

Please report any corrections, additions, deletions to Ed Baum (baum@ohio.edu, 593-8675).

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Senior Opportunities in Athens¹

Athens Village

The Athens Village give Athens Countians age 60+ the confidence and practical ways to live their lives to the fullest in their own homes. It is based on cooperative self-help. There are referrals for help, some members offer their services to others, a monthly brown-bag lunch and meeting, and other activities.

Athens Area Council on Aging

Buckeye Hills-Hocking Valley Regional Development District manages the District 8 Area Agency on Aging. Serving seniors in Athens, Hocking, Meigs, Monroe, Morgan, Noble, Perry, and Washington Counties, AAA8 fosters cooperative efforts in planning and implementing programs and services including the Medicare waiver PASSPORT program.

Meeting: second Tuesday at 1:30 p.m. at the Athens Community Center

Athens City-County Health Department

Athens Community Center (see also United Seniors of Athens and Athens Senior Club)

Programs specifically for seniors include:

Silver Sneakers

Classes, such as Introduction to Yoga for People over 50

Athens Public Library (Athens)

Yoga for People 50 and up, a continuing class, Wednesdays at 2:00 p.m.

Athens Senior Club (at Athens Community Center)

Potluck lunch and meeting on second Wednesday from 11:00 a.m. to 1:00 p.m. Occasional trips.

OU Credit Union: Senior Associates' Club (call, 740-597-2845)

No service-charge dividend checking

Five (5) free money orders per month - after 5, just \$.75 each.

Free O.U. Credit Union logo checks or \$10 credit toward the purchase of other styles
Seminars

¹These programs are designed for seniors and do not include other programs in which seniors may participate generally as members of the public, such as the Athens Swimming Pool or UCM Thursday night suppers. Some programs may have a fee (e.g., The Athens Village) or require membership (e.g., Ohio University Credit Union).

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Social events

Group travel opportunities

Latest issue of Senior Notes newsletter

Personal accounts only. One Senior Associates' Club account per member.

Complimentary long-term care insurance consultation

SeniorBEAT: A social service program of O'Bleness Memorial Hospital

Program meetings: third Thursday of each month at 2:00 p.m. at O'Bleness Hospital

Chair volleyball on Tuesdays and Thursdays at 8:30 at The Market on E. State St.

Book club on second Monday of each month at 10:00 at O'Bleness Hospital

History Group on second Thursday at 1:00 p.m. in the Willow Café at O'Bleness

Group singing on third Friday at 1:00 p.m. at the Athens Community Center

Lunch group on the fourth Friday at 11:30 a.m. at various restaurants in Athens

Bike path walking during April - September.

Exercise programs:

Tuesday at 12:30 p.m. at the Athens Community Center

Wednesdays at 10:00 a.m. at The Plains United Methodist Church

Saturdays at 10:00 a.m. at O'Bleness Hospital (in the basement)

Senior Centers

Albany Community Center Seniors

Computer classes on Tuesdays at 10:00 a.m.

Chair volleyball on Tuesday, Wednesday, and Friday at 10:00 a.m.

Euchre on Tuesdays at 6:30 p.m.

Weenie Wednesdays from 11:30 to 12:30

Quilting on Fridays at 10:00 a.m.

Potluck lunch at noon on the Third Wednesday of each month

Albany Senior Citizens (Grange)

Potluck lunch on fourth Friday at noon at Grange Hall.

Chair volleyball on Wednesday at the Albany Baptist Church

Chauncey

Cards on fourth Friday at 4:00 p.m.

Business meeting on first Friday at 5:30 p.m.

Game night on third Friday at 4:00 p.m.

Tuesday group 8:30 to 11:30 a.m. for sewing, weaving, and other activities.

Glouster (1 Cross St)

Line dancing Tuesdays and Thursdays at 2:00 p.m.

Cards on Mondays and Thursdays at 6:00 p.m.

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Chair volleyball on Wednesday at 2:00 p.m.
Potluck dinner on last Monday at 6:00 p.m. with cards and bingo after.
Singles club on second Tuesday at 6:00 p.m.

Jacksonville (Old Settlers Center, Sixth St.)

Sewing and crafts: Tuesdays 10:00 a.m. to 2:00 p.m. Potluck lunch at noon.

Lottridge

Meet: Tuesdays 10:00 a.m. to 2:00 p.m. with potluck lunch at noon.

Nelsonville (763 Chestnut St)

Lunch, bingo and pool: Monday at noon
Chinese auction: second Monday of each month

New Marshfield

Meeting: second Tuesday at 6:00 p.m.

Shade (Shade Community Center)

Crafts, cards: Thursdays from 11:00 a.m. to 2:00 p.m. with lunch at noon.
Business meeting: second Thursday at 7:00 p.m.
Potluck dinner: fourth Thursday at 5:30 p.m. followed by bingo

Senior Corps in Ohio

The Senior Corps is a network of more than half a million seniors who are making a difference as RSVP, Senior Companions, and Foster Grandparents..

RSVP is one of the largest volunteer efforts in the nation – matching local problems with people age 55 and older who are willing to help. RSVP volunteers choose how and where they want to serve. Volunteers organize neighborhood watch programs, tutor English to immigrants, program computers, help people recover from natural disasters – whatever their skills and interest lead them to do.

The Foster Grandparent Program. Foster Grandparents serve 15 to 40 hours a week in schools, hospitals, correctional institutions and Head Start centers. They help children who have been abused or neglected, mentor troubled teenagers and young mothers, and care for premature infants and children with physical disabilities.

The Senior Companion Program provides assistance and friendship to seniors who have difficulty with their daily living tasks – helping them retain their independence rather than having to move to expensive institutionalized care. Senior Companions assist with chores such as paying bills, grocery shopping, and finding transportation to medical

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appointments. They usually serve two to four clients during their 15 to 40 hours of service each week. Senior Companions receive training in topics such as Alzheimer's disease, strokes, diabetes, and mental health.

Senior Swim at Beacon School:

The school opens its pool to seniors on MWF, 3:00-4:00 p.m. during the school year. There is a \$1.00 charge which goes to the life guard. There are also water exercises on M and F at 6:15p. m.

Silver Sneakers: An exercise program offered to those who have Medicare Advantage. Provides free membership at the Athens Community Center and Well-Works at Ohio University.

United Seniors of Athens County (Athens Community Center)

United Seniors is a private, not-for-profit, focal point, multi-purpose service provider for senior citizens sixty years old and older living in Athens County.

Services offered:

- Transportation
- Adult Day Services
- Supportive Services
- Socialization
- Information & Referral
- Health Assessment
- Outreach.

Programs (At the Athens Community Center):

- Crafts and Activities
- Senior Exercise Program: Tuesday 12:30-1:30 p.m. Exercise Room
- Blood pressure clinic on Wednesday from 12:30 to 1:30 p.m. Conference Room
- Line Dancing
 - Beginners: Tuesday and Thursday, 10:15 a.m. - 11:45 a.m. Exercise Room
 - Intermediate: Monday, Wednesday, Friday 10:15-11:45 a.m.
- World Walkers: Monday-Friday, 8:00 a.m. - 10:00 a.m. and 1:00 p.m. - 2:00 p.m.
- Senior Nutrition: Monday - Friday 11:30 a.m. Multipurpose Room C. Reservations are required; call 1-800-385-6813 at least one day in advance.
- Bridge: Tuesday 1:00 p.m. - 4:00 p.m.
- Euchre: Monday-Friday 9:00 a.m. -11:30 a.m.