

Our Place

of Jefferson County Inc.
ACTIVITY & RESOURCE CENTER ⁵⁰⁺

SEPTEMBER 2024



Hello Everyone,

August was a fantastic month. We enjoyed our first evening dance and it was a hit with everyone. More events are on the way, so stay tuned.

September has shaped up to be quite busy. Make sure to look at the Activity Calendar and the flyers for more information.

We are having a grand celebration on September 19th at Jim Woods Park. We have partnered with RSVP to celebrate the older community. Our goal is to unite this remarkable group together through education, health awareness, social activities and community volunteering. Building friendships has no boundaries.

We're adding a competitive twist as well. If you've never tried chair volleyball, get ready for some fun! We will have the games starting at 10 am; bingo, chair volleyball, bowling and many more provided by our super supportive Jefferson County Senior Coalition members.

All attendees will receive a ticket in the drawing of door prizes. Participate or win in games to earn extra tickets.

Music will be provided by Rich Grimm and Ron Retzer. A lunch buffet will be provided at no charge. Upon arrival, please register and explore the informational tables available. Please RSVP @ the center or call 740-520-0120 (you may leave a message).

We are eagerly anticipating all the education and fun being offered during September and are planning for October.

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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Living-Learning-Sharing-Caring	
Together As We Age	

MENU SEPTEMBER 2024

TUESDAY	WEDNESDAY	THURSDAY
3 Breaded Chicken Breast w/Lettuce, & Tomato on Bun Parsley Potatoes - Carrots - Cookie	4 Tuna Salad on Bun - Cheesy Cauliflower Soup - Potato Chips (Soup Sale - See Flyer)	5 Penne w/Meat Sauce Side Salad w/Tomato Green Beans - Bread - Sherbet
10 Meatball w/Provolone on Bun Scalloped Potatoes - 3 Bean Salad Banana	11 Hot Dog Bar (all beef) Potato Wedges - Coleslaw Cake	12 Chicken Linguini Alfredo Side Salad w/Tomato - Ambrosia Italian Bread
17 Stuffed Pepper - Mashed Potatoes Vegetable Medley - Bread Tropical Fruit	18 Salad Bar (Lettuce, Spring Mix, Tomatoes, Eggs, Cheese, Olives, Croutons) - Ice Cream Bar	19 <p style="text-align: center;"><i>“Cheers”</i></p> (See flyer on page 5)
24 Cheeseburger on Bun - French Fries Cauliflower w/Cheese Sauce Cookie	25 Chicken Patty w/Mushrooms & Onions - Cheesy Potatoes Jello Parfait	26 Sweet Sausage w/Peppers & Onions on Bun - Sweet Potatoes Side Salad w/Tomato - Cake



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BINGO

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

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

Every
Wednesday, 9:30 am - 10:30 am

CROCHET SOCIAL

Every
Tuesday, 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

- Sept 1 Walter Knox
- Sept 2 Richard Cunningham
- Sept 5 Randy Bowers
Donna Lucas
- Sept 9 Jerry Williams
- Sept 10 Lloyd Moore
- Sept 14 Rebecca Swickard
- Sept 18 Norman Frey
- Sept 20 Gary Grim
- Sept 23 Barbara Lipscomb
- Sept 24 Bill Bell
- Sept 26 Stew Moore
- Sept 27 Jeannie Marcott
- Sept 29 Bonnie See



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ACTIVITIES-EVENTS-SPEAKERS SEPTEMBER 2024

TUESDAY	WEDNESDAY	THURSDAY
<p>3</p> <p>8-10 Coffee Club Social 9:00 Exercise 10:00 "Meals in a Mug" Audrey Haught OSU Extension Jefferson County 11:30 Lunch 12:15 Bingo</p>	<p>4</p> <p>9:00 Euchre 9:00 Crochet Social 9:30 Craft Class 11:30 Lunch 12:15 Chair Volleyball 12:30 Line Dancing</p>	<p>5</p> <p>9-12 CHANGE, Inc. -Mobile Medical Unit 9:00 Exercise 10:00 Line Dancing 10:30 - 11:30 Library Bookmobile Eric Heaton 11:30 Lunch 12:15 Bingo</p>
<p>10</p> <p>8-10 Coffee Club Social 9:00 Exercise 10:00 Parkinson's Support Group Speaker with Parkinson's Foundation Western PA 11:30 Lunch 12:15 Bingo</p>	<p>11</p> <p>9:00 Euchre 9:00 Crochet Social 9:30 Craft Class 11:30 Lunch 12:15 Chair Volleyball 12:30 Line Dancing</p>	<p>12</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>17</p> <p>8-10 Coffee Club Social 9:00 Exercise 10:00 "Meals in a Mug" Audrey Haught OSU Extension Jefferson County 11:30 Lunch 12:15 Bingo</p>	<p>18</p> <p>9:00 Euchre 9:00 Crochet Social 9:30 Craft Class 11:00—11:30 Chris Oris Valley Hospice - Palliative Care 12:15 Chair Volleyball</p>	<p>19</p> <p>9:00 Exercise Class 10:00 Line Dancing 11:30 Lunch 12:15 Bingo - Dan Curtis SouthernCare Hospice Services</p>
<p>24</p> <p>8-10 Coffee Club Social 9:00 Exercise 10:00 "Meals in a Mug" Audrey Haught OSU Extension Jefferson County 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>25</p> <p>9:00 Euchre 9:00 Crochet Social 9:30 Craft Class—Alisa Delguzzo Capital Health Nursing & Rehabilitation Centers 10:00 OSHIIP –See Flyer 12:15 Chair Volleyball 12:30 Line Dancing</p>	<p>26</p> <p>9:00 Exercise Class 10:00 - 12:00 Flu Shots Susan Tar A&B/Diamond Pharmacies 10:00 Line Dancing 11:30 Lunch 12:15 Bingo - Susan Tarr A&B/Diamond Pharmacies</p>

Thank you for providing valuable information and programs.

- A & B/Diamond Pharmacies - Susan Tarr
- Capital Health Home Care - Abby Manni
- Capital Health Nursing & Rehabilitation Centers - Alisa Delguzzo
- CHANGE, Inc. - Mobile Medical Unit
- Dixon Healthcare - Michelle Howard
- Jefferson County Historical Museum - Linda Hilty
- Jefferson County Library - Eric Heaton
- Laurels of Steubenville - Michael Vok
- Ohio Senior Health Insurance Information Program (OSHIIP) - Susan Saunders
- Ohio State University Extension Jefferson & Harrison County - Audrey Haught
- Parkinson's Foundation of Western PA
- SouthernCare Hospice - Dan Curtis
- Valley Hospice - Chris Orris

Cheers

Food!

Games!

Door Prizes!

Live Music

Rich Grimm 12-2

Ron Retzer 2-4

TO OUR FRIENDS

A SENIOR CELEBRATION!

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

 **RSVP**
AmeriCorps
Seniors

SEPTEMBER

19TH

Rain date:
September 20th.

10:00 A.M. - 4 P.M.

**JIM WOODS PARK
230 CANTERBURY BLVD.
STEUBENVILLE, OH**

R.S.V.P. to: 740-520-0120

Our Place & RSVP are uniting the older population through education, health awareness, socialization and volunteering.

Come celebrate with us!

Informational tables, games, bingo, catered lunch, door prizes, & live music.

Come join us & make new friends. We are strong together.

IMPORTANT DATES

Meals In A Mug 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 Meals in a Mug program where we will discuss healthy eating patterns and saving money while we make a specific single serving meals. Bring your own mug; one will be provided if needed.

DATE: Tuesday, Sept. 3rd, 10th, & 24th
TIME: 10:00 – 11:00 AM
LOCATION: Our Place



- CFAES
- September 3**
Cheesecake in a Mug
It's All About Sugar
 - September 10**
Angel Food Cake and Berries in a Mug
Getting the Most for Your Money
 - September 24**
Chocolate Zucchini Mug Cake
Fruit and Vegetables at ANY Budget



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

THE OHIO STATE UNIVERSITY
 COLLEGE OF FOOD, AGRICULTURAL,
 AND ENVIRONMENTAL SCIENCES

Cheesy Cauliflower Soup

\$8.00 per quart

Order deadline

Thursday, August 29th

Pickup

Wednesday, September 4th

(After Lunch)

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

Our Place

of Jefferson County Inc.
 ACTIVITY & RESOURCE CENTER⁵⁰⁺

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Parkinson's Support Group
Open to the public
Tuesday, Sept. 10th @ 10 am

Our Place

of Jefferson County Inc.
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235 N 4th Street, Steubenville
First Westminster Presbyterian Church

Speaker from:
Parkinson's Foundation of Western PA



IT'S THAT TIME OF YEAR AGAIN!!!!

SUSAN TARR WITH A&B PHARMACY WILL BE HERE ON
SEPTEMBER 26TH FROM 10-12 GIVING FLU VACCINES.

PLEASE MAKE SURE YOU BRING ALL OF YOUR
INSURANCE CARDS WITH YOU ALONG WITH YOUR
RED, WHITE, AND BLUE (MEDICARE CARD).

*Please register at the Activity Table
or call 740-520-0120
(you may leave a message).*

Open to the public!

LET'S GROW YOUR BUSINESS

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CONTACT ME
Teresa Perkins

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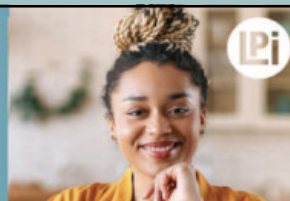
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**Department of
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Senior Health Insurance Information Program

Join Us!
For Our FREE

Medicare Checkup Event!

- Review and compare 2025 Part D plans
- Review and compare Medicare Advantage
- Learn ways to save on Rx and Medicare costs

Where:

**Our Place Senior Center
235 North 4th Street
Steubenville, OH 43952**

When:

September 25, 2024 at 10:00 AM

Find out how the Oct 15 - Dec 7 Medicare Open Enrollment Period can work for you. Get tips on how to enroll for 2025 coverage in a Medicare prescription drug plan (Part D) and/or a Medicare health plan. See if you qualify to SAVE an average of \$5,000 on your prescription drug costs.

Questions?

Call OSHIIP **800-686-1578**