

Our Place

of Jefferson County Inc.
ACTIVITY & RESOURCE CENTER⁵⁰⁺

NOVEMBER 2025



Hello Everyone,

We must acknowledge the great job done on the parking lot. If you haven't been downtown in the evening, the lights in the parking lot are great. Landscaping and the new fence are being completed. We sincerely appreciate all of the hard work by First Westminster and the contractors along with your patience during the project.

We participated in the WTOV9 Fall Senior Expo, meeting many people and explaining our program. Thank you to the Our Place Line Dancers and our chair volleyball team for demonstrating some of our activities. We would also like to thank all of our members for participating. We had a great showing and you were able to enjoy the day filled with information and fun.

November 12th, Suresh Srinivasan, MD, Pain Management Physician will be returning with a presentation on spinal cord stimulation. Please arrive by 10:45.

Our Thanksgiving luncheon will be Thursday, November 20th from 10 - 1. Once again we must tell you how thankful we are for all of you and enjoy everything we do together.

We will be closed November 25th—27th to enjoy Thanksgiving with our families and will be ready to see you on Tuesday, December 2nd.

Our Christmas dinner will be held on Thursday, December 18th. This is a party you don't want to miss. Watch for more information.

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	



November 1 Joanne Llewellyn	November 11 Sheila Hanlin Mary Ann Tegano	November 25 Shirley Guida
November 4 Jodi Russell Mary Alice Wukilic	November 17 Ron Hada	November 26 Robert Comisso Pat Polen
November 5 Mary Simpson	November 18 Sondra Pompa	Lester Stuckemeyer
November 9 Sharon Mack Pam Thomas	November 21 Ruth Dearth	November 29 Nancy Ramsey
	November 22 Judy Keenan	November 30 Yolanda Ayala
	November 23 Janice Diekmann	Eileen Reilly

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ACTIVITIES—HOLIDAY SAFETY

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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
10:30 am - 11:30 am

CHAIR VOLLEYBALL

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

COFFEE SOCIAL

Monday & Tuesday
8:00 am - 10:00 am

CRAFT CLASS

The 2nd Wednesday,
9:30 am - 10:30 am

EUCHRE

Wednesday **9:00 am**

FITNESS CLASS/DRUM

CARDIO

Tuesday & Thursday
9:30 am - 10:30 am

LINE DANCING

Wednesday **12:15 pm - 1:30 pm**
Thursday **10:15 am - 11:00 am**

LUNCH

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

Tai Chi

1st & 4th Wednesday, 10:00 am

HOLIDAY SAFETY

- Be aware of your surroundings while shopping.
- Make sure you secure your home by locking doors and using timers for lights.
- It is also important to practice fire safety by keeping decorations away from heat sources and never leave cooking unattended.
- Shop smart, shop with a friend if possible, never shop alone.
- Secure your belongings. Don't carry large amounts of cash. Also keep your wallet in a front pocket or hold your purse close to you.



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ACTIVITIES-EVENTS-SPEAKERS NOVEMBER 2025

TUESDAY	WEDNESDAY	THURSDAY
4 8-10 Coffee Social 9:30 Fitness Class / Cardio Drumming 11:30 Lunch 12:15 Bingo	5 8-10 Coffee Social 9:00 Euchre 9:00 Healthy Juicing w/Susan Tarr A&B/Diamond Pharmacy 10:00 Tai Chi with Robert Bucey 11:30 Lunch 12:15 Chair Volleyball 12:15 Line Dancing	6 9:30 Fitness Class 10:15 Line Dancing 11:30 Lunch 12:15 Bingo - Rachel McCoy Sienna Skilled Nursing & Rehabilitation Center
11 8-10 Coffee Social 9:30 Fitness Class / Cardio Drumming 10:00 Parkinson's Support Group 11:30 Lunch 12:15 Bingo - Michelle Howard SouthernCare Hospice	12 8-10 Coffee Social 9:00 Euchre 9:30 Craft Class 10:00 Abbott Presentation Lasting Pain Relief Suresh Srinivasan, MD 11:30 Lunch 12:15 Chair Volleyball 12:15 Line Dancing	13 9:30 Fitness Class 10:00 Jefferson Co. Historical Museum - Linda Hilty 10:15 Line Dancing 10:30 - 11:30 Eric Heaton Jefferson County Bookmobile 11:30 Lunch 12:15 Bingo
18 8-10 Coffee Social 9:30 Fitness Class / Cardio Drumming 11:30 Lunch 12:15 Bingo - Michael Vok Laurels of Steubenville	19 8-10 Coffee Social 9:00 Euchre 9 - 10 Born to Bingo 10:00 Bingocize 11:30 Lunch 12:15 Chair Volleyball 12:15 Line Dancing	20 <i>Thanksgiving with Friends</i>
25 <i>Closed</i>	26 <i>Closed</i>	27 <i>Happy Thanksgiving</i>
Please check in for events and programs on the touch screen.	 of Jefferson County Inc. ACTIVITY & RESOURCE CENTER ⁵⁰⁺	Living-Learning-Sharing-Caring Together As We Age

MENU NOVEMBER 2025

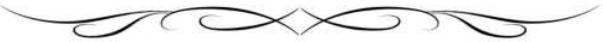
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TUESDAY	WEDNESDAY	THURSDAY
4 Chicken Linguini Alfredo Side Salad w/Tomato Green Beans Bread—Cookie	5 BBQ Beef on Bun Cheesy Mashed Potatoes Coleslaw Warm Apple Crumble	6 Meat Loaf Mashed Potatoes w/Gravy Carrots Bread - Ambrosia
11 All Beef Hot Dog/Bun Potatoes O'Brien Baked Beans Cookie	12 Chicken Cobbler Applesauce Bread Carmel Flan	13 Taco Salad Lettuce - Tomato - Onion (Cheese - Taco Meat) Salsa - Sour Cream Tortilla Chips - Chips
18 Meatball w/Cheese on Bun Roasted Potatoes Broccoli & Cauliflower Jello Parfait	19 Stuffed Shells Salad w/Tomato Vegetable Medley Bread Sherbet	20 <i>Thanksgiving with Friends</i> Turkey - Stuffing Mashed & Sweet Potatoes Prince Edward Vegetables Dinner Roll - Pumpkin Pie
25 <i>Closed</i>	26 <i>Closed</i>	27 <i>Happy Thanksgiving</i>
<u>December 2</u> Cheeseburger on Bun French Fries Vegetable Medley Cookie	<u>December 3</u> Fried Chicken Breast on Bun w/Lettuce & Tomato Roasted Potatoes Carrots - Pudding	<u>December 4</u> Vegetable Lasagna Side Salad w/Tomato Cake
 of Jefferson County Inc. ACTIVITY & RESOURCE CENTER <small>50+</small>		


Parkinson's Support Group
Open to the public
Tuesday, November 11th @ 10

of Jefferson County Inc.
ACTIVITY & RESOURCE CENTER⁵⁰⁺
235 N 4th Street, Steubenville
First Westminster Presbyterian Church

Speaker: Tim Collins
PHD Gerontology



What is CBD?

Another name for CBD is Cannabitol. All 50 states have laws legalizing CBD with varying degrees of restrictions. CBD has been found helpful in treating chronic conditions. Various studies are underway to understand how CBD can be useful in many medical conditions.

It is important you talk to your medical doctor if you are taking CBD or wish to take it as there are side affects.

The Parkinson's Support Group will have Dr. Jim Collins addressing this topic at the November Support Group meeting.

Please come and learn about CBD.

Open to the public.



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DON'T GO BROKE IN A
NURSING HOME!!

DON'T LET LONG TERM CARE
COSTS BANKRUPT YOU AND
YOUR FAMILY!!

Be here on **Wednesday 11-5-25 at 11AM** to
learn how to protect your hard earned
assets even at the last minute!!

Howard W. (Trey) Peterson III

Elder Law and Crisis Nursing home Planning
740-346-9031



FEATURING

Spinal Cord Stimulation (SCS)
Therapy

- An established therapy used for over 50 years, SCS therapy intercepts pain signals providing long term relief for people with chronic pain such as Diabetic Neuropathy, Radiculopathy, CRPS, and Chronic Low Back Pain.

DATE:
November 12th 2025

TIME:
11:00 am

LOCATION:
Our Place
235 N Fourth St.
Steubenville, OH 43952

SPEAKER:



Suresh Srinivasan, MD
Pain Management Physician
Trinity Health System

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P.O. Box 524
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Thanksgiving With Your Friends

- 50/50 Raffle
- Auction Table
- Games
- Music

Thursday
November 20th

10 - 1
Member \$5
Guests \$7

Menu

Coleslaw
Turkey & Stuffing
Mashed & Sweet Potatoes
Prince Edward Vegetables
Dinner Rolls
Pumpkin Pie w/Whipped Cream

RSVP by Tuesday, November