

# *Our Place*

of Jefferson County Inc.  
**ACTIVITY & RESOURCE CENTER** <sup>50+</sup>

**JANUARY 2026**



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



## **CONTACT US!**

**P.O. Box 524**

**235 N. Fourth St.**

**Steubenville, Ohio 43952**

**740-520-0120**

**[ourplacejeffersoncounty.com](http://ourplacejeffersoncounty.com)**



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Living-Learning-Sharing-Caring  
Together As We Age



January 1

James Karamolis  
Debbie Luvisi  
Elizabeth McGowan  
Joyce Summers  
Mary Joy VanDyne  
Robert White

January 2

Marijean Benzel

January 7

Chuck Denning  
Ronald Thompson

January 9

Paul Swickard

January 14

Jeannette Ruiz

January 15

Ann Cash

January 17

Rose Walsh

January 19

Jack Billham

Kathy Hill

Betty Lou Tarr

January 20

Joyce DeStefano

January 21

Francesca Veltri

January 23

Karla Mitchell

Brenda Taylor

January 25

Leanna Badu

January 28

Robert Malcolm

January 29

David Miller

*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

1<sup>st</sup> & 4<sup>th</sup> 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
- Enter phone number for Our Place text messages into your phone contacts


**740-520-0120**

**855-920-2881**



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LOCALLY**

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# ACTIVITIES-EVENTS-SPEAKERS JANUARY 2025

TUESDAY	WEDNESDAY	THURSDAY
<b>6</b> 8-10 Coffee Social 9:30 Fitness Class 11:30 Lunch 12:15 Bingo	<b>7</b> 8-10 Coffee Social 9:00 Euchre 9:00 <b>Healthy Juicing w/Susan Tarr A&amp;B/Diamond Pharmacy</b> 10:00 <b>Tai Chi with Robert Bucey</b> 11:00 <b>Avoid Being Victim of a Scam Steubenville Police Department</b> 11:30 Lunch 12:15 Chair Volleyball 12:15 Line Dancing	<b>8</b> 9:30 Fitness Class / Cardio Drumming 10:15 Line Dancing 11:30 Lunch 12:15 Bingo -
<b>13</b> 8-10 Coffee Social 9:30 Fitness Class 11:30 Lunch 12:15 Bingo - <b>Michelle Howard SouthernCare Hospice</b>	<b>14</b> 8-10 Coffee Social 9:00 Euchre 9:30 Craft Class <b>Kathryn Daubenmeyer Dixon Healthcare Center</b> 11:30 Lunch 12:15 Chair Volleyball 12:15 Line Dancing	<b>15</b> 9:30 Fitness Class / Cardio Drumming 10:00 <b>Jefferson Co. Historical Museum - Linda Hilty</b> 10:15 Line Dancing 10:30 - 11:30 <b>Eric Heaton Jefferson County Bookmobile</b> 11:30 Lunch 12:15 Bingo
<b>20</b> 8-10 Coffee Social 9:30 Fitness Class 11:30 Lunch 12:15 Bingo - <b>Michael Vok Laurels of Steubenville</b>	<b>21</b> 8-10 Coffee Social 9:00 Euchre 10:00 Bingocize 11:30 Lunch 12:15 Chair Volleyball 12:15 Line Dancing	<b>22</b> 9:30 Fitness Class / Cardio Drumming 10:15 Line Dancing 11:30 Lunch 12:15 Bingo - <b>Rachel McCoy Sienna Skilled Nursing &amp; Rehabilitation Center</b>
<b>27</b> 8-10 Coffee Social 10:00 Blood Pressure Clinic <b>Melinda Burdick Capital Health Nursing &amp; Rehabilitation Centers</b> 9:30 Fitness Class 11:30 Lunch	<b>28</b> 8-10 Coffee Social 9:00 Euchre 9 - 10 <b>Born to Bingo</b> 10:00 <b>Tai Chi with Robert Bucey</b> 11:30 Lunch 12:15 Chair Volleyball 12:15 Line Dancing	<b>29</b> 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.	 <b>ACTIVITY &amp; RESOURCE CENTER<sup>50+</sup></b>	<b>Living-Learning-Sharing-Caring Together As We Age</b>

# MENU JANUARY 2026

5

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

## AVOID BEING A VICTIM OF A SCAM



Wednesday, January 7, 2025  
11:00 am

Parkinson's Support Group

**Open to the public**

Tuesday, January 13<sup>th</sup> @ 10

*Our Place*

of Jefferson County Inc.  
ACTIVITY & RESOURCE CENTER<sup>50+</sup>

**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 13<sup>th</sup>

*Pickup*

Thursday, January 15<sup>th</sup>

*(After Lunch)*

Return order form to  
Lunch Registration Desk w/payment

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## 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.

## LET'S GROW YOUR BUSINESS

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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.