



The Power of Movement

*Happy
St. Patrick's
Day*

Digital Literacy Workshops

- > Basics of Navigating the Internet
- > How to Set Up an Email Account
- > Protect Yourself from Online Scammers!



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.



✓ **New to computers or cell phones?**

✓ **Need a refresher on the latest tech?**

Attend **FREE** open office hours to learn the basics and build confidence using technology!

Technology Office Hours

Discover:

- The basics of navigating the internet
- How to set up an email account
- How to protect yourself from online scammers
- And more!



Digital Literacy Workshops

The National Council on Aging and AT&T invite senior centers and community-based organizations serving older adults to a new opportunity aimed at improving skills and confidence in using technology.

Join us for two workshops aimed at helping you understand technology better.

March 23 • 1:30pm & April 1 • 1:30pm

These will be presentation-based workshops followed up with **office hours on Mondays from 2-3pm to get one-on-one personal help with technology.**

These office hours will continue through June, call to get more information: 740-373-3914.

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 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.



May 14, 2026 Shopping Trip: Ross Park Mall

Price is \$55 per person. Looking for a great day out? Come along with us on a trip to Ross Park Mall in Pittsburgh, PA, one of the area's premier shopping destinations! With a wide variety of stores, delicious dining options, and a relaxed, welcoming atmosphere, it's the perfect place to shop, eat, and enjoy some time with friends!

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.

June 24, 2026 Mystery Trip

Price is \$95 per person. Get ready for a day full of surprises! Our Mystery Trip is all about excitement, laughter, and the thrill of the unknown. We can't reveal the destination—but we promise great company, delicious food, and unforgettable moments. Sit back, relax, and enjoy the ride as we take you somewhere special. Bring your sense of adventure and a smile, and let's make some memories!

July 14-16, 2026 Gatlinburg TN

Prices start at \$720 per person double occupancy.

Join us for a fun-filled getaway to the beautiful Smoky Mountains! We'll enjoy the lively Smith Morning Variety Show, experience the magic of Dollywood, and take in the stunning scenery on a guided tour of the Great Smoky Mountains National Park. Our trip also includes a visit to the charming Apple Barn Village, where we'll enjoy delicious treats and local shopping. With great entertainment, breathtaking views, and southern hospitality at every stop, this is a trip you won't want to miss!

September 12-20, 2026 Alaska Cruise (waitlisted)

Price per person (double occupancy) starts at \$3,659 and includes airfare. Our Alaska adventure begins with a flight to vibrant Vancouver, British Columbia, where we'll board our unforgettable cruise. We'll sail through the breathtaking Inside Passage before visiting Sitka, rich with Russian heritage and stunning mountain scenery. Next, explore Juneau—Alaska's capital filled with glaciers and soaring wildlife—followed by colorful Ketchikan with its totem poles and rainforest charm. We'll stop in Prince Rupert, a coastal town blending rugged wilderness and history, then enjoy a final relaxing day at sea, taking in panoramic ocean views and possible whale and seal sightings.

October 21 Fall Foliage Train Ride

Join us for a Fall Foliage Train Ride this autumn! The trip includes an approximately 90-minute ride to East Logan and back to the Nelsonville Depot, with additional stops planned along the route. More details will be announced soon. We hope you'll join us for this special fall experience!

November 9-11, 2026 Kentucky Ark Encounter and Louisville

Prices starting at \$695 double occupancy

Join us for an unforgettable getaway to the beautiful Bluegrass State! We'll visit some of Kentucky's most iconic attractions—including The Ark Encounter, the Kentucky Derby Museum, and legendary Churchill Downs. You'll also explore the Kentucky Horse Park and the International Museum of the Horse, discovering the state's rich equine heritage. Enjoy two delicious dinners and make lasting memories with friends on this history-filled, fun-packed trip!

December 8-10, 2026 Biltmore Estate, Asheville, NC

Prices start at \$799 double occupancy

Looking for a festive holiday trip for 2026? Look no further. The Biltmore is a beautiful estate and village located in Asheville, NC. Christmas spirit everywhere with beautiful views, candlelight tours, wine tasting and more. Join us for this beautiful trip. This will fill up fast call or stop in to reserve your spot.



FITNESS & DANCE

Chair Exercise

Mondays, 10am, Free
Thursdays, 1pm, Free

Zumba

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

Gentle Yoga

Tuesdays, 10am, Free

Tai Chi Wednesdays,
1:30pm, Free

Walk With Ease Thursdays, 2pm, Free

Chair Volleyball

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

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 Peoples Bank for their donation bringing us new computers.

ACTIVITIES

Blood Pressure Checks

First Thursday 8:30am –
Marietta Health Department
Third Thursday 8:30am – Right at Home
Fourth Thursday 8am –
House Calls Home Health

Book Club meeting

3rd Tuesday · 10am
A wonderful group meets each month to discuss the book they have been reading. They have a new book monthly.
March *Someone Else's Shoes*
by JojoMarch-Moyes
April *Things we cannot say* by Kelly April-Rimmer

The Senior Club Meeting/Luncheon

March 11 & April 8 · 11:00am
Join the club on the second Wednesday of each month at 11am for a good time of fellowship and great food!

Hearing Services

March 12 Hearing Aid Cleaning
April 9 Hearing Testing
Appointments available 11am – 1pm
This free service is brought to us by Ohio Valley Hearing Professionals. Call for an appointment time.

Together In Healing

Last Monday of the Month · 10am
Together in healing is a safe, welcoming space for individuals navigating grief, trauma, or emotional challenges. Though 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.

Manicure & Pedicures

Tuesdays – Appointments 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 our health room. Cost is \$18 for a manicure and \$35 for a pedicure. Call to schedule your appointment.

Men's Billiard Tournaments

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

Tai Chi

Tai Chi is offered at the O'Neill Center through AmeriCorps Seniors and is supported by the Arthritis Foundation. This program is designed to help seniors improve balance, flexibility, and manage pain through gentle exercise. Each week includes one class held at the O'Neill Center and one session to be completed at home. Participants are welcome to join anytime, as this is an ongoing class.

Men's Breakfast

1st Tuesday of every month 9:00am
A special time for the gentlemen to get together and enjoy each other's company, and enjoy a nice warm homemade breakfast.

Music & Mingle

Are You Musically Inclined?
Do you love music and want to connect with others who share your passion? We're looking to see if individuals would be interested in forming a group for those who are musically inclined to come together, play instruments, share songs, and talk about all thing's music. Whether you're a seasoned musician or just enjoy jamming with others, this group could be for you. If this is something you are interested in give us a call.

Dementia Support Group

March 6 & April 3 · 10am
Hosted by Right at Home in partnership with Cawley Hospice who help families dealing with Alzheimer's or related dementia 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 that can help you.

Mystery Book Club

March 2 & April 6th · 10am
This will be held the First Monday of the month. Love a good mystery? Join our Mystery Book Club! If you can't resist a page-turning mystery, our club is for you! Each month we read a new mystery novel and come together to discuss it. Share your theories, debate the clues, and see if you can predict the culprit before the final chapter. Can you solve the mystery before anyone else?

Card making with Tammie

March 16 & April 20 · 1pm
Join Tammie and learn to make some fun spring time cards. Come create, connect, and enjoy—donations appreciated for this event. Call or stop by to get signed up.

Spring Spa Day

March 9 · 1:30pm
We're back with a Spring Spa Day! Sara from Marietta Heights and Meridith from Cawley Hospice are bringing all the goodies to spoil you once again. Sign up for some relaxing pampering, including face masks, snacks, paraffin hand dips, foot soaks, and more. Join us for a great time of rest and relaxation!



Lucky Leprechaun Hangout

March 16 · 1pm
Join us for a St. Patty's Day hangout! We'll have board games, puzzles, cards, and more set out for everyone to enjoy. Plus, Michelle from Encompass is bringing some St. Patrick's Day-themed snacks. Come hang out and have a great time with us!

The Power of Movement

March 19 · 1pm
Looking to be more active? Join us for an informational session on how to move more! Volunteers from AmeriCorps Seniors – RSVP, who are trained instructors in evidence-based exercise classes, will share tips and tricks to help you get started. You'll also learn about the classes offered here at the center that can support your journey to staying active. Plus, enjoy light snacks while you learn. Snacks will be provided by Generations Home Health.

Living Connections

March 20 · 10am

Are you interested in hearing others' stories? Do you have a story of your own to share? Join us for Living Connections, where we come together to share and listen to life stories. How you share is completely up to you—you can write your story, create a PowerPoint, or simply talk.

Alzheimer's Association

March 23 · 11am & April 20 · 11am

Join René from the Alzheimer's Association for a Two-Part Caregiver Series! Session 1 is "Communicating Effectively" – tips to connect and communicate with your loved one. Session 2 is "Responding to Dementia-Related Behaviors" – strategies to handle challenging behaviors with care and respect. Learn practical, proven techniques to make caregiving a little easier. Call or stop in to get signed up.



Mod Podge Easter Eggs

March 30 · 1pm

Kyla from Waterview Pointe is bringing all the goodies for a cute Easter egg decorating craft! This fun activity only takes a little creativity—just Mod Podge your designs onto the foam eggs. Each person will get a small handful of eggs to decorate and take home to display with your Easter décor. Don't miss out on this festive, crafty fun! Don't forget to sign up.

Painting with Joyce

March 2 & April 6 · 12:30pm

Joyce is bringing a classic to March with this beautiful hummingbird painting. In April, she's switching things up with a "You Choose" paint class! She will provide several images for participants to choose from, and each person can pick the one they'd like to paint. Joyce will guide everyone step by step through the painting process, making it fun and easy to follow.



March

**YOUR
CHOICE**

April



Fairy Garden Bird House

April 15 · 1pm

Aveee with Shriver's Hospice Is Back—and We're Getting Crafty! Celebrate spring by turning a birdhouse into your very own Fairy Garden! This fun, hands-on craft includes painting your birdhouse and gluing and designing all the fairy garden elements to make it uniquely yours.

Earth Day Flower Planting

April 22 · 1pm

Join Sara from Marietta Heights as we celebrate Earth Day with a fun, hands-on flower planting activity! Sara will provide all the supplies needed to plant and pot your own flowers, and she'll be there to help along the way. Space is limited, so be sure to call or stop in to sign up.

Diamond Art

April 24 · 9am

Jennifer will be set up from 9-11am, selling a variety of diamond art designs. We'll have tables available if you'd like to get started on your piece, and Jennifer will be happy to answer any questions about how diamond art works.

Blueberry Pie Hangout

April 27 · 1pm

Come celebrate National Blueberry Day with Us! Join us for a fun hangout with Chrisy owner of Right at Home, who will be bringing delicious blueberry pie for everyone! Enjoy tasty treats while playing board games, puzzles, cards, and more. Call or stop in to get signed up.

Spring Bob Ross Painting

April 29 · 12:30pm

Kyla is back with another painting class—this time featuring a spring-inspired Bob Ross painting! She provides all the supplies and guides you step by step as you create your own masterpiece. Spots are limited, so be sure to sign up soon.





Local History

April 6 · 1pm

Learn Some Local History with Jayne! Jayne brings 40 years of experience as an elementary educator and adult educational technology specialist. She currently chairs Archives and Collections for the Washington County Historical Society. Join us for an engaging and informative session on the local history of Marietta, Ohio. Call or stop in to get signed up!

MARCH

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00 Chair Exercise 10:00 Mystery Book Club 11:15 Zumba 12:30 Painting with Joyce 6:00 Stampin' Up	3 9:00 Men's Breakfast 10:00 Mani/Pedis 10:00 Gentle Yoga 12:00 Bridge 12:30 Beginner Knitting 1:00 Knot Just Knitting 5:30 Zumba	4 10:00 Chair Volleyball 12:00 Monthly 8-day Party 12:00 Euchre 1:30 Tai Chi 5:30 Zumba	5 8:30 Blood Pressure Check 9:00 Men's Billiard Tournament 9:30 Bingo 1:00 Hand & Foot 1:00 Chair Exercise 2:00 Walk with Ease 5:30 Zumba	6 10:00 Dementia Support Group 12:00 Spades 12:30 Chair Volleyball
9 10:00 Chair Exercise 11:15 Zumba 1:00 Shanghai 1:30 Spa Day	10 10:00 Mani/Pedis 10:00 Gentle Yoga 12:00 Bridge 12:30 Beginner Knitting 1:00 Knot Just Knitting 5:30 Zumba	11 10:00 Quilting Group 11:00 Senior Club Potluck/ Meeting 12:30 Euchre 1:30 Tai Chi 5:30 Zumba	12 9:30 Bingo 11:00 Hearing Aid Cleaning 1:00 Hand & Foot 1:00 Chair Exercise 2:00 Walk with Ease 5:30 Zumba	13 9:00 Men's Billiard Tournament 12:00 Spades 12:30 Chair Volleyball
16 10:00 Chair Exercise 11:15 Zumba 1:00 Card Making with Tammie 1:00 Lucky Leprechaun Hangout	17 10:00 Book Club 10:00 Gentle Yoga 10:00 Mani/Pedis 12:00 Bridge 12:30 Beginner Knitting 1:00 Knot Just Knitting 5:30 Zumba	18 10:00 Quilting Group 10:00 80's Glow Volleyball 12:00 Euchre 1:30 Tai Chi 5:30 Zumba	19 8:30 Blood Pressure Checks 9:30 Bingo 1:00 Hand & Foot 1:00 The Power of Movement 1:00 Chair Exercise 2:00 Walk with Ease 5:30 Zumba	20 10:00 Living Connections 12:00 Spades 12:30 Chair Volleyball
23 10:00 Chair Exercise 11:00 Alzheimer's Association 11:15 Zumba 1:30 Digital Literacy Workshop	24 10:00 Mani/Pedis 10:00 Gentle Yoga 12:00 Bridge 12:30 Beginner Knitting 1:00 Knot Just Knitting 5:30 Zumba	25 10:00 Chair Volleyball 12:00 Euchre 1:30 Tai Chi 5:30 Zumba	26 8:00 Blood Pressure Check 9:30 Bingo 1:00 Hand & Foot 1:00 Chair Exercise 2:00 Walk with Ease 5:30 Zumba	27 12:00 Spades 12:30 Chair Volleyball
30 10:00 Chair Exercise 10:00 Together in Healing 11:15 Zumba 1:00 Mod Podge Easter Eggs	31 10:00 Mani/Pedis 10:00 Gentle Yoga 12:00 Bridge 12:30 Beginner Knitting 1:00 Knot Just Knitting 5:30 Zumba	<div>  <p>Living Connections March 20 · 10am Are you interested in hearing others' stories? Do you have a story of your own to share? Join us for Living Connections, where we come together to share and listen to life stories. How you share is completely up to you—you can write your story, create a PowerPoint, or simply talk.</p> </div>		

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:00 Chair Volleyball 12:00 Monthly B-day Party 12:00 Euchre 1:30 Tai Chi 1:30 Digital Literacy 5:30 Zumba	2 8:30 Blood Pressure Check 9:00 Men's Billiard Tournament 9:30 Bingo 1:00 Hand & Foot 1:00 Chair Exercise 2:00 Walk with Ease 5:30 Zumba	3 10:00 Dementia Support 12:00 Spades 12:30 Chair Volleyball
6 10:00 Chair Exercise 10:00 Mystery Book Club 11:15 Zumba 12:30 Painting with Joyce 1:00 Local History 6:00 Stampin' Up	7 9:00 Men's Breakfast 10:00 Mani/Pedis 10:00 Gentle Yoga 12:00 Bridge 12:30 Beginner Knitting 1:00 Knot Just Knitting 5:30 Zumba	8 10:00 Quilting Group 11:00 Senior Club Potluck/ Meeting 12:00 Euchre 1:30 Tai Chi 5:30 Zumba	9 9:30 Bingo 11:00 Hearing Testing 1:00 Hand & Foot 1:00 Chair Exercise 2:00 Walk with Ease 5:30 Zumba	10 9:00 Men's Billiard Tournament 12:00 Spades 12:30 Chair Volleyball
13 10:00 Chair Exercise 11:15 Zumba 1:00 Shanghai	14 10:00 Gentle Yoga 10:00 Mani/Pedis 12:00 Bridge 12:30 Beginner Knitting 1:00 Knot Just Knitting 5:30 Zumba	15 10:00 Quilting Group 12:00 Euchre 1:00 Fairy Garden Bird House 1:30 Tai Chi 5:30 Zumba	16 8:30 Blood Pressure Check 9:30 Bingo 1:00 Hand & Foot 1:00 Chair Exercise 2:00 Walk with Ease 5:30 Zumba	17 12:00 Spades 12:30 Chair Volleyball
20 10:00 Chair Exercise 11:00 Alzheimer's Association 11:15 Zumba 1:00 Card Making with Tammie	21 10:00 Book Club 10:00 Gentle Yoga 10:00 Mani/Pedis 12:00 Bridge 12:30 Beginner Knitting 1:00 Knot Just Knitting 5:30 Zumba	22 10:00 Chair Volleyball 12:00 Euchre 1:00 Earth Day Flower Planting 1:30 Tai Chi 5:30 Zumba	23 8:00 Blood Pressure Check 9:30 Bingo 1:00 Hand & Foot 1:00 Chair Exercise 2:00 Walk with Ease 5:30 Zumba	24 9:00 Diamond Art Selling 12:00 Spades 12:30 Chair Volleyball
27 10:00 Chair Exercise 10:00 Together in Healing 11:15 Zumba 1:00 Blueberry Pie Hangout	28 10:00 Gentle Yoga 10:00 Mani/Pedis 12:00 Bridge 12:30 Beginner Knitting 1:00 Knot Just Knitting 5:30 Zumba	29 10:00 Chair Volleyball 12:00 Euchre 12:30 Spring Bob Ross Painting 1:30 Tai Chi 5:30 Zumba	30 9:30 Bingo 1:00 Hand & Foot 1:00 Chair Exercise 2:00 Walk with Ease 5:30 Zumba	Blueberry Pie Hangout April 27 · 1pm Come celebrate National Blueberry Day with Us! Enjoy tasty treats while playing board games, puzzles, cards, and more. Call or stop in to get signed up.



80s GLOW VOLLEYBALL

March 18 • 10am

Get ready—we're adding an extra day of volleyball and turning it into a Glow Party! Jam out to 80's music, play under dimmed lights, and glow it up with glowstick bracelets and necklaces.

After the fun on the court, stick around for snacks and treats, courtesy of Avere from Shriver's Hospice, who's bringing all the goodies.

