



## cookie DECORATING

### PAINT a snowman



Christmas  
MUSIC



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

Find us on   

## Happy Holidays from the O'Neill Center family!



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.

We like to say the best part of the holiday season is remembering those who make the holidays meaningful. We wish you all the love and happiness this season can bring, and may it follow you throughout the upcoming year.

We hope you will celebrate with us. We have many events planned over the next couple of months and ways for you to get involved. Whether it be enjoying some mini-pies, cookie decorating, an old-fashioned Christmas sing-a-long or the *How the Grinch Stole Christmas* party, we hope you will join us!

When thinking about buying those gifts, remember to shop local. Local shops serve as an integral role for seniors by being a key part of their social network. They found that smaller shopping trips provided an opportunity for the senior community to remain involved in local shopping. The capacity to shop locally also allowed them to take control and remain independent. Shopkeepers also played a valuable role in looking out for the more vulnerable and saw it as part of their service to the community. Join local artisans and vendors at our craft show!

### **Inclement Weather**

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.



### **Sunshine Bahama Cruise, March 16-22, 2025**

Prices start at just \$1499 per person double occupancy and vary based on cabin selection.

See glittering sands dotting the blue Atlantic as you travel through the Bahamas, enjoying sun-splashed seascape that offers idyllic tropical getaways for sailing, snorkeling, fishing, strolling or swimming in crystalline turquoise seas. The itinerary will offer two fun days at sea as you visit Bimini which offers uniquely chill time in this beautiful island chain. Breathtaking local beauty allows for a relaxed day of fun. Guests will also visit Nassau and Freeport where carriage rides, glass-bottom boat tours, entertainment and shopping for duty-free gifts and mementos. Motor coach transportation is included to the port of Norfolk, VA. Also included are all shipboard meals, taxes and port charges. An additional \$50 onboard credit will be available and can be used towards gratuities. Passports are required for this trip and travel protection is encouraged.

### **Wheeling Island Casino, April 3, 2025**

\$55 per person

With the hottest slots in West Virginia, the Wheeling Island Hotel-Casino-Racetrack gaming floor will put you in your happy place. With more than 1,100 machines of various themes, betting capabilities and chances to win, your next gaming visit could be a big one! And as always, lunch on your own at our favorite stop, Mehlman's. Details about free play will be available at the first of the year.

### **Savannah, Georgia and the Golden Isles, June 1-5, 2025**

\$899 per person double occupancy

This incredible trip includes a 5 day/4-night package. With a guided tour of historic savannah, a performance at the historic Savannah Theater. Step back in time with a guided tram tour of Historic Jekyll Island. A beautiful tour of St. Simon Islands and a visit to the famous River Street.

### **Rails and Sails Maine, October 5-10, 2025**

\$1,549 per person double occupancy

This 6 day/5-night package includes a guided tour of Kennebunkport, ME. Exploring Boothbay Harbor on a Narrated Boat Cruise. Take a scenic ride on a vintage steam train at Boothbay Railway Village. Take in the amazing views while visiting Nubble Light in Cape Neddick. Experience Lobster Harvesting on a Lobster Boat tour. Enjoy outlet shopping and more!



## FITNESS & DANCE

### **Chair Exercise**

Mondays, 10am, Free  
Fridays, 2:30pm, 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 & 5th Wednesdays, 10am, Free  
Fridays, 1:30pm, Free

**Beginner Tai Chi** Wednesdays,  
1:30pm, Free

**Advanced Tai Chi** Wednesdays,  
2pm, Free



Friday  
Afternoon  
at the Movies

Call to see what we will be playing.

### **TABLE GAMES**

**Billiards:** Daily from 8am-4pm

**Bridge:** Tuesdays · 1pm

**Euchre:** Wednesdays · 1pm

**Bingo:** Thursdays · 9:30am

**Hand & Foot Cards:** Thursdays · 1pm

**Spades:** Fridays · 1pm

# ACTIVITIES



## Blood Pressure/Blood Sugar Screenings

By Marietta City Health Department  
November 7 & December 5 · 8:30am

## Book Club Meeting

November 19 · 10am  
Led by volunteer, Barb Wainwright  
*My Father's House* by Joseph O'Connor

## The Senior Club Meeting/Luncheon

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

## Hearing Services

November 5 – Hearing Aid Cleaning  
December 3 – 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, 3rd & 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. \$18 for a manicure and \$35 for a pedicure.

## Grief & Mourning Support Group for All Losses

November 25 & December 30 · 3pm  
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 Billiard Tournaments

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

## 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 resources that can help you.

## Roy Clark, Jr. & The Roughrider Band

November 1 · 5pm  
Don't miss out on our upcoming deliciously entertaining event! Grab your friends and family and come hungry for a BBQ dinner and be ready to enjoy some top-notch country tunes by Roy Clark, Jr. and the Roughrider Band. Tickets must be purchased in advance for \$10 and are available at the front desk of the O'Neill Center. We hope you will join us!

## Bob Ross Painting Tutorial

November 6 · 11am  
Kyla Smith from Waterview Pointe will be joining us to do another Bob Ross painting tutorial. Kyla, along with the tutorial, does a great job helping all talents create a masterpiece. Call to reserve a seat!



## National Cappuccino Day

November 8 · 2pm  
Celebrated annually this delightful occasion is for coffee lovers to indulge in one of the most beloved espresso-based beverages. With its perfect balance of rich espresso, steamed milk, and velvety foam, the cappuccino has earned a special place in the hearts (and cups) of coffee enthusiasts around the world. Belmont Healthcare Center is joining us in celebration! Call to register and enjoy an afternoon coffee!



NOVEMBER



DECEMBER

## Painting with Joyce

November 4 & December 2 · 12:30pm  
Join us for a creative journey as we capture the beauty of the seasons in our upcoming painting class with Joyce! This workshop is designed to help you create two enchanting paintings: a vibrant fall scene for November and a cheerful snowman in December. Whether you're a seasoned artist or a beginner, this class is perfect for all skill levels. The cost of the class will be \$28 and payment must be made in advance. All supplies will be provided. Call to register.



### Popcorn Party and Movie

November 11 · 1pm

Join Heather from Legacy Marietta and get ready for a fun-filled afternoon with a popcorn party and movie! This event is perfect for friends, family, or even a cozy afternoon. With a variety of popcorn flavors, a great film and a relaxed atmosphere, it's the ideal way to unwind and enjoy some quality time together. Call to register.

### Christmas Music with Susan Smith

December 9 · 1pm

Susan Smith has a fun spirit and always brings her special flair to music. She will be here singing along to some classic Christmas tunes. Come join the fun and celebrate the holidays all month long!

### Sourdough Starters

November 15 · 2pm

Join Emily as she teaches us how to make a sourdough starter! A sourdough starter is a living culture of flour and water that captures wild yeast and beneficial bacteria from the environment. This simple mixture is the foundation for delicious sourdough bread, providing depth of flavor, a chewy texture, and a beautiful crust. Cultivating your own starter is a rewarding journey into the art of baking. Call to register!

### Mini Pies

November 18 · 1pm

Marchelle Hines from Right at Home is coming to show us how to make mini pies! They are the ultimate comfort food, offering all the deliciousness of a traditional pie in a perfectly portable size. Whether you're hosting a party, celebrating a special occasion, or simply craving a sweet treat, these delightful little desserts are sure to impress. Call to register as class size is limited.

### Immune Support

November 25 · 1:30pm

Austin Hilverding from Shriver's Pharmacy is coming back just in time for respiratory illness season to teach us about immune support. Join in on this informative discussion and learn ways to keep healthy during the winter.

### Cooking with Becky

December 2 · 1pm

Becky is back! Mug cakes, Gift Giving Edition! Mug cakes are the ultimate solution for a quick dessert fix and a great gift to give! Ready in just minutes, these single-serving cakes are perfect for satisfying your sweet tooth without the fuss of traditional baking. Customize your mug cake with various flavors and toppings to make it unique!



### Cookie Decorating

December 6 · 1pm

A cookie decorating party is a fun and creative way to gather friends and family for a deliciously interactive experience. Whether for a birthday, holiday, or just a casual get-together, this festive event allows everyone to unleash their inner artist while enjoying tasty treats. Call to register as class size is limited.



### Cooking with Dennis

December 12 · 1pm

'Tis the season for some holiday treats! Join Dennis from Waterview Pointe as he demonstrates a wonderful holiday delicacy. Call to sign up and taste test a delicious creation from Dennis.

### How the Grinch Stole Christmas

December 16 · 1pm

Tricia Mumaw from Belpre Landing Skilled Nursing and Rehabilitation Center is bringing the magic of Dr. Seuss' beloved holiday tale to life with a "How the Grinch Stole Christmas" party! This festive gathering is perfect for families, friends, and fans of all ages. With playful decorations, fun activities, and delicious treats, you'll create a joyous atmosphere that captures the spirit of the Whos in Whoville.



### Table Décor Craft




November 22 & December 20 · 1:30pm

Join us on November 22 for table décor and bring Whoville into your home!



On December 20, it's almost time to switch from Christmas to winter. Join Emily and get a jump on your décor transition. Call to register today. \$5 donation is appreciated to cover cost.



# NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>Roy Clark, Jr. &amp; The Roughrider Band</b> November 1 - 5pm Don't miss out on our upcoming deliciously entertaining event! Grab your friends and family and come hungry for a BBQ dinner and be ready to enjoy some top-notch country tunes by Roy Clark, Jr. and the Roughrider Band. Tickets must be purchased in advance for \$10 and are available at the front desk of the O'Neill Center. We hope you will join us!</p>				<p><b>1</b></p> <p>10:00 Dementia Support Group 1:00 Movie 1:00 Spades 1:30 Chair Volleyball 2:30 Chair Exercise 5:30 BBQ &amp; Entertainment by Roy Clark, Jr.</p>
<p><b>4</b></p> <p>10:00 Chair Exercise 11:30 Zumba 12:30 Painting with Joyce 6:00 Stampin' Up</p>	<p><b>5</b></p> <p>9:00 Men's Breakfast 10:00 Gentle Yoga 12:00 Hearing Aid Cleaning 1:00 Bridge 1:00 Knot Just Knitting 5:30 Zumba</p>	<p><b>6</b></p> <p>10:00 Chair Volleyball 11:00 Bob Ross Painting 1:00 Euchre 1:30 Beginner Tai Chi 2:00 Advanced Tai Chi 5:30 Zumba</p>	<p><b>7</b></p> <p>8:30 Blood Pressure/Blood Sugar Screening 9:00 Men's Billiard Tournament 9:30 Bingo 1:00 Hand &amp; Foot 5:30 Zumba</p>	<p><b>8</b></p> <p>9:00 Men's Billiard Tournament 1:00 Movie 1:00 Spades 1:30 Chair Volleyball 2:00 National Cappuccino Day 2:30 Chair Exercise</p>
<p><b>11</b></p> <p>10:00 Chair Exercise 11:30 Zumba 1:00 Popcorn Party and Movie</p> 	<p><b>12</b></p> <p>10:00 Manis/Pedis 10:00 Gentle Yoga 1:00 Bridge 1:00 Knot Just Knitting 5:30 Zumba</p>	<p><b>13</b></p> <p>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</p>	<p><b>14</b></p> <p>9:30 Bingo 1:00 Hand &amp; Foot 5:30 Zumba</p>	<p><b>15</b></p> <p>1:00 Movie 1:00 Spades 1:30 Chair Volleyball 2:00 Sourdough Starters 2:30 Chair Exercise</p>
<p><b>18</b></p> <p>10:00 Chair Exercise 11:30 Zumba 1:00 Mini Pies</p>	<p><b>19</b></p> <p>10:00 Book Club 10:00 Gentle Yoga 10:00 Manis/Pedis 1:00 Bridge 1:00 Knot Just Knitting 5:30 Zumba</p>	<p><b>20</b></p> <p>1:00 Euchre 1:30 Beginner Tai Chi 2:00 Advanced Tai Chi 5:30 Zumba</p>	<p><b>21</b></p> <p>8:00 Blood Pressure Screening 9:30 Bingo 1:00 Hand &amp; Foot 5:30 Zumba</p>	<p><b>22</b></p> <p>1:00 Movie 1:00 Spades 1:30 Chair Volleyball 1:30 Craft Décor 2:30 Chair Exercise</p>
<p><b>25</b></p> <p>10:00 Chair Exercise 11:30 Zumba 1:30 Immune Support 3:00 Grief &amp; Mourning Support Group</p>	<p><b>26</b></p> <p>10:00 Gentle Yoga 10:00 Manis/Pedis 1:00 Bridge 1:00 Knot Just Knitting 5:30 Zumba</p>	<p><b>27</b></p> <p>Closed for Staff In-Service 5:30 Zumba</p>	<p><b>28-29</b></p> <p><b>CLOSED</b> to celebrate Thanksgiving Day</p> 	

# DECEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 10:00 Chair Exercise 11:30 Zumba 12:30 Painting with Joyce 1:00 Cooking with Becky 6:00 Stampin' Up	<b>3</b> 9:00 Men's Breakfast 10:00 Gentle Yoga 12:00 Hearing Tests 1:00 Knot Just Knitting 1:00 Bridge 5:30 Zumba	<b>4</b> 10:00 Chair Volleyball 1:00 Euchre 1:30 Beginner Tai Chi 2:00 Advanced Tai Chi 5:30 Zumba	<b>5</b> 8:30 Blood Pressure/Blood Sugar Screening 9:00 Men's Billiard Tournament 9:30 Bingo 1:00 Hand & Foot 5:30 Zumba	<b>6</b> 10:00 Dementia Support Group 1:00 Movie 1:00 Cookie Decorating 1:00 Spades 1:30 Chair Volleyball 2:30 Chair Exercise
<b>9</b> 10:00 Chair Exercise 11:30 Zumba 1:00 Christmas Music with Susan Smith	<b>10</b> 10:00 Manis/Pedis 10:00 Gentle Yoga 1:00 Bridge 1:00 Knot Just Knitting 5:30 Zumba	<b>11</b> 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	<b>12</b> 9:30 Bingo 1:00 Hand & Foot 1:00 Cooking with Dennis 5:30 Zumba	<b>13</b> 9:00 Men's Billiard Tournament 1:00 Movie 1:00 Spades 1:30 Chair Volleyball 2:30 Chair Exercise
<b>16</b> 10:00 Chair Exercise 11:30 Zumba 1:00 How the Grinch Stole Christmas Party	<b>17</b> 10:00 Book Club 10:00 Gentle Yoga 10:00 Manis/Pedis 1:00 Bridge 1:00 Knot Just Knitting 5:30 Zumba	<b>18</b> 9:00 Quilting Group 1:00 Euchre 1:30 Beginner Tai Chi 2:00 Advanced Tai Chi 5:30 Zumba	<b>19</b> 8:00 Blood Pressure Screening 9:30 Bingo 1:00 Hand & Foot 5:30 Zumba	<b>20</b> 1:00 Movie 1:00 Spades 1:30 Table Décor Craft 1:30 Chair Volleyball 2:30 Chair Exercise
<b>23</b> <b>24</b> <b>25</b> <b>26</b> <b>27</b> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: left;"> <p><b>CLOSED</b> to celebrate Christmas</p> </div> <div style="text-align: center;">  <p><i>Merry Christmas</i></p> </div> </div>				
<b>30</b> 10:00 Chair Exercise 11:30 Zumba 3:00 Grief & Mourning Support Group	<b>31</b> 10:00 Gentle Yoga 1:00 Bridge 1:00 Knot Just Knitting 5:30 Zumba	 <p><i>happy new year</i></p>		



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Marietta, OH 45750

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Change Service Requested



# O'NEILL CENTER ANNUAL CRAFT SHOW

Saturday,  
December 7

8AM – 3PM

Many local artisans will be on hand to sell you their handmade items. This is a great way to shop for all those Christmas gifts. 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.

**For more information call The O'Neill Center at  
740-373-3914.**