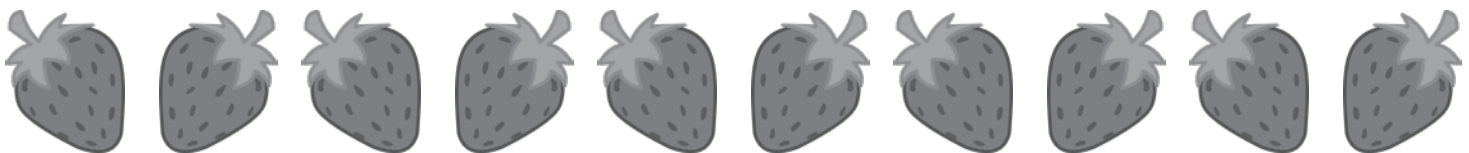


MAY

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Table Décor Craft May 14 · 1:30pm Emily is going to share her creative side with all of us as we embark on a craft that will build upon itself each month.</p>		<p>1</p> <p>10:00 Chair Volleyball</p> <p>12:00 Monthly B-day Party</p> <p>1:00 Euchre</p> <p>1:30 Beginner Tai Chi</p> <p>2:00 Advanced Tai Chi</p> <p>5:30 Zumba</p>	<p>2</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>1:00 Cooking with Chef Dennis</p> <p>5:30 Zumba</p>	<p>3</p> <p>10:00 Dementia Support Group</p> <p>1:00 Movie: The Hill</p> <p>1:30 Kentucky Derby Party</p>
<p>6</p> <p>10:00 Chair Exercise</p> <p>11:30 Zumba</p> <p>12:30 Painting with Joyce</p> <p>1:00 Cinco De Mayo Party</p> <p>6:00 Stampin' Up</p>	<p>7</p> <p>9:00 Men's Breakfast</p> <p>10:00 Gentle Yoga</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>8</p> <p>9:00 Quilting Group</p> <p>11:00 Senior Club Potluck/ Meeting</p> <p>1:00 Euchre</p> <p>1:30 Beginner Tai Chi</p> <p>2:00 Advanced Tai Chi</p> <p>5:30 Zumba</p>	<p>9</p> <p>9:30 Bingo</p> <p>1:00 Hand & Foot</p> <p>5:30 Zumba</p>	<p>10</p> <p>9:00 Men's Billiard Tournament</p> <p>10:00 Mothers Day Brunch</p> <p>1:00 Movie: Fried Green Tomatoes</p> 
<p>13</p> <p>10:00 Chair Exercise</p> <p>11:30 Zumba</p>	<p>14</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>1:30 Table Decor Craft with Emily</p> <p>5:30 Zumba</p>	<p>15</p> <p>9:00 Quilting Group</p> <p>1:00 Euchre</p> <p>1:30 Beginner Tai Chi</p> <p>2:00 Advanced Tai Chi</p> <p>5:30 Zumba</p>	<p>16</p> <p>8:00 Blood Pressure Screening</p> <p>9:30 Bingo</p> <p>1:00 Hand & Foot</p> <p>2:00 Cooking with Dennis</p> <p>5:30 Zumba</p>	<p>17</p> <p>1:00 Movie: Enola Holmes 2</p> <p>1:30 Drug Interactions with Austin Hilverding</p>
<p>20</p> <p>10:00 Chair Exercise</p> <p>11:30 Zumba</p>	<p>21</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 Cotton Candy Party</p> <p>5:30 Zumba</p>	<p>22</p> <p>10:00 Chair Volleyball</p> <p>1:00 Euchre</p> <p>1:30 Beginner Tai Chi</p> <p>2:00 Power of Attorney & Guardianships</p> <p>2:00 Advanced Tai Chi</p> <p>5:30 Zumba</p>	<p>23</p> <p>9:30 Bingo</p> <p>12:00 Chat with Emily</p> <p>1:00 Hand & Foot</p> <p>5:30 Zumba</p>	<p>24</p> <p>1:00 Movie: Fletch</p>
<p>27</p> <p>CLOSED for Memorial Day</p> 	<p>28</p> <p>10:00 Manis/Pedis</p> <p>1:00 Bridge</p> <p>1:00 Sit & Knit with Nancy</p> <p>5:30 Zumba</p>	<p>29</p> <p>1:00 Euchre</p> <p>1:30 Beginner Tai Chi</p> <p>2:00 Advanced Tai Chi</p> <p>5:30 Zumba</p>	<p>30</p> <p>9:30 Bingo</p> <p>1:00 Hand & Foot</p> <p>5:30 Zumba</p>	<p>31</p> <p>1:00 Movie: Mercury</p> <p>2:00 Ohio River Island</p>

JUNE

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 Chair Exercise 11:30 Zumba 12:30 Painting with Joyce 1:00 Bob Ross Painting Tutorial 6:00 Stampin' Up	4 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	5 10:00 Chair Volleyball 12:00 Monthly B-day Party 1:00 Euchre 1:30 Beginner Tai Chi 2:00 National Environment Day with Josh Lane 2:00 Advanced Tai Chi 5:30 Zumba	6 8:30 Blood Pressure/Blood Sugar Screening 9:00 Men's Billiard Tournament 9:30 Bingo 1:00 Hand & Foot 5:30 Zumba	7 10:00 Dementia Support Group 1:00 Movie: Worth
10 10:00 Chair Exercise Medicare Adv. vs. Medicare Supplemental 11:30 Zumba	11 10:00 Gentle Yoga 10:00 Manis/Pedis 1:00 Bridge 1:00 Sit & Knit with Nancy 1:00 National German Chocolate Cake Day 5:30 Zumba	12 9:00 Quilting Group 11:00 Senior Club Potluck/Meeting 1:00 Euchre 1:30 Beginner Tai Chi 2:00 Advanced Tai Chi 5:30 Zumba	13 9:30 Bingo 1:00 Hand & Foot 5:30 Zumba	14 9:00 Men's Billiard Tournament 9:00 Fathers Day Breakfast 1:00 Movie: It Could Happen to You 
17 10:00 Chair Exercise 11:30 Zumba 5:30 Welcome to Medicare	18 10:00 Book Club 10:00 Gentle Yoga 1:00 Bridge 1:00 Sit & Knit with Nancy 5:30 Zumba	19 CLOSED for Juneteenth 	20 8:00 Blood Pressure Screening 9:30 Bingo 1:00 Hand & Foot 5:30 Zumba	21 1:00 Movie: The Great Gatsby
24 10:00 Chair Exercise 11:30 Zumba 3:00 Grief & Mourning Support Group	25 10:00 Gentle Yoga 10:00 Manis/Pedis 1:00 Bridge 1:00 Sit & Knit with Nancy 2:00 Scams and Fraud 5:30 Zumba	26 10:00 Chair Volleyball 1:00 Euchre 1:30 Beginner Tai Chi 2:00 Advanced Tai Chi 5:30 Zumba	27 9:30 Bingo 1:00 Hand & Foot 5:30 Zumba	28 1:00 Movie: Operation Mincemeat 1:30 Table Decor Round 2

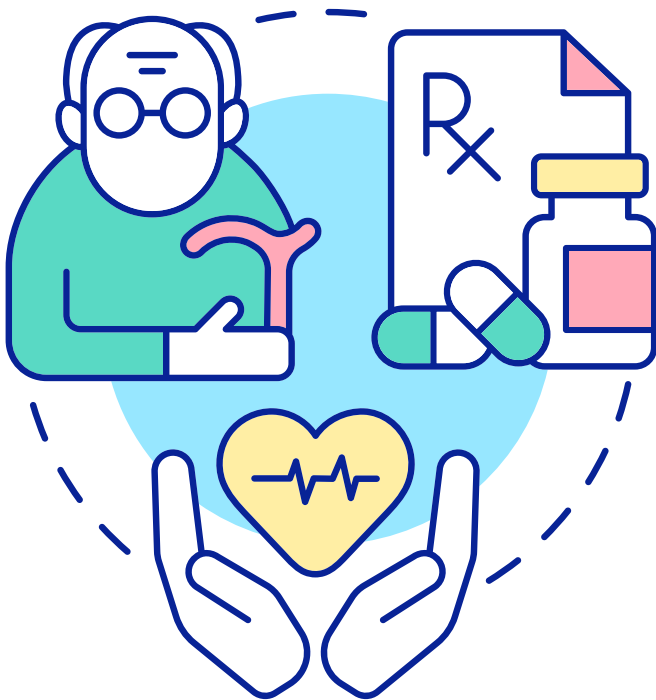




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Marietta, OH 45750

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Welcome to Medicare June 17 at 5:30pm

The Ohio Senior Health Insurance Information Program (OSHIIP) provides free, objective information on Medicare as a service of the Ohio Department of Insurance.

OSHIIP 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?

Please call to reserve your spot as space is limited.