

GHOST DÉCOR WORKSHOP



Ferry to
**Mackinac
Island**

*Fall
Festival*



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



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.



National Senior Center Month

Celebrated every year in September, National Senior Center Month is a time to shine a light on senior centers, showing the entire nation how vital they are to the health and well-being of a community. Senior centers provide countless hours of support and encouragement to older adults, and have become integral to health care delivery in our communities by providing COVID-19 guidance, vaccine education, and vaccinations to their participants. They offer a place for older adults to discover their unique interests, talents, and aspirations, according to the National Council on Aging.

There are nearly 11,000 senior centers in the United States that provide access to information, opportunities, and support to improve the lives of people in their communities as they age.

The O'Neill Center is among the top 1% who are nationally accredited.

It is our hope that you will celebrate with us in September by joining in and visiting the O'Neill Center in Marietta or the Belpre Senior Center. Come find out what you've been missing!



Senior Club Potluck Dinner & Auction

October 24 • 5-7pm \$10

Get ready for a delicious meal featuring Beef Liver or Hamburger Steaks in Gravy, paired with green beans, mashed potatoes with gravy, a roll, and cake. It's comfort food at its best! Tickets are \$10, and that includes your meal, drink and dessert. After enjoying your meal, be prepared to purchase tickets for some incredible baskets up for auction! This is an event you won't want to miss! Stop at the front desk to find out more information on purchasing a ticket. All proceeds will benefit the 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.



December 9, 2025 Oglebay Lights

\$50 per person. Join Us for a Cozy Christmas Adventure at Oglebay! We'll be heading up in the afternoon to soak in the festive atmosphere and enjoy a relaxing evening at the beautiful Oglebay Lodge. There, you can unwind in cozy seating areas, browse a charming gift shop for holiday treasures, and enjoy a drink at the bar—where there's often live music to set the mood. After a few hours of warmth and cheer at the lodge, we'll board the bus and head out for a breathtaking drive through Oglebay's famous Festival of Lights. It's a stunning, twinkling journey that captures the spirit of the season. This is a Christmas adventure you don't want to miss!

April 1, 2026 Wheeling Island

\$58 per person. Join us on a day trip to the wonderful wheeling island. Discover the non-stop excitement at Wheeling Island Hotel-Casino-Racetrack! Try your luck on our slot machines, pulse-pounding table games or poker tournaments, while savoring delectable lunch options at the casino. Once you experience it, you'll keep coming back for more!

April 13-17, 2026 New Orleans

Prices start at \$2,349 and include airfare. Ready for the ultimate getaway? Join us and soak in the magic of New Orleans. A city where the rhythm of jazz fills the air, the streets are alive with energy, and every meal is a celebration of Cajun and Creole flavors. This is going to be an unforgettable trip. Call now for details!

May 31-June 4, 2026 Mackinac Island, MI

Prices start at \$1,499 per person double occupancy.

Experience the charm of Mackinac Island at its most beautiful, surrounded by blooming lilacs and the scent of early summer in the air. Travel by hydro jet ferry to the island, where you'll enjoy a peaceful carriage tour. The adventure continues with a scenic boat ride through the famous Soo Locks, an entertaining lumberjack show, and a visit to Frankenmuth—Michigan's own Bavarian village, rich with European charm. It's a delightful getaway full of unforgettable sights and experiences. Call in to sign up!

September 12-20, 2026 Alaska Cruise

Price per person (double occupancy) starts at \$3,659 and includes airfare. Our upcoming trip to Alaska begins with a flight to the vibrant city of Vancouver, British Columbia, where we'll embark on an unforgettable cruise adventure. On Monday, we'll set sail through the breathtaking Inside Passage, a serene stretch of coastal waterways framed by towering forests, misty fjords, and snow-capped peaks. Tuesday brings us to Sitka, Alaska, a charming town rich with Russian heritage and surrounded by dramatic mountain scenery and coastal beauty. On Wednesday, we'll explore Juneau, the capital of Alaska, where glaciers cascade from the mountains and eagles soar overhead. Thursday takes us to Ketchikan, known for its colorful waterfront, Native totem poles, and lush rainforest landscape. On Friday, we'll dock in Prince Rupert, British Columbia, a coastal town where rugged wilderness meets historic charm. Our final day will be spent cruising at sea, offering time to relax and soak in panoramic views of the vast Pacific Ocean, with possible sightings of whales, seals, and endless sky. This journey promises majestic landscapes, rich cultures, and unforgettable memories.



FITNESS & DANCE

Chair Exercise

Mondays, 10am, Free
Fridays, 1:30pm, Free

Zumba

Mondays, 11:15am
Tuesdays, Wednesdays, and
Thursdays, 5:30pm, \$5 or 6 for \$25

Gentle Yoga

Tuesdays, 10am, Free

Ballroom Dancing

Tuesdays, 3pm, \$10 per month,
per couple

Chair Volleyball

1st, 4th & 5th Wednesdays, 10am, Free
Fridays, 12:30pm, Free

Tai Chi Wednesdays,
1:30pm, Free

TABLE GAMES

Billiards: Daily from 8am–4pm

Shanghai: second Monday · 1pm

Bridge: Tuesdays · 12pm

Euchre: Wednesdays · 12pm

Bingo: Thursdays · 9:30am

Hand & Foot Cards: Thursdays · 1pm

Spades: Fridays · 12pm

OTHER WEEKLY ACTIVITIES

Beginner Knitting

Tuesdays, 12:30pm

“Knot Just Knitting”

Tuesdays, 1pm

Quilting Group 2nd and 3rd

Wednesdays 10am

Stampin' Up 1st Mondays, 6pm

ACTIVITIES

Broughton Computer Lab

Open to seniors Monday–Friday
8am–4pm · closed on holidays.
Call the O'Neill Center for our schedule of
upcoming computer classes.
We would like to say a special thank
you to People's Bank for their donation
bringing us new computers.

Blood Pressure/Blood Sugar Screening

September 4 & October 2 · 8:30am
By Marietta City Health Department

Blood Pressure Checks

September 18 & October 16 · 8:30am
By Right at Home
September 25 & October 23 · 8:00am
By Housecalls Home Health

Book Club Meeting

10am
September 16: *The Thursday Murder Club*
by Richard Osman
October 21: *Demon Copperhead* by
Barbara Kingsolver

The Senior Club Meeting/Luncheon

September 10 & October 8 · 11am
Join the club for a good time of fellowship
and great food!

Hearing Services

September 11 – Hearing Aid Cleaning
October 9 – Hearing Testing
Appts 11–1pm
This free service is brought to us by Ohio
Valley Hearing Professionals. Call for an
appointment time.

Men's Billiard Tournaments

1st Thursday & 2nd Friday · 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.

Manicure & Pedicures

2nd, 3rd & 4th Tuesdays
Appts start at 10am
Sharon Graham has 30 plus years of
experience with nail care. You may
schedule one or both, all done in the
privacy of our health room. \$18 for a

Painting with Joyce

September 8 & October 6 · 1:30pm

The cost of each class is \$28, and payment must be made in advance to
reserve your spot. September's painting features three beautiful pumpkins
wrapped in vibrant fall foliage;
perfect for getting into the autumn
spirit! October's painting is an
adorable ghost, complete with
witch's hat and broom, sure to bring
out your Halloween fun! Call today
to secure your spot and get ready to
create some festive art!



September



October

manicure and \$35 for a pedicure. Call to
schedule your appointment.

Together in Healing

September 29 & October 27 · 10am
Together in Healing is a safe, welcoming
space for individuals navigating grief,
trauma, or emotional challenges.
Through shared stories, mutual support,
and compassionate connection, we
come together to heal—one step at a
time. Whether you're just beginning your
journey or have been walking the path
for some time, you are not alone. Here,
healing happens together. This group is
hosted by Cawley Hospice.

Living Connections

Real People. Real Stories. Real Understanding.
Are you interested in meaningful
conversations that break down barriers
and build empathy? Living Connections
is a space where people share their
lived experiences — like checking out
a human “book” — and invite honest,
respectful dialogue. It's a chance to
connect, listen, and see the world
through someone else's eyes. If you are
interested, please give us a call!

Dementia Support Group

September 5 & October 3 · 10am
Join Right at Home who help 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.

Card Making Craft Class

September 4 at 12:30pm
& October 10 at 12pm
Tammie is bringing her card-making skills

to two fall-themed classes! Get ready to
craft your own beautiful, personalized
cards with several fall designs to choose
from. Sign up today, and let Tammie help
you become your very own card-making
expert! Donations appreciated for this event.

Fall Into Relaxation

September 12 · 9:30am
Looking for the perfect way to relax and
recharge? Join us for a cozy Fall Spa Day
hosted by Sara from Marietta Heights
and Meridith from Cawley Hospice. Enjoy
classic spa favorites like facemasks, foot
soaks, and the return of our beloved
paraffin dip! Plus a few surprises and
treats! No spa day is complete without
tasty snacks and festive mocktails, so
come and let us pamper you on this
relaxing autumn day. Call to sign up.

Cream Filled Doughnut Day

September 15 · 1pm
Who doesn't love a cream-filled
doughnut? And what better way to
enjoy one than by spending time with
friends! Dorothy from Generations
Home Care is bringing the doughnuts,
and we'll have board games and cards
ready to go. All you need to bring is the
fun! Come join us for a sweet treat!

CarFit Event

September 17 · 11am
CarFit is an educational program
developed by AARP and the American
Occupational Therapy Association that
offers older adults the opportunity
to check how well their personal
vehicles “fit” them. The program
provides information and materials on
community-specific resources that could
enhance your safety as a driver. Julia
from Buckeye Hills is bringing us this
amazing resource. Call for information.

Cooking with Dennis

September 18 · 1:30pm

Join us for another fun and informative cooking class with Dennis, where you'll not only learn new culinary skills but also enjoy a great time with friends. It's always a blast when Dennis is in the kitchen! Call today to sign up!

All About the Day Center

September 19 · 10am

Join us for an inside look at the Day Center and its incredible service! Hear directly from the individuals who spend their days there and discover the full range of resources available. The Day Center is a vital resource for so many, offering more support than you might realize. Call or stop in to sign up.

Alzheimer's Association

September 26 · 10am

The Alzheimer's Association is joining us to present "Healthy Living for Your Brain and Body"—a science-based session focused on lifestyle habits that support brain and body health. Learn practical tips and evidence-based strategies to help reduce the risk of cognitive decline and dementia. This engaging presentation is perfect for anyone interested in maintaining long-term wellness. We'll end with an open Q&A, including anonymous questions. Yes—there will be snacks! Don't miss this valuable and educational session.

Cider Day

September 29 · 1pm

It's national cider day and Right at Home is bringing us all of the cider goodies just in time for fall. It will be perfect for getting into the autumn spirit. Stop in or give us a call to reserve your spot!

Taco 'Bout a Good Time!

October 1 · 12pm

Tricia Mumaw from Continuing Health Care and Amber Johnson from Buckeye Hospice are back—and this time, they're bringing all the taco goodies with them! Join us for a delicious taco lunch, great conversation, and the chance to catch up with familiar faces. Whether you're in it for the food or the company you won't want to miss it. Sign up today!

Bob Ross Painting with Kyla

October 3 · 1pm

Kyla will guide us through a stunning fall foliage landscape. Come relax and unleash your inner artist while Kyla walks you through creating your very own autumn masterpiece. All supplies will be provided, so just bring your creativity and join us for this fun and relaxing painting session!

National Pumpkin Spice Day

October 13 · 1pm

There's no better way to embrace October than with the comforting flavors of pumpkin spice! Dorothy from Generations Home Care is bringing us a delicious spread of all things pumpkin spice. Stop in to get signed up.

Supportive Services at O'Neill

October 15 · 10am

Have you ever wondered about the variety of supportive services available at the O'Neill Center? We've got a range of programs designed to help, and Deb will be joining us to share all the details! She'll walk through the different services offered and explain how they can benefit you. Call today to sign up and learn more about what's available to you!

Pumpkin Painting

October 20 · 1pm

Right at Home will be hosting a fun and festive pumpkin painting activity. Time to get creative and decorate! Call to register.

**Autumn Snack Surprise**

October 22 · 1pm

Becky is bringing a fall treat like no other—what could it be? The only way to find out is to sign up and be part of the fun! Don't miss out on this delicious mystery. Call or stop in to get signed up. Donations appreciated for this event.

Senior Club Potluck Dinner & Auction

October 24 · 5–7pm \$10

Get ready for a delicious meal featuring beef liver or hamburger steaks in gravy, paired with green beans, mashed potatoes with gravy, a roll, and cake. It's comfort food at its best! Tickets are \$10, and that includes your meal, drink and dessert. After enjoying your meal, be prepared to purchase tickets for some incredible baskets up for auction! Stop at the front desk to find out more information on purchasing a ticket. All proceeds will benefit the O'Neill Center.

Ghost Décor Workshop

October 27 · 1pm

Averee is bringing all the goodies to create these adorable (and a little spooky) Ghost Wood Décor pieces! These festive crafts are the perfect touch to bring Halloween cheer into any home. Spots are limited, so call in to sign up today and don't miss out on this fun, crafty experience!

Halloween Costume Party

October 31 · 12pm


Join us for some spooktacular snacks, festive tunes, and maybe a few eerie decorations to set the mood. Whether you come as yourself or dressed as someone (or something) else, be ready for a whole lot of fun! Sara from Marietta Heights has a few tricks and treats waiting for you! Don't forget to sign up.




September 22 · 1–3pm

Get ready for fall with our festive fall festival! Step into a beautiful fall experience full of fun activities that will get you in the autumn spirit! Our Fall Festival includes a Cookie Bake-Off, where you can showcase your best cookie recipe—anonously submitted for everyone to judge! Plus, enjoy festive games, delicious treats, and so much more. Stop in and join us where you'll see Sara from Marietta Heights, Meridith from Cawley Hospice and Chrisy owner of Right at Home.

SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED for Labor Day 	2 9:00 Men's Breakfast 10:00 Gentle Yoga 12:00 Bridge 12:30 Beginner Knitting 1:00 Knot Just Knitting 3:00 Ballroom Dancing 5:30 Zumba	3 10:00 Chair Volleyball 12:00 Monthly 8-day Party 12:00 Euchre 1:30 Tai Chi 5:30 Zumba	4 8:30 Blood Pressure/Blood Sugar Screening 9:00 Men's Billiard Tournament 9:30 Bingo 12:30 Card Making Class 1:00 Hand & Foot 5:30 Zumba	5 10:00 Dementia Support Group 12:00 Spades 12:30 Chair Volleyball 1:30 Chair Exercise
8 10:00 Chair Exercise 11:15 Zumba 1:30 Painting with Joyce 6:00 Stampin' Up	9 10:00 Mani/Pedis 10:00 Gentle Yoga 12:00 Bridge 12:30 Beginner Knitting 1:00 Knot Just Knitting 3:00 Ballroom Dancing 5:30 Zumba	10 10:00 Quilting Group 11:00 Senior Club Potluck/Meeting 12:30 Euchre 1:30 Tai Chi 5:30 Zumba	11 9:30 Bingo 11:00 Hearing Aid Cleaning 1:00 Hand & Foot 5:30 Zumba	12 9:00 Men's Billiard Tournament 9:30 Fall Into Relaxation 12:00 Spades 12:30 Chair Volleyball 1:30 Chair Exercise
15 10:00 Chair Exercise 11:15 Zumba 1:00 Shanghai 1:00 Cream Filled Doughnut Day	16 10:00 Mani/Pedis 10:00 Gentle Yoga 10:00 Book Club 12:00 Bridge 12:30 Beginner Knitting 1:00 Knot Just Knitting 3:00 Ballroom Dancing 5:30 Zumba	17 10:00 Quilting Group 11:00 CarFit 12:00 Euchre 1:30 Tai Chi 5:30 Zumba	18 8:30 Blood Pressure Checks 9:30 Bingo 1:00 Hand & Foot 1:30 Cooking With Dennis 5:30 Zumba	19 10:00 All about the Day Center 12:00 Spades 12:30 Chair Volleyball 1:30 Chair Exercise
22 10:00 Chair Exercise 11:15 Zumba 1:00 Fall Festival	23 10:00 Gentle Yoga 10:00 Mani/Pedis 12:00 Bridge 12:30 Beginner Knitting 1:00 Knot Just Knitting 3:00 Ballroom Dancing 5:30 Zumba	24 10:00 Chair Volleyball 12:00 Euchre 1:30 Tai Chi 5:30 Zumba	25 8:00 Blood Pressure Checks 9:30 Bingo 1:00 Hand & Foot 5:30 Zumba	26 10:00 Alzheimer's Association 12:00 Spades 12:30 Chair Volleyball 1:30 Chair Exercise
29 10:00 Chair Exercise 10:00 Together in Healing 11:15 Zumba 1:00 Cider Day	30 10:00 Gentle Yoga 12:00 Bridge 12:30 Beginner Knitting 1:00 Knot Just Knitting 3:00 Ballroom Dancing 5:30 Zumba	Together in Healing September 29 & October 27 · 10am Together in Healing is a safe, welcoming space for individuals navigating grief, trauma, or emotional challenges. Through shared stories, mutual support, and compassionate connection, we come together to heal—one step at a time. Whether you're just beginning your journey or have been walking the path for some time, you are not alone. Here, healing happens together. This group is hosted by Cawley Hospice.		

Monday	Tuesday	Wednesday	Thursday	Friday
	October 1 · 12pm Tricia Mumaw from Continuing Health Care and Amber Johnson from Buckeye Hospice are back—and they're bringing all the taco goodies with them! Join us for a delicious taco lunch. Sign up today!	1 10:00 Chair Volleyball 12:00 Euchre 12:00 Monthly B-day Party 12:00 Taco 'Bout a Good Time! 1:30 Tai Chi 5:30 Zumba	2 8:30 Blood Pressure, Blood Sugar Checks 9:00 Men's Billiard Tournament 9:30 Bingo 1:00 Hand & Foot 5:30 Zumba	3 10:00 Dementia Support Group 12:00 Spades 12:30 Chair Volleyball 1:00 Bob Ross Painting 1:30 Chair Exercise
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27 10:00 Chair Exercise 10:00 Together in Healing 11:15 Zumba 1:00 Ghost Décor Workshop	28 10:00 Gentle Yoga 10:00 Mani/Pedis 12:00 Bridge 12:30 Beginner Knitting 1:00 Knot Just Knitting 3:00 Ballroom Dancing 5:30 Zumba	29 10:00 Chair Volleyball 12:00 Euchre 1:30 Tai Chi 5:30 Zumba	30 9:30 Bingo 1:00 Hand & Foot 5:30 Zumba	31 12:00 Halloween Costume Party 12:00 Spades 12:30 Chair Volleyball 1:30 Chair Exercise



Helping Mature Drivers Find Their Safest Fit



CarFit is a free educational program designed to help drivers improve the "fit" of their vehicles for comfort and safety.

Join us for a FREE 20-minute one-on-one checkup with a trained CarFit Technician who will help you better understand:

- Proper safety belt use and fit
- Safe distance between you and your airbag
- A clear line of sight above the steering wheel
- Mirror positioning to minimize blind spots
- State and local resources

CarFit is NOT an evaluation or test of driving ability.



Wednesday, September 17
11:00 am
O'Neill Center parking lot

IN PARTNERSHIP WITH



**For more information and to reserve your time spot, contact
Julia Hinzman, Mobility Manager, at 1-800-331-2644 ext. 6.**