



Our Place of Jefferson County

ACTIVITY & RESOURCE CENTER 50+



MAY 2024

Hello Everyone,

We're thrilled to announce that this is the first month for our newsletter delivery. We appreciate your patience in making this valuable service possible. Over the coming months, we anticipate refining the format to best meet our needs.

April was a bustling month. We've initiated support for two locations in developing their programs, now including Your Place T R Y (Tiltonsville, Rayland, Yorkville) and Your Place Brilliant.

May promises a blend of excitement and learning at Our Place. The Tri-State Community Band is set to perform on May 5th at 3:00 pm. Our 'Meal in a Mug' program will take place every Tuesday. AAA will host an Identity Theft presentation on May 8th. We're also welcoming a special guest to speak at our Parkinson's Support Group. Additionally, the YMCA is sponsoring a Senior Wellness Expo on May 22nd, and we're eagerly anticipating our "First Anniversary Celebration" on May 16th.

A group of our members attended the informative Living Well Parkinson's Conference in Pittsburgh. It was very educational, and of course fun. The following day, Our Place and the YMCA were certified in Parkinson's boxing and it will be offered soon.

We're diligently planning new programs for June. Should you desire more information on a particular topic, we invite your suggestions.

Please take time this Memorial Day to remember all men and woman we have lost to protect our freedom.

We are always here for you!

Sincerely,
Cynthia R. Morris, Administrator

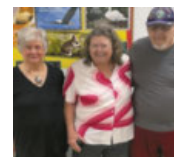


CONTACT US!

P.O. Box 524 | 235 N. Fourth St.
Steubenville, Ohio 43952

740-520-0120

ourplacejeffersoncounty.com



Your Place
TRY
Tiltonsville, Rayland, Yorkville



Your Place
Brilliant

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Open to the Public



1 Year Anniversary
Open House
Thursday, May 16, 2024
10 am—1 pm

Buffet 11:00—12:30
Hot Dog—Hamburger
Cheesy Potatoes
Baked Beans, Cake

Games—Prizes
Door Prizes
Music By: Rich Grimm

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OVER 35 YEARS EXPERIENCE



ACTIVITIES

BINGO

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

BLOOD PRESSURE CLINIC

Every
 Tuesday **10:30 am - 11:15 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, **10:00 am - 10:30 am**
 Thursday, **9:00 am - 10:00 am**

HOLISTIC WELLNESS

Every Tuesday, **10:30 am - 11:00 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


May 1	Stephanie Wendell
May 2	Judy Owings
May 4	James Mitchell
May 5	Antionietta Bozzelli Carol Ely
May 10	Mary Forster
May 12	Joyce Dobbs
May 14	Donna Farmer Laura Mamula
May 16	Rosemary O'Brien
May 19	Karen Krause Terry Mamula Bert Moore Clara Morris Jeri Schaefer
May 21	Cynthia Morris
May 22	Bert Burnstein
May 27	Donald Herbst
May 29	Jaye Hockenberry



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PROGRAMS & SEMINARS

TRI-STATE COMMUNITY BAND
 Sunday, 05/05/24 3:00 pm



Everyone is Invited

Tri State Community Band Concert

Sunday, May 5th 2024
 3pm

Location

Our Place
 of Jefferson County, Inc.
 Activity & Resource Center

First Westminister Presbyterian Church
 235 N 4th Street
 Steubenville OH, 43952

AAA
 05/08/24 10:00 am

You're invited to attend an

ID THEFT PREVENTION & SAFETY TIPS PRESENTATION

Wednesday, May 8, 2024
 10:30 AM

Our Place Activity & Resource Center
First Westminister Presbyterian Church
 235 N. 4th Street, Steubenville, OH

You will learn:

- What Identity Theft is
- How thieves can steal your identity
- How to prevent Identity Theft
- Additional safety tips

Presented by **AAA East Central**

For more information call
740-282-4591.




MEALS IN A MUG
 05/07/24 10:00 am

Meals In A Mug Classes




CFAES

May 7
 Food Resources: Scrambled Egg

May 14
 Fruit and Vegetables: Blueberry Muffins

May 21
 Whole Grains: French Toast

May 28
 MyPlate: Mac n Cheese

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: Every Tuesday in May
TIME: 9:00 – 10:00 AM
LOCATION: Our Place

Start simple with MyPlate



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

YMCA SENIOR WELLNESS EXPO
 05/22/24 10:00 am - 1:00 pm



Senior Wellness Expo
 YMCA Wellness Center at St. John Arena

Event Details

- ACTIVITIES
- REFRESHMENTS
- DEMOS & SCREENINGS
- OTHER COMMUNITY ORGANIZATIONS

Wednesday, May 22nd 10:00 AM – 1:00 PM
FREE – OPEN TO THE PUBLIC

YMCA Wellness Center
 3151 Johnson Rd,
 Steubenville, OH 43952

740-264-7183 ohiovalleyymca.org

TUESDAY	WEDNESDAY	THURSDAY
	<p>1</p> <p>Chicken Stir-Fry over Noodles Stir-Fry Vegetables Warm Peaches Bread</p>	<p>2</p> <p>Salad Bar (Lettuce—Spring Mix—Tomatoes—Cheese Eggs—Onions—Black Olives Croutons Bread Stick</p>
<p>7</p> <p>Breaded Chicken Breast on Bun with Lettuce & Tomato Rosemary Potatoes Vegetable Medley Ice Cream Bar</p>	<p>8</p> <p>Vegetable Lasagna Salad w/Tomato Ambrosia Italian Bread</p>	<p>9</p> <p>Sloppy Joe on Bun Steak Fries Carrots Vanilla or Chocolate Pudding</p>
<p>14</p> <p>Penna Pasta w/Meatball Salad w/Tomato Green Beans Italian Bread</p>	<p>15</p> <p>Chicken & Dumplings Mixed Vegetables Greek Salad Pears</p>	<p>16 ANNIVERSARY PARTY</p> <p>Hamburger on Bun Hot Dog on Bun Cheesy Potatoes Baked Beans Cake</p>
<p>21</p> <p>Grilled Chicken Breast w/Peppers & Onions Parsley Potatoes Broccoli Bread</p>	<p>22</p> <p>CLOSED</p> <p>COME VISIT US @ YMCA Senior Wellness Expo</p>	<p>23</p> <p>Open Face Warm Shaved Beef Mashed Potatoes & Gravy Capri Vegetables Bread Banana</p>
<p>28</p> <p>Taco Salad (Lettuce-Tomato-Onions- Cheese & Taco Meat) Sour Cream—Salsa Tortilla Chips Brownie</p>	<p>29</p> <p>Kielbasa Haluski Green Beans Fruit Cocktail Bread</p>	<p>30</p> <p>Chicken Stuffed w/Broccoli & Cheese Alfredo Sauce Red-Skinned Mashed Potatoes Peas Bread</p>
<p>Lunch is by reservation. Reserve at touch screen or call 740-520-0120 and leave a message.</p>	 <p>OLDER AMERICANS MONTH</p> <p>POWERED BY CONNECTION: MAY 2024</p>	<p>Lunch is served 11:30—12:00 \$3 per person</p> <p>Menu is subject to change</p>

6 COMMUNITY INVOLVEMENT

SYNA
Holistic Wellness
 Every Tuesday
 10:30 am

CHANGE, Inc.
Mobile Clinic
 Thursday, May 2nd
 9am-Noon

CHANGE, Inc.
Aimee Livingston
 Thursday, May 2nd
 10:30—11:30 am

Public Library of Steubenville & Jefferson County Bookmobile
 Thursday, May 2nd
 10:30

Dealing with Isolation & Loss
Pam Cox
 Wednesday, May 8th.
 10:00 am

Parkinson's Support Group
 Special Guest
 Wednesday, May 8th.
 1:00 pm

Jefferson County Historical Museum
Linda Hilty
 Thursday, May 9th.
 10:00 am

Dixon Healthcare
Michelle Howard
 Thursday, May 9th.
 Noon

Valley Hospice Services
Chris Orris
 Wednesday, May 15th.
 10:30 am

Capital Health Nursing & Rehabilitation Centers
Alisa Delguzzo
Craft Class
 Wednesday, May 15th
 9:30 am

A&B/Diamond Pharmacies
Susan Tarr
 Thursday, May 23rd
 Noon

Sole Vitality
Danielle Wharton
Foot Care Clinic
 Wednesday, May 29th
 By Appointment
 Call 740-296-3600

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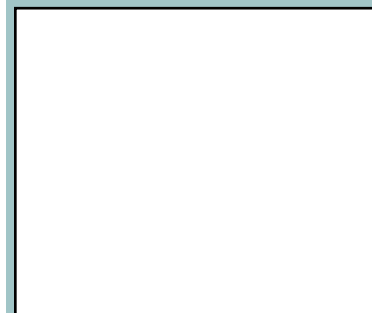
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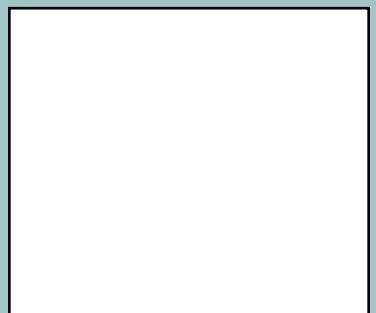
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Wednesday, May 8th @ 1 pm—Open to the public

Challenges of Parkinson’s discussed and information on new medication now available.

“ Parkinson’s cannot hold back a person’s determination. ”
 —John, living with Parkinson’s for 12 years

Together, we strive to make every day icONic

Stay connected at BeicONicwithPD.com 

Every day, we’re inspired by the determination and spirit of people with Parkinson’s disease (PD) as they strive to live their lives to the fullest.

That’s why at Supernus, we’re committed to:

- Sharing the icONic voices of people with PD
- Partnering with the PD community
- Bringing innovative PD treatments to the market

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Teresa Perkins

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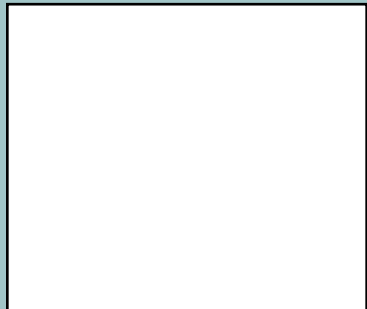
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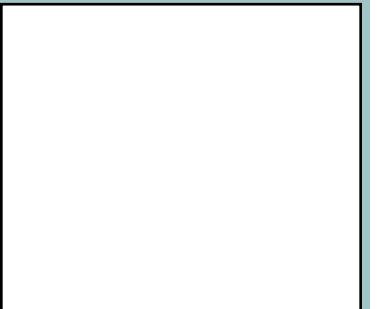


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MAY 2024 ACTIVITIES-EVENTS-SPEAKERS

TUESDAY	WEDNESDAY	THURSDAY
	<p>1 9:00 Euchre 9:00 Crochet Social 9:30 Craft Class 11:30 Lunch 12:15 Chair Volleyball 12:30 Line Dancing</p>	<p>2 9:00 Exercise Class 9-Noon CHANGE, Inc. Mobile Clinic 10:00 Line Dancing 10:30 CHANGE, Inc. Aimee Livingston 10:30 Bookmobile 11:30 Lunch 12:15 Bingo</p>
<p>7 8-10 Coffee Club Social 9:00 Meal In a Mug 10:00 Exercise 10:30 Holistic Wellness Ralph Petrella 11:30 Lunch 12:15 Bingo</p>	<p>8 9:00 Euchre 9:00 Crochet Social 9:30 Craft Class 10:00 Dealing w/Isolation & Loss Pam Cox 10:30 AAA Identity Theft 11:30 Lunch 12:15 Chair Volleyball 12:30 Line Dancing 1:00 Parkinson's Support Group</p>	<p>9 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>14 8-10 Coffee Club Social 9:00 Meal In a Mug 10:00 Exercise 10:30 Holistic Wellness Ralph Petrella 11:30 Lunch 12:15 Bingo</p>	<p>15 9:00 Euchre 9:00 Crochet Social 9:30 Craft Class- Alisa Delguzzo Capital Health Nursing & Rehabilitation Centers 10:30 Valley Hospice - Chris Orris 11:30 Lunch 12:15 Chair Volleyball 12:30 Line Dancing</p>	<p>16 9:00 Exercise 10:00 Line Dancing 11:30 Lunch 12:15 Bingo - Dan Curtis SouthernCare Hospice Services</p>
<p>21 8-10 Coffee Club Social 9:00 Meal In a Mug 10:00 Exercise 10:30 Holistic Wellness Ralph Petrella 11:30 Lunch</p>	<p>22 CLOSED COME VISIT US @ YMCA Senior Wellness Expo</p>	<p>23 9:00 Exercise 10:00 Line Dancing 11:30 Lunch 12:15 Bingo - Susan Tarr A&B/Diamond Pharmacies</p>
<p>28 8—10 Coffee Club Social 9:00 Meal In a Mug 10:00 Exercise 10:30 Holistic Wellness Ralph Petrella 11:30 Lunch 12:15 Bingo</p>	<p>29 8:30– 1:30 Foot Care Clinic Sole Vitality - Danielle Warren 9:00 Euchre 9:00 Crochet Social 9:30 Craft Class 11:30 Lunch 12:15 Chair Volleyball 12:30 Line Dancing</p>	<p>30 9:00 Exercise 10:00 Line Dancing 11:30 Lunch 12:15 Bingo</p>