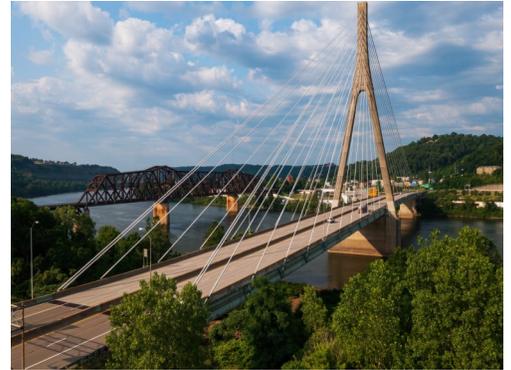


Our Place

of Jefferson County Inc.
ACTIVITY & RESOURCE CENTER ⁵⁰⁺

JANUARY 2025



Hello Everyone,

We hope every enjoyed Christmas and New Year and we are now preparing for an exciting 2025.

There will be a lot of information in the February Newsletter.

There is a very special monthly-affle for January. The winner will be drawn at the Valentine's party. Gary Grim crocheted a gorgeous throw. It will fit as a topper on a queen-size bed and Elba Hada made the cutest snowman. We have paired these items with an ottoman, candles and a valentine pillow. We are so blessed to have members with great talent and who are so giving. Thank you Gary & Elba.

Danielle from Sole Vitality will be having a Foot Clinic on Wednesday, January 15th. Please call her directly to make you appointment.

During the next few months, please stay safe. Check on your friends and if anyone needs assistance please call.

With your continued support we are going to have a fantastic 2025!

See you soon,
 Cynthia R. Morris
 Administrator

CONTACT US!

P.O. Box 524

235 N. Fourth St.

Steubenville, Ohio 43952

740-520-0120

ourplacejeffersoncounty.com



INSIDE THIS ISSUE

Birthdays & Parkinson's..... 02

Menu03

Activities-Events-Speakers ..04

Important Dates 05

Living-Learning-Sharing-Caring

Together As We Age

ACTIVITIES

BINGO

Every Tuesday & Thursday
12:15 pm - 1:30 pm

BINGOCIZE

3rd Wednesday, 10:00 am

BLOOD PRESSURE CLINIC

4th Tuesday of the month
Tuesday **10:30 am - 11:30 am**

CHAIR VOLLEYBALL

Every
Wednesday, **12:15 pm - 1:00 pm**

COFFEE CLUB SOCIAL

Every
Tuesday, **8:00 am - 10:00 am**

CRAFT CLASS

The 2nd, and 4th Wednesday,
9:30 am - 10:30 am

CROCHET SOCIAL

Every
Tues. - Wed. - Thurs. **9:00 am**

EUCHRE

Every
Wednesday **9:00 am**

EXERCISE CLASS

Every
Tuesday, **9:00 am - 10:00 am**
Thursday, **9:00 am - 10:00 am**

LINE DANCING

Every
Wednesday **12:30 pm - 1:30 pm**
Thursday **10:00 am - 11:00 am**

LUNCH

Tuesday, Wednesday & Thursday
11:30 am - 12:00 pm

BIRTHDAYS

2

Jan 1 Debbie Luvisi
Eliza McGowan
Joyce Summers
Mary Jay Van Dyne
Robert White
Jan 2 Marijean Benzel
Jan 5 Betty Bates
Jan 7 Chuck Denning
Ronald Thompson
Jan 9 Paul Swickard
Jan 14 Jeannette Ruiz
Jan 15 Ann Cash
Jan 17 Rose Walsh
Jan 19 Jack Billham
Kathy Hill
Betty Lou Tarr
Jan 20 Joyce DeStefano
Jan 21 Francesca Veltri
Jan 23 Karla Mitchell
Jan 25 Leanna Badu
Jan 28 Robert Malcom
Jan 29 David Miller

Parkinson's Support Group
Open to the public
Tuesday, January 14th @ 10

Our Place

of Jefferson County Inc.
ACTIVITY & RESOURCE CENTER⁵⁰⁺

235 N 4th Street, Steubenville
First Westminster Presbyterian Church

**Speaker: A pharmacist will be
providing information.**

Parkinson Program

Parkinson awareness has increased. Well-known individuals have reported being diagnosed, such as Robin Williams, Linda Ronstadt, Jane Reno, Pope John Paul II, Jesse Jackson, Billy Graham, Michael J. Fox, and Brett Favre. Management of Parkinson's is very important. Medical knowledge and caregiver support helps to manage the disease.

The Parkinson's Support Group that meets at "Our Place" meets the 2nd Tuesday of every month at 10 am. Speakers are provided by the Parkinson's Foundation of Western PA. Ideas are shared by caregivers. The public is invited to attend. Online resources are made available to anyone interested.

MENU JANUARY 2025

TUESDAY	WEDNESDAY	THURSDAY
<p>We are having a special monthly raffle. Make sure you get your tickets.</p>	<p>1 </p>	<p>2 CLOSED</p>
<p>7 Stuffed Shells Green Beans Fresh Italian Bread Warm Apple Crumble</p>	<p>8 Chicken Breast Stuffed with Cheddar, Mozzarella, Brie Cheese, Apples & Cranberries Rosemary Potatoes Cake</p>	<p>9 Pasta w/Meatballs Side Salad w/Tomato Italian Bread Pudding</p>
<p>14 Cheeseburger on Bun Lettuce & Tomato Tater Tots Fruit Cocktail</p>	<p>15 Sweet & Sour Chicken Rice Pilaf Asian Vegetables Peaches</p>	<p>16 Chili Baked Potato (Butter & Sour Cream) Cornbread - Ambrosia</p>
<p>21 Beef Patty w/Mushroom Gravy Mashed Potatoes Vegetable Medley Bread</p>	<p>22 Oven Fried Chicken Cole Slaw Roasted Potatoes Cake</p>	<p>23 Sloppy Joe on Bun Potatoes O'Brien Cauliflower w/Cheese Sauce Cookie</p>
<p>28 Hot Dog Bar French Fries - Baked Beans Apple Sauce Ice Cream</p>	<p>29 Stuffed Green Pepper Mashed Potato Carrots Pudding</p>	<p>30 Taco Salad (Lettuce-Tomato, Taco Meat, Sour Cream, Salsa) Tortilla Chips, Crackers Angel Food Cake</p>
<p>Please make your lunch reservations on the touch screen or call 740-520-0120. You may leave a message. Messages are delivered to our cell phones. Thank you</p>	<p> of Jefferson County Inc. ACTIVITY & RESOURCE CENTER⁵⁰⁺</p>	<p>**Menu is subject to change</p> <p>Did you renew your membership?</p> <p>Living-Learning-Sharing-Caring Together As We Age</p>

ACTIVITIES-EVENTS-SPEAKERS JANUARY 2025

TUESDAY	WEDNESDAY	THURSDAY
	<p>1</p> 	<p>2</p> <p>CLOSED</p>
<p>7</p> <p>8-10 Coffee/Crochet Social 9:00 Exercise 11:30 Lunch 12:15 Bingo</p>	<p>8</p> <p>8-10 Coffee/Crochet Social 9:00 Euchre 9:30 Craft Class 11:30 Lunch 12:15 Chair Volleyball 12:30 Line Dancing</p>	<p>9</p> <p>9:00 Exercise 10:00 Line Dancing 10:30-11:30 Library Bookmobile Eric Heaton 11:30 Lunch 12:15 Bingo - Michelle Howard Dixon Healthcare</p>
<p>14</p> <p>8-10 Coffee/Crochet Social 9:00 Exercise 10:00 Parkinson's Support Group Speaker with Parkinson's Foundation of Western PA 11:30 Lunch 12:15 Bingo</p>	<p>15</p> <p>8-10 Coffee/Crochet Social 9:00 Euchre 9:00 Sole Vitality Foot Clinic Call to make your appointment 740-296-3600 10:00 Bingocize 12:15 Chair Volleyball 12:30 Line Dancing</p>	<p>16</p> <p>9:00 Exercise Class 10:00 Line Dancing 10:00 Jefferson Co. Historical Museum - Linda Hilty 11:30 Lunch 12:15 Bingo</p>
<p>21</p> <p>8-10 Coffee/Crochet Social 9:00 Exercise 10:30-11:30 Blood Pressure Clinic Abby Manni Capital Health Home Care 11:30 Lunch 12:15 Bingo/Michael Vok The Laurels of Steubenville</p>	<p>22</p> <p>8-10 Coffee/Crochet Social 9:00 Euchre 9:30 Craft Class—Alisa Delguzzo Capital Health Nursing & Rehabilitation Centers 12:15 Chair Volleyball 12:30 Line Dancing</p>	<p>23</p> <p>9:00 Exercise Class 10:00 Line Dancing 11:30 Lunch 12:15 Bingo - Susan Tarr A&B/Diamond Pharmacies</p>
<p>28</p> <p>8-10 Coffee/Crochet Social 9:00 Exercise 11:30 Lunch 12:15 Bingo</p>	<p>29</p> <p>8-10 Coffee/Crochet Social 9:00 Euchre 10:00 Introduction & Registration for a certified Enhanced Wellness Class 12:15 Chair Volleyball 12:30 Line Dancing</p>	<p>30</p> <p>9:00 Exercise Class 10:00 Line Dancing 11:30 Lunch 12:15 Bingo</p>
<p>Please check in for events and programs on the touch screen.</p>	 <p>ACTIVITY & RESOURCE CENTER⁵⁰⁺</p>	<p>Living-Learning-Sharing-Caring Together As We Age</p>

Chili

\$8.00 per quart

Cornbread \$.50 each

Order deadline

Tuesday, January 14th

Pickup

Thursday, January 16th

(After Lunch)

*Return order form to
Lunch Registration Desk w/payment*



Bingocize

Bingocize is an evidence-based health promotion and health education program. It combines the game of bingo, exercise and health education. Those presenting the program must be certified trainers. Judy Owings from “Our Place and Marci Crawford from the “YMCA” are certified trainers and will be presenting the first session. These sessions will take place the third Wednesday of every month. Everyone can participate.

Come and “BINGOCIZE”!

Wednesday

January 29th @ 10:00

**Introduction &
Registration**

**Certified Enhanced
Wellness Class**



*January
Monthly Raffle*



Crocheted & Donated by:

Gary Grim

Afghan Throw

(will fit as a topper for a queen-size bed)

Snowman

Made & Donated by:

Elba Hada

Winner will be drawn at the Our Place Valentine Party