

Our Place

of Jefferson County Inc.
ACTIVITY & RESOURCE CENTER ⁵⁰⁺

OCTOBER 2024



Hello Everyone,

We extend our heartfelt thanks to everyone who contributed to the resounding success of our "Cheers" celebration. The Jefferson County Senior Coalition members did an outstanding job, as did those who managed table displays and games. We enjoyed the wonderful music by Rich Grimm and Ron Retzer, the delightful lunch from Classic Corner, and the traffic control provided by the Steubenville Police Department. Thank you to RSVP of Jefferson County for partnering with us. A special note of gratitude goes to our volunteers; your assistance with setting up, lending a hand where needed, and aiding in cleanup was invaluable.

Please check the activity page and flyers for more programs in October. With Medicare open enrollment here, we're dedicated to offering you all the necessary information. Look forward to two soup sales, a Halloween Party, and the return of Twice As Nice for an evening event.

The Senior Giving Tree program is launching. You're invited to nominate individuals and contribute in various ways. Details are available on the activity table.

A gentle reminder: please make your lunch reservations to ensure we have ample food for everyone.

Lastly, a big thank you to our members for renewing your memberships. Your support is crucial to our endeavors.

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



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Together As We Age

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 October, November and December at 10 am.

Everyone can participate.

Come and "BINGOCIZE"!

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.

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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 1st, 2nd, 4th and 5th
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

- Oct 6 Dorothy Farrister
- Oct. 8 Sharon Miller
- Oct. 10 Marcella Miller
Clarence Reitter
Alice Waller
- Oct. 12 Marilyn Izzi
- Oct. 16 Sallie Casteel
- Oct. 21 Connie Brant
- Oct. 22 Paul Grim
- Oct. 27 Frances Hubbard
- Oct. 30 Barbara Wukelic
Ed Smith



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ACTIVITIES-EVENTS-SPEAKERS OCTOBER 2024

TUESDAY	WEDNESDAY	THURSDAY
<p>1</p> <p>8-10 Coffee/Crochet Social 9:00 Exercise 11:30 Lunch 12:15 Bingo</p>	<p>2</p> <p>9:00 Euchre 9:30 Craft Class 11:30 Lunch 12:15 Chair Volleyball 12:30 Line Dancing</p>	<p>3</p> <p>9:00 Exercise 10:00 Line Dancing 10:30 - 11:30 Library Bookmobile Eric Heaton 11:30 Lunch 12:15 Bingo</p>
<p>8</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>9</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>10</p> <p>9:00 Exercise 10:00 Line Dancing 10:00 Jefferson Co. Historical Museum - Linda Hilty 11:30 Lunch 12:15 Bingo - Michelle Howard Dixon Healthcare</p>
<p>15</p> <p>8-10 Coffee/Crochet Social 9:00 Exercise 10:00 Soup's On! Class Audrey Haught OSU Extension Jefferson County 11:30 Lunch 12:15 Bingo</p>	<p>16</p> <p>8-10 Coffee/Crochet Social 9:00 Euchre 9:00 - 2:00 OSHIIP Medicare Counseling - Schedule your appt. or Part D Counseling only - Schedule your appt. 10:00 Bingocize 12:15 Chair Volleyball 12:30 Line Dancing</p>	<p>17</p> <p>9:00 Exercise Class 10:00 Line Dancing 11:30 Lunch 12:15 Bingo</p>
<p>22</p> <p>8-10 Coffee/Crochet Social 9:00 Exercise 10:00 Tracy McMenamon One Source Benefits Medicare Presentation 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>23</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>24</p> <p>9:00 Exercise Class 10:00 Line Dancing 11:30 Lunch 12:15 Bingo - Susan Tarr A&B/Diamond Pharmacies</p> <p>Twice As Nice 5:30—8:30</p>
<p>29</p> <p>8-10 Coffee/Crochet Social 9:00 Exercise 10:00 Soup's On! Class Audrey Haught OSU Extension Jefferson County 11:30 Lunch 12:15 Bingo</p>	<p>30</p> <p>8-10 Coffee/Crochet Social 9:00 Euchre 9:30 Craft Class 12:15 Chair Volleyball 12:30 Line Dancing</p>	<p>31</p> <p><i>Halloween Party</i> 10 - 1</p>
<p>Please check in for events and programs on the touch screen.</p>	<p><i>Our Place</i> of Jefferson County Inc. ACTIVITY & RESOURCE CENTER⁵⁰⁺</p>	<p>Living-Learning-Sharing-Caring Together As We Age</p>

MENU OCTOBER 2024

TUESDAY	WEDNESDAY	THURSDAY
<p>1</p> <p>Stuffed Shells Side Salad w/Tomato Green Beans Tropical Fruit Italian Bread</p>	<p>2</p> <p>Breaded Chicken Patty on Bun Lettuce & Tomato Scalloped Potatoes - Carrots Ice Cream Drumstick</p>	<p>3</p> <p>Meatball w/Provolone on Bun Parsley Potatoes Corn Cake</p>
<p>8</p> <p>Fried Chicken Sweet Potatoes Vegetable Medley Cookie - Bread</p>	<p>9</p> <p>Beef Patty w/Mushroom Gravy Mashed Potatoes Coleslaw - Warm Apples Bread</p>	<p>10</p> <p>Vegetable Lasagna Side Salad w/Tomato Ambrosia Bread</p>
<p>15</p> <p>Chicken w/Cavatappi Pasta Side Salad w/Tomato Broccoli - Sherbet Italian Bread</p>	<p>16</p> <p><i>Chili & Cornbread Sale</i> Chili Baked Potato w/Butter & Sour Cream Cornbread</p>	<p>17</p> <p>Meatloaf Mashed Potatoes w/Gravy Capri Vegetables Cake</p>
<p>22</p> <p>Chef Salad (Ham, Turkey, Cheese, Tomatoes) Cake</p>	<p>23</p> <p>Penne w/Meat Sauce Side Salad w/Tomato Vegetable Medley Cake - Italian Bread</p>	<p>24</p> <p><i>Beef Vegetable Soup Sale</i> Beef Vegetable Soup Chicken Salad on Bun Cottage Cheese w/Peaches Cake</p>
<p>29</p> <p>Chicken Stuffed w/Broccoli & Cheese Alfredo Sauce Roasted Potatoes Carrots—Bread</p>	<p>30</p> <p>Turkey & Cheese on Croissant Lettuce & Tomato Greek Salad Potato Chips Cookie</p>	<p>31</p> <p><i>Halloween Party</i> Cabbage Roll Mashed Potatoes Prince Charles Vegetables Pumpkin Roll</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 CENTER ⁵⁰⁺</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>

IMPORTANT DATES

Soup's On! Classes



SNAP-Ed is a free evidence-based educational program that helps individuals with healthy eating patterns, increase physical activity, and shopping tips on a budget.

Come join me, Audrey Haight, for Soup's On! program where we will discuss healthy eating patterns and saving money while we make a specific healthy warm soup for the cooler temperatures.

DATE: Every other Tuesday in October and November
TIME: 10:00 – 11:00 AM
LOCATION: Our Place



For more information contact:
 Audrey Haight, Program Assistant Jefferson/Harrison OSU Extension;
 740-461-6140; haught.96@osu.edu

THE OHIO STATE UNIVERSITY
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CFAES

October 15
 Energy Balance:
 Tuscan Soup

October 29
 Getting the Most Out
 of Your Money:
 Apple Corn Chili

November 12
 Fruits and
 Vegetables:
 Broccoli Potato Soup



CFAES provides research and related educational programs to individuals and communities across Ohio. For more information, visit ohioextension.osu.edu. All programs are provided on a nondiscriminatory basis. All rights reserved. © 2014 The Ohio State University.

Parkinson's Support Group Open to the public

Tuesday, October 8th @ 10

Our Place

of Jefferson County Inc.
 ACTIVITY & RESOURCE CENTER⁵⁰⁺

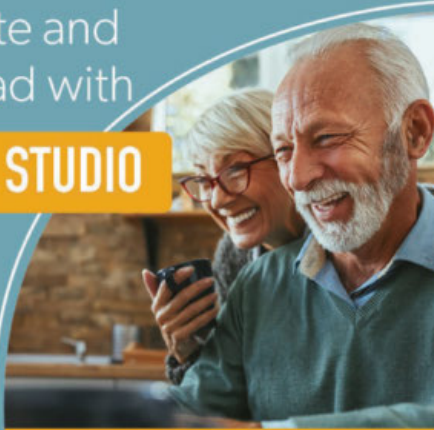
235 N 4th Street, Steubenville
 First Westminster Presbyterian Church

Speaker from:
Parkinson's Foundation of Western PA

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Chili

\$8.00 per quart

Cornbread \$.50 each

Order deadline

Monday, October 14th

Pickup

Wednesday, October 16th

(After Lunch)

Return order form to
Lunch Registration Desk w/payment



Beef Vegetable Soup

\$8.00 per quart

Order deadline

Tuesday, October 22nd

Pickup

Thursday, October 24th

(After Lunch)

Return order form to
Lunch Registration Desk w/payment



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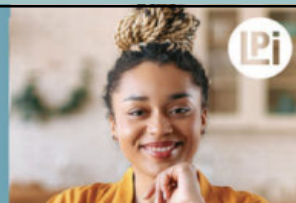


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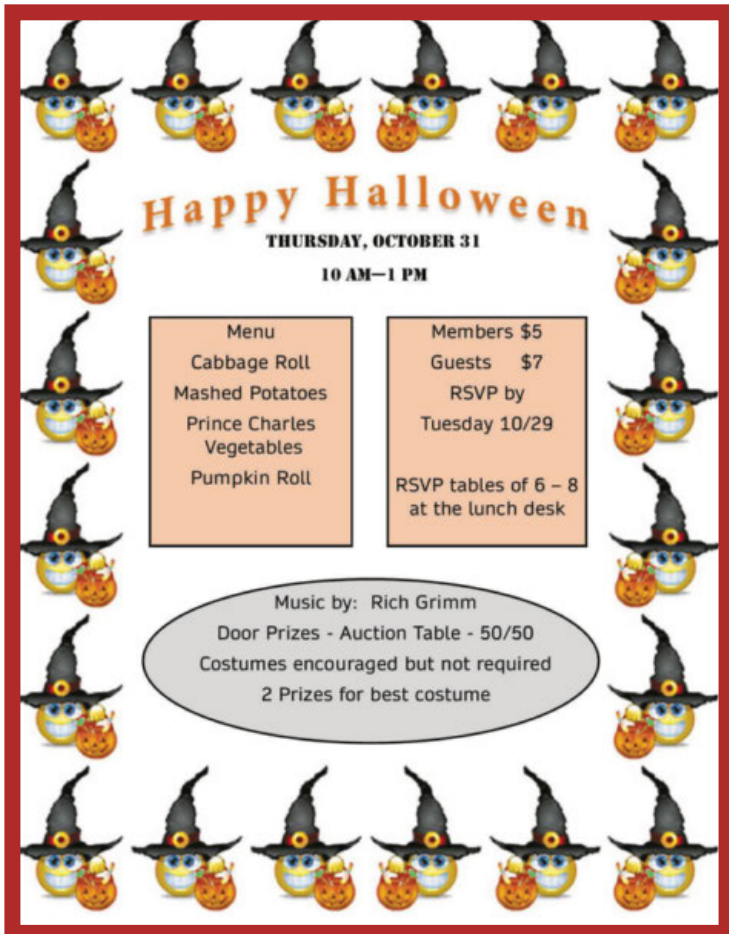
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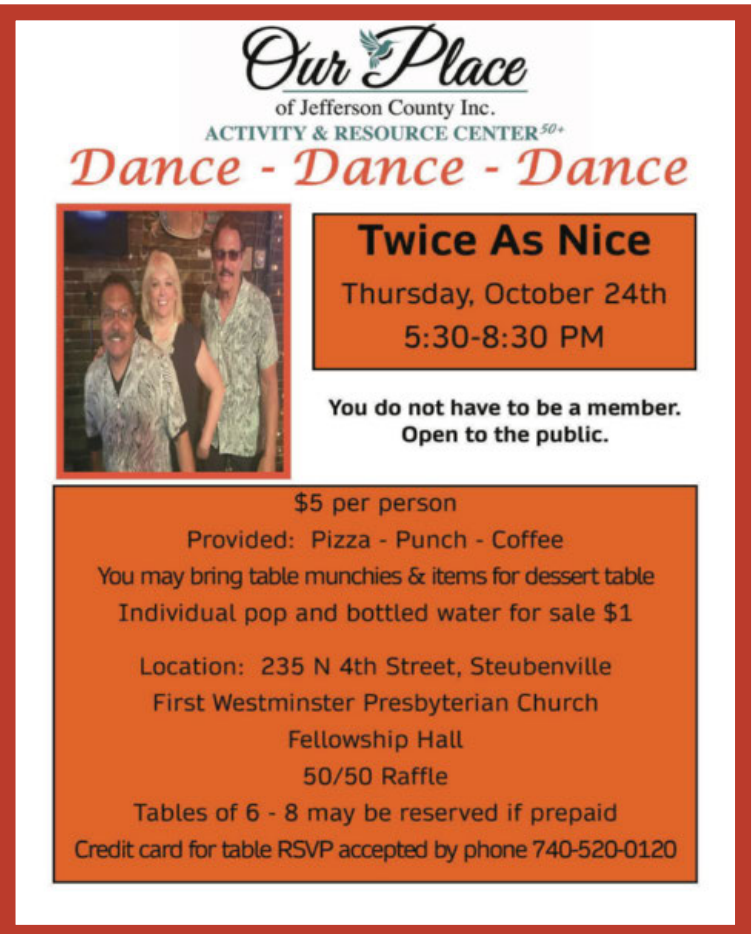
P.O. Box 524
Steubenville, Ohio 43952



Happy Halloween
THURSDAY, OCTOBER 31
10 AM-1 PM

Menu Cabbage Roll Mashed Potatoes Prince Charles Vegetables Pumpkin Roll	Members \$5 Guests \$7 RSVP by Tuesday 10/29 RSVP tables of 6 - 8 at the lunch desk
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Music by: Rich Grimm
Door Prizes - Auction Table - 50/50
Costumes encouraged but not required
2 Prizes for best costume



Our Place
of Jefferson County Inc.
ACTIVITY & RESOURCE CENTER⁵⁰⁺

Dance - Dance - Dance

Twice As Nice
Thursday, October 24th
5:30-8:30 PM

You do not have to be a member.
Open to the public.

\$5 per person
Provided: Pizza - Punch - Coffee
You may bring table munchies & items for dessert table
Individual pop and bottled water for sale \$1

Location: 235 N 4th Street, Steubenville
First Westminster Presbyterian Church
Fellowship Hall
50/50 Raffle

Tables of 6 - 8 may be reserved if prepaid
Credit card for table RSVP accepted by phone 740-520-0120