

Join us on a  
trip to Historic  
Savannah  
& the  
Golden Isles

HAPPY  
Easter



Rainy Day  
**PAMPERING**



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



### History Series

March 10, 17, and 24 · 1pm

Step back in time and explore the rich history of the Mid-Ohio Valley with a special twist! Join us for a captivating talk about historic landmarks, it could be guided by someone dressed in period attire to bring the past to life or just an expert willing to share the history. Also, are you curious about your family's history? Join us for an engaging session where you can dive into the fascinating world of genealogy! Whether you're just starting to trace your roots or are looking for tips to advance your research, this talk is perfect for you.

Monday, March 10: Dressed as Sarah Fleming discussing the Fearing House

Monday, March 17: Genealogy

Monday, March 24: Dressed as Douglas Putnam discussing the Anchorage



### 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.

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.



### **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.

### **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? 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! This is one for everyone to enjoy! Are you adventurous enough to take this trip with us? Call today to reserve your spot!

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

\$1,549 per person double occupancy

6 day/5-nights. A guided tour of Kennebunkport, ME, exploring Boothbay Harbor on a Narrated Boat Cruise will get us started. Take a scenic ride on a Vintage steam train at Boothbay railway village and take in the amazing views while you would visit Nubble light in cape Neddick. Experience Lobster Harvesting on a Lobster Boat tour, outlet shopping and more!

### **ILLUMI Canada, November 19-21, 2025**

\$999 per person based on double occupancy

On day one, visit Frank Lloyd Wright's Martin House in Buffalo, then check in at Hilton Fallsview Resort and enjoy dinner with the World's Top Illusionist at the Greg Frewin Theatrical Center, followed by the Festival of Lights. Day two starts with a scenic breakfast overlooking Niagara Falls, followed by a unique dining experience at the Glow in the Dark-Dine & Dream Theatre and a visit to the ILLUMI light show. On day three, enjoy a hearty breakfast before heading to Buffalo to tour the Teddy Roosevelt Inaugural Site.

### **Christmas In Nashville, December 8-11, 2025**

\$1,075 per person double occupancy

Enjoy a fabulous dinner and the Best of Country Holiday Show at the Nashville Nightlife Theater, along with an evening at the Grand Ole Opry, a guided tour of Nashville and even a Tennessee Christmas Luncheon Cruise aboard the General Jackson Showboat! There will be a visit to the beautiful Opryland Resort for their Country Christmas and even time for holiday shopping at the Opry Mills Mall! Call for more details!



## 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

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## 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

### **Broughton Computer Lab**

Open to seniors

Monday-Friday 8am-4pm

closed on holidays.

Call the O'Neill Center for schedule

of upcoming computer classes.

# ACTIVITIES

## **Blood Pressure/Blood Sugar Screening**

March 6 & April 3 · 8:30am  
By Marietta City Health Department

## **Blood Pressure Screening**

March 20 & April 17 · 8:30am  
By Right at Home

## **Book Club Meeting**

10am  
March 18: *An unfinished love story; a personal history of the 1960's* by Doris Kearns Goodwin  
April 15: *James* by Percival Everett

## **The Senior Club Meeting/Luncheon**

March 12 & April 9 · 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**

March 4 – Hearing Aid Cleaning  
April 1 – 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**

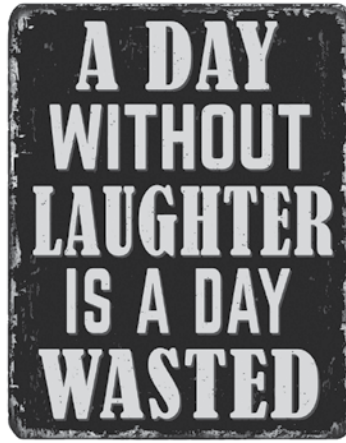
March 31 & April 28 · 3pm  
Now is the time to find healing, hope, and peace. This Grief Support group is Sponsored by Buckeye Hospice, and led by Pastor Donald Brooks. Call to register.

## **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 nice warm homemade breakfast.



## **Day of Laughter**

March 19 · 10am  
Tricia Mumaw from Continuing Healthcare Solutions will be here to get us ready for a day of laughter, lighthearted jokes, and wacky fun! Come dressed in your favorite fun hat and enjoy some silly food as we share jokes and create unforgettable memories together. Bring your best jokes, and let's have a blast! Don't miss out on the fun! Be sure to call to secure your spot for this laugh-out-loud event.

## **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 community resources in the area that can help you. This support group is offered in partnership with Right at Home.

## **History Series**

March 10, 17, and 24 · 1pm  
Step back in time and explore the rich history of the Mid-Ohio Valley with a special twist! Join us for a captivating talk about historic landmarks, it could be guided by someone dressed in period attire to bring the past to life or just an expert willing to share the history. Also, are you curious about your family's history? Join us for an engaging session where you can dive into the fascinating world of genealogy! Whether you're just starting to trace your roots or are looking for tips to advance your research, this talk is perfect for you.  
Monday, March 10: Dressed as Sarah Fleming discussing the Fearing House  
Monday, March 17: Genealogy  
Monday, March 24: Dressed as Douglas Putnam discussing the Anchorage

## **Healthy Eating Club**

March 11 · 1pm  
Sarah Layton from OSU extension office will be here to talk about healthy eating and how to nourish your body with the right foods. Come join us for an engaging discussion on an important nutrition topic while enjoying a delicious and wholesome snack together! Call us to register.



## **Sea Shell Display**

March 7 · 10am  
Aveee Vaughn from Shriver's Hospice will join us by helping us create a cute seashell sand display that is a fun and easy way to bring the beach vibes into your home! Spaces are limited, so don't wait! Call us today to secure your place in this fun, hands-on workshop.

## **Home Porch Sign Class**

March 28 · 10am  
Kyla from Waterview Pointe will get creative and help you make your own beautiful porch sign to enhance your home's curb appeal! In this hands-on class, you'll design and create a personalized sign that will add a charming touch to your front porch. Spaces are limited and filling up fast. Call now to reserve your spot in this fun and creative class.

## **Lunch & Learn: Pneumonia & RSV**

March 31 · 12:30pm  
Judy Wilson from Memorial Health System will join us to discuss Pneumonia & RSV. She will talk about respiratory inhalers and how to properly use a nebulizer machine. A boxed lunch will be provided for all registered attendees. Call 740-373-3914 to sign up.

### Easter Planter

April 2 · 10am

Celebrate the season of renewal by crafting your own beautiful Easter planter! In this hands-on workshop, Marchelle from Right at Home will join us to design a charming planter featuring a succulent, perfect for welcoming spring into your home. Spaces are limited, so make sure to reserve your spot!

### Cooking with Becky - Easter Treat

April 7 · 1pm

Becky is back, and she will bring all the treats and show you how to create a delightful and festive sweet treat display that will wow your guests this Easter! Learn how to style and arrange your favorite treats for a beautiful, spring-inspired presentation. Don't miss out on this fun and creative event, call to register. Donations appreciated.

### Coffee Cake Day

April 14 · 1pm

Averee Vaughn from Shriver's Hospice returns and will bring coffee cake for everyone to enjoy! Come relax, eat cake, and celebrate the season ahead. As we look forward to spring with delicious coffee cake, good friends, and a warm atmosphere. Call to register.

### Easter Egg Decorating

April 16 · 10am

Decorating Easter eggs is a timeless tradition that never gets old! Join Michelle Kiefer from Encompass Health & Rehabilitation for a morning filled with fun! Bring your creativity and let's celebrate the season making colorful and festive eggs!

### Rainy Day Pampering

April 21 · 1pm

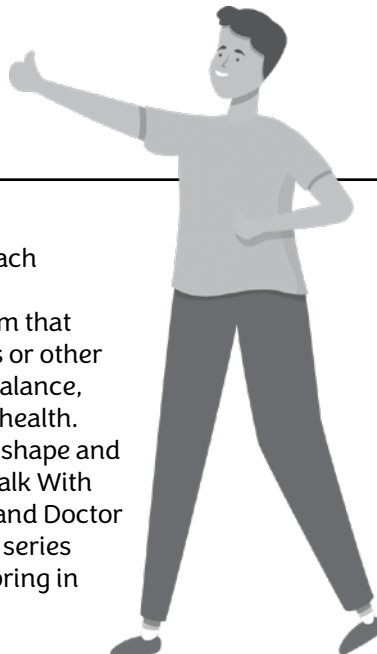
Treat yourself to a day of relaxation and fun! From nail polishing to soothing face masks and refreshing foot soaks, we've got it all, thanks to Tricia Mumaw of Continuing Healthcare Solutions. Enjoy virgin mimosas, tasty snacks, and a chance to unwind with friends. We might even have some photos taken with fun filters to capture the memories! Limited spots available, so be sure to call to secure your place in this fun and relaxing event. Let's pamper ourselves together!



### Table Craft Décor

April 25 · 1pm

Get creative and add a rustic charm to your home with a farmhouse-style table decor craft. Create beautiful and unique table decor that you can use throughout the year to add a personal touch to your home. \$5 donation is appreciated to cover cost, call today to register.



### Pressed Flowered Lanterns

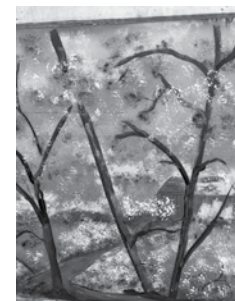
April 11 · 10am

Add a touch of natural beauty to your home by creating a stunning pressed flower lantern! Kyla from Waterview Pointe is back and will teach you how to preserve flowers and design a beautiful lantern that you can add a candle to, perfect for cozy evenings or as a charming decor piece. Reservations required one week in advance! Call today to register!

### Bath Salts

April 28 · 1pm

Amber Johnson will join us with everything we need to create our very own luxurious homemade bath salts! Perfect for relaxation or as a thoughtful gift. There is nothing better than enjoying a bath with aromatic salts or even a foot bath where the salts can relieve tired, achy feet. Join Amber and take home a supply to enjoy! Be sure to secure your spot today.



March



April

### Painting with Joyce

March 3 & April 7 · 12:30pm

The tree scene is the March painting and the bird is the April one. 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.


### Walk with Ease

April 3 · 2pm (Six-week course - continues each Thursday)

Walk with Ease is an evidence-based program that has been proven to help people with arthritis or other related conditions to reduce pain, increase balance, strength, walking pace, and improve overall health. The program will help motivate you to get in shape and allow you to walk safely and comfortably. Walk With Ease is certified by the Arthritis Foundation and Doctor recommended. Call today to register for this series that will be held indoors and outdoors this spring in partnership with AmeriCorps Seniors.

# MARCH

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 10:00 Chair Exercise 11:30 Zumba 12:30 Painting with Joyce 6:00 Stampin' Up	<b>4</b> 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	<b>5</b> 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	<b>6</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>7</b> 10:00 Dementia Support Group 10:00 Sea Shell Sand Display 1:00 Spades 1:30 Chair Volleyball 2:30 Chair Exercise
<b>10</b> 10:00 Chair Exercise 11:30 Zumba 1:00 History Series	<b>11</b> 10:00 Manis/Pedis 10:00 Gentle Yoga 1:00 Bridge 1:00 Healthy Eating Club 1:00 Knot Just Knitting 5:30 Zumba	<b>12</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>13</b> 9:30 Bingo 1:00 Hand & Foot 5:30 Zumba	<b>14</b> 9:00 Men's Billiard Tournament 1:00 Spades 1:30 Chair Volleyball 2:30 Chair Exercise
<b>17</b> 10:00 Chair Exercise 11:30 Zumba 1:00 History Series	<b>18</b> 10:00 Book Club 10:00 Gentle Yoga 10:00 Mani/Pedis 1:00 Bridge 1:00 Knot Just Knitting 5:30 Zumba	<b>19</b> 10:00 Quilting Group 10:00 Day of Laughter 1:00 Euchre 1:30 Beginner Tai Chi 2:00 Advanced Tai Chi 5:30 Zumba	<b>20</b> 8:30 Blood Pressure Screening 9:30 Bingo 1:00 Hand & Foot 5:30 Zumba	<b>21</b> 1:00 Spades 1:30 Chair Volleyball 2:30 Chair Exercise
<b>24</b> 10:00 Chair Exercise 11:30 Zumba 1:00 History Series	<b>25</b> 10:00 Gentle Yoga 10:00 Mani/Pedis 1:00 Bridge 1:00 Knot Just Knitting 5:30 Zumba	<b>26</b> 10:00 Chair Volleyball 1:00 Euchre 1:30 Beginner Tai Chi 2:00 Advanced Tai Chi 5:30 Zumba	<b>27</b> 9:30 Bingo 1:00 Hand & Foot 5:30 Zumba	<b>28</b> 10:00 HOME Sign Class 1:00 Spades 1:30 Chair Volleyball 2:30 Chair Exercise
<b>31</b> 10:00 Chair Exercise 11:30 Zumba 12:30 Lunch & Learn 3:00 Grief & Mourning Support Group	<p>March winds and April showers bring forth May flowers</p> 			

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> 9:00 Men's Breakfast 10:00 Gentle Yoga 12:00 Hearing Tests 1:00 Bridge 1:00 Knot Just Knitting 5:30 Zumba	<b>2</b> 10:00 Chair Volleyball 10:00 Easter Planter 12:00 Monthly B-day Party 1:00 Euchre 1:30 Beginner Tai Chi 2:00 Advanced Tai Chi 5:30 Zumba	<b>3</b> 8:30 Blood Pressure/Blood Sugar Screening 9:00 Men's Billiard Tournament 9:30 Bingo 1:00 Hand & Foot 2:00 Walk with Ease 5:30 Zumba	<b>4</b> 10:00 Dementia Support Group 1:00 Spades 1:30 Chair Volleyball 2:30 Chair Exercise
	<b>7</b> 10:00 Chair Exercise 11:30 Zumba 12:30 Painting with Joyce 1:00 Cooking with Becky 6:00 Stampin' Up	<b>8</b> 10:00 Manis/Pedis 10:00 Gentle Yoga 1:00 Bridge 1:00 Knot Just Knitting 5:30 Zumba	<b>9</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>10</b> 9:30 Bingo 1:00 Hand & Foot 2:00 Walk with Ease 5:30 Zumba
<b>14</b> 10:00 Chair Exercise 11:30 Zumba 1:00 Coffee Cake Day	<b>15</b> 10:00 Book Club 10:00 Gentle Yoga 10:00 Mani/Pedis 1:00 Bridge 1:00 Knot Just Knitting 5:30 Zumba	<b>16</b> 9:00 Quilting Group 10:00 Easter Egg Decorating 1:00 Euchre 1:30 Beginner Tai Chi 2:00 Advanced Tai Chi 5:30 Zumba	<b>17</b> 8:30 Blood Pressure Checks 9:30 Bingo 1:00 Hand & Foot 2:00 Walk with Ease 5:30 Zumba	<b>18</b> 1:00 Spades 1:30 Chair Volleyball 2:30 Chair Exercise
<b>21</b> 10:00 Chair Exercise 11:30 Zumba 1:00 Rainy Day Pampering	<b>22</b> 10:00 Gentle Yoga 10:00 Mani/Pedis 1:00 Bridge 1:00 Knot Just Knitting 5:30 Zumba	<b>23</b> 10:00 Chair Volleyball 1:00 Euchre 1:30 Beginner Tai Chi 2:00 Advanced Tai Chi 5:30 Zumba	<b>24</b> 9:30 Bingo 1:00 Hand & Foot 2:00 Walk with Ease 5:30 Zumba	<b>25</b> 1:00 Spades 1:00 Table Craft Décor 1:30 Chair Volleyball 2:30 Chair Exercise
<b>28</b> 10:00 Chair Exercise 11:30 Zumba 1:00 Homemade Bath Salts 3:00 Grief & Mourning Support Group	<b>29</b> 10:00 Gentle Yoga 1:00 Bridge 1:00 Knot Just Knitting 5:30 Zumba	<b>30</b> 10:00 Chair Volleyball 1:00 Euchre 1:30 Beginner Tai Chi 2:00 Advanced Tai Chi 5:30 Zumba	<b>Easter Planter &gt; April 2 · 10am</b> Celebrate the season of renewal by crafting your own beautiful Easter planter!  <b>Easter Treat &gt; April 7 · 1pm</b> Learn how to create a delightful and festive sweet treat display that will wow your guests this Easter!  <b>Easter Egg Decorating &gt; April 16 · 10am</b>	

## Let us help you... **Share the Care**



O'Neill's Adult Day Center is a home away from home where senior participants spend the day socializing, reminiscing, and making new friends. Seniors also enjoy group activities such as chair exercises, bingo, chair volleyball, dominoes, baking treats, and many other activities.

A dedicated and caring staff including a nurse, are available to assist seniors with medications, scheduling doctor appointments, personal care, and many other health needs. Our staff is available to meet the needs of each and every senior participant, providing them with the quality care they each deserve.

O'Neill offers door to door transportation to most Washington County residents. Our qualified and caring drivers provide safe, handicap accessible transportation to and from the center Monday through Friday.

The Day Center is dedicated to providing socialization and fun activities for all participants. In addition, this service also provides respite care for caregivers so they can enjoy time off from the strenuous demands of caregiving.

**To find out more about the Adult Day Center,  
call 740-373-3914.**



*"You have no idea the difference the Day Center has made for our family. Dad loved all the activities and I was relieved to know he had all the assistance he needed. This service has been such an incredible blessing!"*

*—Anonymous Caregiver*