

Our Place

of Jefferson County Inc.
ACTIVITY & RESOURCE CENTER⁵⁰⁺

APRIL 2025



Hello Everyone,

The Enhanced Fitness and Bingocize classes are expanding and offer wonderful benefits to participants while also being enjoyable. We are eagerly looking forward to the introduction of 2 new classes, "Rock Steady Boxing" and "DrumFit". The line dancing class is continuously growing, and it's heartwarming to see participants forming new friendships while staying active together. The Salad Series is beginning on April 15th. Don't miss it, the salads sound delicious. Pam's famous chicken noodle soup is the soup of the month, don't forget to place your order.

The St. Patrick's Day Party was a joyous occasion attended by many, and we were delighted to have Hannah from WTOV9 with Hannah's Heroes visit us. Members provided such humbling feedback, and I am truly grateful for your continued support and participation. Each and every one of you make my job easy. The success of Our Place is attributed to each one of you.

As April has arrived, please remember to register for all classes, lunch, and the upcoming April Showers party. Your registration is essential for us to prepare adequately and ensure everyone has a great experience.

We are excitedly planning our 2nd anniversary party, scheduled for Thursday, May 13th, and it promises to be a memorable celebration.

This month, we will conduct a couple of surveys to better serve you and learn about your preferences for program expansion. Your input means the world to us.

The first survey is available on the Activity Table, with a box provided for completed surveys. We are interested in knowing how you would like to receive your newsletter—whether by email, text, or hard copy via mail. You may also call 740-520-0120 and leave a voice mail with your name and choice.

Finally, thank you to everyone for your unwavering support and to our incredible volunteers. We appreciate all that you do and cherish the community we've built together.

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

Coming Soon to the YMCA

“Rock Steady Boxing” for people diagnosed with Parkinsons

Marci Crawford, Director of the YMCA and Judy Owings, Health Educator of Our Place have been certified to supervise and teach the Parkinson’s boxing classes. They will be assisted by Randy Beagle from Our Place who is a retired physical therapist. The classes will be led by trained professionals who understand the complexities of the disease. The classes will provide a social and supportive environment. This is a way of empowering through movement. Activities like “shouting” for soft voice syndrome and stretching for muscle stiffness will help people get their physical and mental courage back.

The classes are for both men and women.

The dates have not been set but will be publicized as soon as the equipment arrives. More than 60,00 people a year are diagnosed with Parkinson’s Disease. The Tri-State area is a hot spot for the number of people diagnosed. These activities help to improve the Parkinson’s symptoms for those who stick with it.

Parkinson patients and families are encouraged to attend our educational support group meetings the 2nd Tuesday of every month. Speakers are provided by the Parkinsons Foundation of Western Pennsylvania.



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BINGO

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

Wednesday, 12:15 pm - 1:00 pm

COFFEE CLUB SOCIAL

Tuesday, 8:00 am - 10:00 am

CRAFT CLASS

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

CROCHET SOCIAL

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

EUCHRE

Wednesday 9:00 am

ENHANCED FITNESS CLASS CLASS

@ Our Place

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

@ YMCA

Saturday, 10:00 am - 11:00 am

LINE DANCING

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

LUNCH

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

April 1	Sharon Grim
April 3	Bobbie Koltz
	Lola Swanagan
April 5	John Sims
April 6	Ginny Reynolds
April 12	Rich Grimm
April 14	Claudia Dorich
	Gene Viola
April 15	Mary Murphy
	Candi Murphy
April 17	Faye Jones
April 20	Susie Eft
	Diane Reese
	Sandy Rollo
April 23	John Slivka
April 29	Claudia Bell

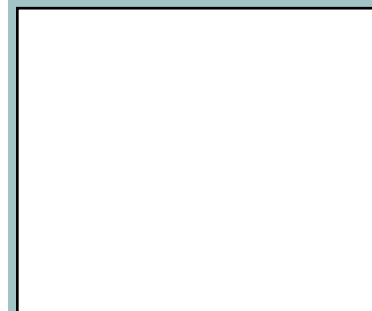


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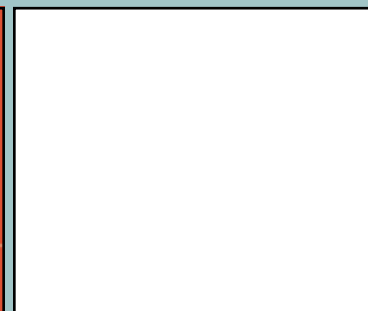


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ACTIVITIES-EVENTS-SPEAKERS APRIL 2025

TUESDAY	WEDNESDAY	THURSDAY
1 8-10 Coffee/Crochet Social 9:00 Enhanced Fitness Class 11:30 Lunch 12:15 Bingo	2 8-10 Coffee/Crochet Social 9:00 Euchre 10:00 DrumFit 11:30 Lunch 12:15 Chair Volleyball 12:30 Line Dancing	3 9:00 Enhanced Fitness Class 10:00 Line Dancing 10:30 - 11:30 Eric Heaton Jefferson County Bookmobile 10:30 - 11:30 Heritage Complete Home Care - Michelle Paulowski
8 8-10 Coffee/Crochet Social 9:00 Enhanced Fitness Class 10:00 Parkinson's Support Group Speaker with Parkinson's Foundation of Western PA 11:30 Lunch 12:15 Bingo	9 8-10 Coffee/Crochet Social 9:00 Euchre 9:30 Craft Class 11:30 Lunch 12:15 Chair Volleyball 12:30 Line Dancing	10 9:00 Enhanced Fitness Class 10:00 Line Dancing 10:00 Jefferson Co. Historical Museum - Linda Hilty 11:30 Lunch 12:15 Bingo
15 8-10 Coffee/Crochet Social 10:00 Audrey Haught 9:00 Enhanced Fitness Class 11:30 Lunch 12:15 Bingo	16 8-10 Coffee/Crochet Social 9:00 Euchre 10:00 Bingocize 12:15 Chair Volleyball 12:30 Line Dancing	17 9:00 Enhanced Fitness Class <i>April Showers Party</i>
22 8-10 Coffee/Crochet Social 9:00 Enhanced Fitness Class 10:00 Audrey Haught 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	23 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	24 9:00 Enhanced Fitness Class 10:00 Line Dancing 11:30 Lunch 12:15 Bingo - Susan Tarr A&B/Diamond Pharmacies
29 8-10 Coffee/Crochet Social 9:00 Enhanced Fitness Class 11:30 Lunch 12:15 Bingo	30 8-10 Coffee/Crochet Social 9:00 Euchre 12:15 Chair Volleyball 12:30 Line Dancing	1 9:00 Enhanced Fitness Class 10:00 Line Dancing 11:30 Lunch 12:15 Bingo
Enhanced Fitness Class Saturdays @ 10:00 at the YMCA Please check in for events and programs on the touch screen.	 <p>Our Place of Jefferson County Inc. ACTIVITY & RESOURCE CENTER ⁵⁰⁺</p>	Living-Learning-Sharing-Caring Together As We Age

Visit our new website
OurPlaceJeffersonCounty.com

DrumFit

This class is a rhythm-based fitness program combining physical exercise, cognitive stimulation and emotional uplifting workout

When: The first Wednesday of the month

Time: 10:00 - 11:00

Limited to 10 participants.

Please register to guarantee a drum!

Parkinson's Support Group

Open to the public

Tuesday, April 8th @ 10

Our Place

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235 N 4th Street, Steubenville
First Westminster Presbyterian Church

Speaker: Medtronic
Deep Brain Simulation (DPS) &
a new form of treatment

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Salad Series



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 the Spring and Summer Salad Series where we will discuss healthy eating patterns. In each class, we will make a specific salad in which you will be able to try.

DATE: Tuesdays
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



CFAES

Tuesday, April 15
Topic – Build a Better Plate
Salad – Spinach Pasta Salad

Tuesday, April 22
Topic – Whole Grains for Healthy Patterns
Salad – Asparagus, Feta, and Couscous Salad



CELEBRATE PLATE provides research and evidence-based information to help you make healthy choices. For an accessible format, visit celebrateplate.org.

Chicken Noodle Soup

\$8.00 per quart

Order deadline

Monday, April 22nd

Pickup

Thursday, April 24th

(After Lunch)

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

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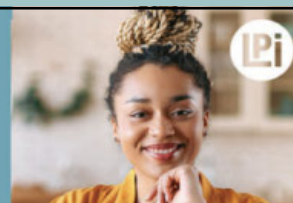


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Music **50/50**

Auction Table **Monthly Raffle**

April Showers
Thursday, April 17th
10 - 1

Members \$5
Guests \$7
RSVP by Tuesday
April 15th

Menu:
Salad Bar
Iceberg & Spring
Mix Lettuce, Cheese,
Onions, Olives, Eggs
Mini-Croissants
Ham Salad
Chicken Salad
Assorted Dessert
Bar