

Our Place

of Jefferson County Inc.
ACTIVITY & RESOURCE CENTER⁵⁰⁺



Dear Members, Families, and Friends,

Happy New Year to all our wonderful members! January is a time for fresh starts, new opportunities, and renewed energy. As we turn the page to 2026, let's embrace the spirit of hope and possibility that this season brings. Whether you're making resolutions or simply taking things day by day, remember: every moment is a chance to grow and connect.

Each day offers us a blank canvas. Let's fill it with laughter, friendship, and memories. Thank you for making our activity & resource center a place of warmth and joy. Here's to a year filled with happiness and health!"

As we welcome January, let's believe in ourselves and the possibilities ahead. Together, we make every day brighter.

Would you like to get involved? We are seeking volunteers. Your time and talents make a difference!

Let's work together to get through the winter months. Here are a few tips.

- Stay active and engaged—movement and conversation are wonderful for body and soul.
- Keep warm with layers, nutritious meals, and hot beverages.
- Reach out if you're feeling isolated—our team and members are here for each other.

We're excited for all the adventures this year will bring. Thank you for being part of our vibrant, caring community. Here's to new experiences, friendships, and the joy of sharing life together!

Wishing you a happy, healthy January!

See you soon,
Cynthia R. Morris
Administrator

JANUARY 2026

CONTACT US!

P.O. Box 524
235 N. Fourth St.
Steubenville, Ohio 43952
740-520-0120
ourplacejeffersoncounty.com



INSIDE THIS ISSUE

| | |
|--|----|
| Birthdays | 02 |
| Activities / Reminders | 03 |
| Activities-Events-Speakers .. | 04 |
| Menu | 05 |
| Avoid Scams / Parkinson's Support Group | 06 |
| Soup Sale / Cognitive Exercises | 07 |
| Safe Driving Tips | 08 |
| Living-Learning-Sharing-Caring Together As We Age | |



| | | |
|-------------------|------------------|----------------|
| January 1 | January 14 | January 23 |
| James Karamolis | Jeannette Ruiz | Karla Mitchell |
| Debbie Luvisi | January 15 | Brenda Taylor |
| Elizabeth McGowan | Ann Cash | January 25 |
| Joyce Summers | January 17 | Leanna Badu |
| Mary Joy VanDyne | Rose Walsh | January 28 |
| Robert White | January 19 | Robert Malcolm |
| January 2 | Jack Billham | January 29 |
| Marijean Benzel | Kathy Hill | David Miller |
| January 7 | Betty Lou Tarr | |
| Chuck Denning | January 20 | |
| Ronald Thompson | Joyce DeStefano | |
| January 9 | January 21 | |
| Paul Swickard | Francesca Veltri | |

*Happy New
Year!*

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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

Important Reminders:

- Please reserve for lunch & parties**
- Check the "Activity Table" for local events and information**
- Enter phone number for Our Place phone calls into your phone contacts**

740-520-0120

- Enter phone number for Our Place text messages into your phone contacts**

855-920-2881



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ACTIVITIES-EVENTS-SPEAKERS JANUARY 2025

| TUESDAY | WEDNESDAY | THURSDAY |
|---|---|---|
| 6 8-10 Coffee Social 9:30 Fitness Class 11:30 Lunch 12:15 Bingo | 7 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 11:00 Avoid Being Victim of a Scam Steubenville Police Department 11:30 Lunch 12:15 Chair Volleyball 12:15 Line Dancing | 8 9:30 Fitness Class / Cardio Drumming 10:15 Line Dancing 11:30 Lunch 12:15 Bingo - |
| 13 8-10 Coffee Social 9:30 Fitness Class 11:30 Lunch 12:15 Bingo - Michelle Howard SouthernCare Hospice | 14 8-10 Coffee Social 9:00 Euchre 9:30 Craft Class Kathryn Daubenmeyer Dixon Healthcare Center 11:30 Lunch 12:15 Chair Volleyball 12:15 Line Dancing | 15 9:30 Fitness Class / Cardio Drumming 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 |
| 20 8-10 Coffee Social 9:30 Fitness Class 11:30 Lunch 12:15 Bingo - Michael Vok Laurels of Steubenville | 21 8-10 Coffee Social 9:00 Euchre 10:00 Bingocize 11:30 Lunch 12:15 Chair Volleyball 12:15 Line Dancing | 22 9:30 Fitness Class / Cardio Drumming 10:15 Line Dancing 11:30 Lunch 12:15 Bingo - Rachel McCoy Sienna Skilled Nursing & Rehabilitation Center |
| 27 8-10 Coffee Social 10:00 Blood Pressure Clinic Melinda Burdick Capital Health Nursing & Rehabilitation Centers 9:30 Fitness Class 11:30 Lunch | 28 8-10 Coffee Social 9:00 Euchre 9 - 10 Born to Bingo 10:00 Tai Chi with Robert Bucey 11:30 Lunch 12:15 Chair Volleyball 12:15 Line Dancing | 29 9:30 Fitness Class / Cardio Drumming 10:15 Line Dancing 11:30 Lunch 12:15 Bingo |
| Please check in for events and programs on the touch screen. | | Living-Learning-Sharing-Caring Together As We Age |

MENU JANUARY 2026

5

| TUESDAY | WEDNESDAY | THURSDAY |
|---|--|--|
| 6 Kielbasa Sauerkraut Mashed Potatoes Applesauce Bread—Cake | 7 Sloppy Joe on Bun Scalloped Potatoes Coleslaw Cookie | 8 Sweet & Sour Chicken Rice Pilaf Asian Vegetables Peaches |
| 13 Chicken Linguini Alfredo Side Salad w/Tomato Warm Peach Crumble Bread | 14 Taco Salad (Lettuce, Tomato, Cheese, Taco Meat) Sour Cream-Salsa Chips - Pudding | 15 <i>Soup Sale</i> Turkey & Cheese Croissant Beef Vegetable Soup Warm Apple Crumble |
| 20 Cabbage Roll Mashed Potatoes Carrots Warm Spiced Applesauce Bread | 21 Spaghetti w/Meatsauce Side Salad w/Tomato Bread Cake | 22 All Beef Hot Dog Tater Tots Baked Beans Cookie |
| 27 Meatball w/Cheese on Bun Garlic Mashed Potatoes Green Beans Jello | 28 Chicken Tenders w/ Dips French Fries 3-Bean Salad Cookie | 29 Chicken Cobbler Applesauce Bread Cookie |
| <i>Happy New Year!</i> |  of Jefferson County Inc. ACTIVITY & RESOURCE CENTER ⁵⁰⁺ | |



AVOID BEING A VICTIM OF A SCAM

Wednesday, January 7, 2025
11:00 am

Parkinson's Support Group

Open to the public

Tuesday, January 13th @ 10

Our Place

of Jefferson County Inc.
ACTIVITY & RESOURCE CENTER⁵⁰⁺

Speaker
Robert Bucey
Parkinson's Boxing Class

235 N 4th Street, Steubenville
First Westminster Presbyterian Church



SUPPORT THE ADVERTISERS
that Support our Community!

Beef Vegetable Soup

\$8.00 per quart

Order deadline

Tuesday, January 13th

Pickup

Thursday, January 15th

(After Lunch)

Return order form to
Lunch Registration Desk w/payment

Our Place

of Jefferson County Inc.
ACTIVITY & RESOURCE CENTER ⁵⁰⁺

Benefits of cognitive exercises for seniors
by Regency Health Care

The benefits of incorporating cognitive exercises into daily routines for older adults are significant:

- **Improved Memory:** Regular engagement in memory games can enhance recall and retention abilities.
- **Enhanced Attention:** Activities such as puzzles train the mind to focus and improve concentration.
- **Better Problem-Solving Skills:** New skills, like learning a language, can boost critical thinking and decision-making abilities.
- **Social Engagement:** Participating in group activities fosters social connections, reducing feelings of isolation, which can negatively impact cognitive health.
- **Emotional Well-being:** Hobbies that involve creativity, such as painting or storytelling, promote mental health and emotional stability.

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A few tips for safe driving provided by Health In Aging

- **Seat belts save lives** Buckle up before starting the car.
- **Mute your cell phone** Talking or texting while driving distracts you from the road and other vehicles. Leave your cell phone on silent, and do not answer it while you're driving.
- **Do not eat while driving** Eating can also distract you while driving.
- **Limit distractions** Listening to music or audio books or even chatting with your passengers can distract some older drivers.
- **Drive during daylight as much as possible** Older adults, even those with good vision, can experience visual problems at night. General darkness and glare from oncoming headlights make it more difficult to see.
- **Avoid driving in bad weather** Rain, snow, fog and other hazardous conditions can be especially dangerous for older drivers. Let the bad weather clear before you get on the road.
- **Choose safer routes** Try to avoid highways that have ramps, which can be dangerous for older drivers. It's better to go a little out of your way to avoid difficult intersections and turns.
- **Try to drive when there's less traffic** Peak rush hour traffic can be stressful for all drivers. Try to limit driving to those times when traffic is lighter.
- **Know your medications** Some medications can make you feel drowsy and less alert than usual, or can affect reaction time and other attention issues. Some prescriptions may warn against driving while taking the medication. Review your medications.