



Valentine's Day PARTY



National
PIE Day

???

MYSTERY TRIP!

Where in the world
are we going?



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

Find us on   

Thank You!

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. Peggy Byers, Retired (President)
- Mrs. Margaret Webster, Retired (Vice President)
- Mrs. Elizabeth Silvus, Banker (Treasurer)
- Ms. Vicki Schwartz-McCoy, Retired (Secretary)
- Mrs. Ann Stewart, Retired RN (Past President)
- Mr. Marco Bryant, Student
- Mrs. Chrisy Heiss, Business Owner
- Mr. Kris Justice, Attorney
- Mr. Tim Kern, Financial Advisor
- Mr. Mike Lorentz, Retired
- Ms. Laura Miller, Banking Professional
- Mr. Kirk Schultheis, Insurance Agent/Business Owner

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.



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.

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.



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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.



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.

Mystery Trip! June 18, 2025

\$89 per person

Where in the world are we going? Round and round the area we go, where we stop, nobody knows! Here is what we can tell you...plan to depart Marietta around 8am and get back by 5pm. It's sure to be a fun summer day with all fees included, even lunch! You may want to take some dollars along for shopping, although that won't be the highlight of the day. This is one for the men and women! Are you adventurous enough to take this trip with us? Call today to secure your seat!

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



Thursday
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
January 2 & February 6 · 8:30am

Blood Pressure Screenings

January 16 & February 20 · 8:30am
By Right at Home

Book Club Meeting

January 21: *Horse* by Geraldine Brooks
February 18: *The Covenant of Water* by Abraham Verghese

The Senior Club Meeting/Luncheon

January 8 & February 12 · 11am
The Marietta Senior Club meets each second Wednesday of each month at 11am for a potluck luncheon and meeting which always turns into a good time!

Hearing Services

January 7 – Hearing Aid Cleaning
February 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, 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

January 27 & February 24 · 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 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.



Healthy Eating Club

January 21 & February 18 · 9am
Sarah Layton from OSU extension office will be here to teach us all the tips and tricks on healthy eating and living.

National Spaghetti Day

January 6 · 1pm
Join Kyla from Waterview Pointe as we celebrate National Spaghetti Day! On National Spaghetti Day, it's not just about the pasta itself, but the joy of sharing it with others. Whether served in a casual home setting, a festive dinner table, or even enjoyed solo during a cozy night in, spaghetti has a way of making moments feel special. Call to reserve your seat at the table!



DIY Window Clings

January 13 · 2pm
Come in and join Michelle Kiefer as she teaches us how to make our own window clings! This fun craft will help you transition your home from the holidays to winter décor! Call today to register!



JANUARY



FEBRUARY

Painting with Joyce

January 6 & February 3 · 12:30pm
For January's painting, imagine a serene winter landscape, where delicate snowflakes drift gently from the sky, blanketing the world in soft, glistening white snow. The trees, bare of leaves, stand like quiet sentinels, their branches dusted with the soft powder of winter's touch. February is a group of lovable, snuggly bunnies. This class is perfect for all skill levels. The cost of the class will be \$28 and a payment must be made in advance. All supplies will be provided. Call to register.

Talk with a Health Professional

January 15 · 12:30pm

With the weather still fluctuating, come hear Ashley Nutter, Director of Memorial Health System's Cardiac and Vascular Systems, give an overview of seasonal allergies. It's the time of year when pneumonia and RSV are still floating among us and this talk will focus on those. Respiratory inhalers and nebulizer machines are often prescribed but do you know the proper way to use those? Join this informational session and learn about the diseases and treatments of the season!

Ladies Lunch

January 16 · 1pm

Ashley Pape from Shriver's Hospice is bringing lunch for us! A ladies' lunch is a chance to slow down, leave behind the hustle of daily life, and focus on what truly matters—supporting and uplifting each other. Whether it's celebrating a milestone, offering a listening ear, or simply enjoying the joy of each other's company, these gatherings serve as a reminder of the importance of friendship and self-care. Call to register.

National Pie Day

January 23 · 9:30am

Belmont Healthcare is bringing pies for Bingo participants! If you even needed a reason to join in a game of bingo, this is it!

Table Décor Craft

January 24 & February 21 · 1:30pm

Spruce up your home décor with a table scape. Join us and get a jump on your décor transitions. Call to register today. \$5 donation is appreciated to cover cost.

Cooking with Dennis

February 6 · 2pm

Expect to learn everything from preparing vibrant, seasonal dishes and mastering knife skills to creating show-stopping sauces and flavorful desserts. Dennis's class is all about flavor, creativity, and learning techniques you can use again and again. You'll also have the chance to ask questions, get personalized advice, and engage with other passionate home cooks. Please call to reserve your seat.



DIY Bow Wreath

February 13 · 1pm

Ashley Pape is helping us with a Valentine's Day wreath! It's the perfect time to get creative and add a personal touch to your home decor. Adding a DIY Valentine's Day wreath is a fun way to celebrate the season of love while getting creative and adding a personal touch to your Valentine's Day decor. It's an easy project that adds a warm, welcoming feel to your home—whether you're celebrating with a partner, friends, or family! Call to get added to the list because the class size is limited!



Valentine's Day Party

February 14 · 1:30pm

Valentine's Day is a wonderful opportunity to celebrate all kinds of love—romantic love, friendships, and family bonds. Whether you're planning a cozy dinner for two, a lively Valentine's Day gathering, or a family-friendly celebration, a Valentine's Day party can be a heartwarming way to make lasting memories with those you care about. Call to get added to the list.

Sticky Bun Day

February 21 · 1:30pm


Michelle Kiefer from Encompass Health will join us to bring all the goodness an old fashioned sticky bun can bring! This delectable treat has been around for many generations and is one that brings a smile to faces all over the world. Join Michelle and enjoy a scrumptious treat!

Chocolate Covered Nuts

February 28 · 1:30pm

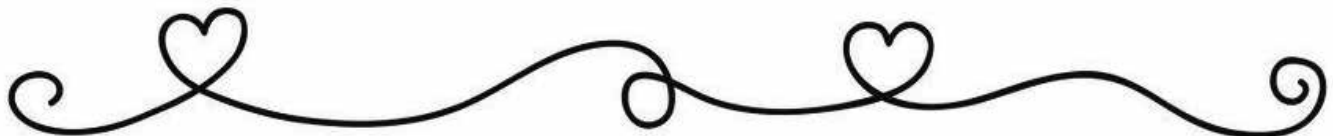
Amber Johnson with Buckeye Hospice is helping us celebrate National Chocolate Covered Nut Day! The combination of chocolate and nuts goes beyond just taste, it's a satisfying snack that appeals to both the sweet tooth and the love for a savory crunch. Nuts are also packed with nutrients, including protein, fiber, and healthy fats, making them a relatively guilt-free indulgence. When covered in chocolate, these nuts become a perfect treat for any occasion, whether you're snacking during a movie, treating yourself during a coffee break, or sharing them at a party. Call to get on the list and join in the fun!

JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday
		1 CLOSED Happy New Year!	2 8:30 Blood Pressure/Blood Sugar Screening 9:00 Men's Billiard Tournament 9:30 Bingo 1:00 Hand & Foot 1:00 Movie 5:30 Zumba	3 10:00 Dementia Support Group 1:00 Spades 1:30 Chair Volleyball 2:30 Chair Exercise
6 10:00 Chair Exercise 11:30 Zumba 12:30 Painting with Joyce 1:00 National Spaghetti Day 6:00 Stampin' Up	7 9:00 Men's Breakfast 10:00 Gentle Yoga 12:00 Hearing Aid Cleaning 1:00 Bridge 5:30 Zumba	8 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	9 9:30 Bingo 1:00 Hand & Foot 1:00 Movie 5:30 Zumba	10 9:00 Men's Billiard Tournament 1:00 Spades 1:30 Chair Volleyball 2:30 Chair Exercise
13 10:00 Chair Exercise 11:30 Zumba 2:00 DIY Window Clings	14 10:00 Manis/Pedis 10:00 Gentle Yoga 1:00 Bridge 5:30 Zumba	15 10:00 Quilting Group 12:30 Talk with a Health Professional 1:00 Euchre 1:30 Beginner Tai Chi 2:00 Advanced Tai Chi 5:30 Zumba	16 8:00 Blood Pressure Screening 9:30 Bingo 1:00 Ladies Lunch 1:00 Hand & Foot 1:00 Movie 5:30 Zumba	17 1:00 Spades 1:30 Chair Volleyball 2:30 Chair Exercise
20 CLOSED Martin Luther King, Jr. Day	21 9:00 Healthy Eating Club 10:00 Gentle Yoga 10:00 Manis/Pedis 10:00 Book Club 1:00 Bridge 5:30 Zumba	22 10:00 Chair Volleyball 1:00 Euchre 1:30 Beginner Tai Chi 2:00 Advanced Tai Chi 5:30 Zumba	23 9:30 Bingo 9:30 National Pie Day 1:00 Hand & Foot 1:00 Movie 5:30 Zumba	24 1:00 Spades 1:30 Chair Volleyball 1:30 Table Décor Craft 2:30 Chair Exercise
27 10:00 Chair Exercise 11:30 Zumba 3:00 Grief & Mourning Support Group	28 10:00 Gentle Yoga 10:00 Manis/Pedis 1:00 Bridge 5:30 Zumba	29 10:00 Chair Volleyball 1:00 Euchre 1:30 Beginner Tai Chi 2:00 Advanced Tai Chi 5:30 Zumba	30 9:30 Bingo 1:00 Hand & Foot 1:00 Movie 5:30 Zumba	31 1:00 Spades 1:30 Chair Volleyball 2:30 Chair Exercise

FEBRUARY

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3 10:00 Chair Exercise 11:30 Zumba 12:30 Painting with Joyce 6:00 Stampin' Up	4 9:00 Men's Breakfast 10:00 Gentle Yoga 12:00 Hearing Tests 1:00 Bridge 5:30 Zumba	5 10:00 Chair Volleyball 12:00 Monthly B-day Party 1:00 Euchre 1:30 Beginner Tai Chi 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 1:00 Movie 2:00 Cooking with Dennis 5:30 Zumba	7 10:00 Dementia Support Group 1:00 Spades 1:30 Chair Volleyball 2:30 Chair Exercise
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17 10:00 Chair Exercise 11:30 Zumba	18 9:00 Healthy Eating Club 10:00 Book Club 10:00 Gentle Yoga 10:00 Manis/Pedis 1:00 Bridge 5:30 Zumba	19 9:00 Quilting Group 1:00 Euchre 1:30 Beginner Tai Chi 2:00 Advanced Tai Chi 5:30 Zumba	20 8:00 Blood Pressure Screening 9:30 Bingo 1:00 Hand & Foot 1:00 Movie 5:30 Zumba	21 1:00 Spades 1:30 Table Décor Craft 1:30 Chair Volleyball 1:30 Sticky Buns 2:30 Chair Exercise
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O'Neill's Transportation Service

O'Neill Center provides transportation service 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 levy, Senior Services Grant administered by Area Agency on Aging, Washington County United Way, and donations from participants. All of 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.