

Our Place

of Jefferson County Inc.
ACTIVITY & RESOURCE CENTER⁵⁰⁺

MAY 2025



Hello Everyone,

We are so excited for May. It marks our second anniversary and what a great two years it has been. We hope to see you at our party on Thursday, May 15th.

May is Older Americans Month with a theme of "Flip The Script On Aging". We definitely do that at Our Place. Watching the participation in all of our activities is proof that older adults are remaining active, engaged, and are full of energy. Let's continue the great work.

The new exercise classes, Enhanced Fitness and DrumFit, are filled with enthusiasm and are steadily growing.

The Salad Series class by Audrey Haught with SNAP-ED has been very well received. You learn a great deal about healthy eating habits and shopping on a budget all while having a great time.

We will be closed on Wednesday, May 21st so we are able to participate in the Senior Extravaganza at the YMCA. We hope to see you there.

Chris Orris with Valley Hospice will be back on Wednesday, May 28th with the "Clapper" game. This will be from 11:00 - 11:30. Please be on time to learn valuable information, win prizes and have some fun.

On Memorial Day please take the time to remember the true meaning. Thank you to all who gave the ultimate sacrifice. God Bless America!

We are having a very special raffle this month. Do you want to win \$1000.00 in groceries? Get ready to buy your tickets!

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

May 1 Stephanie Wendell
 May 2 Judy Owings
 May 5 Antonietta Bozzelli
 Carol Ely

May 6 Bonnie Courtney
 May 12 Joyce Dobbs
 Glenda Matheson

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 25 George Uselton

May 26 Phyllis Starr
 May 27 Donald Herbst
 May 29 Jaye Lynn
 Hockenberry



Parkinson's Support Group

Open to the public

Tuesday, May 13th @ 10

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235 N 4th Street, Steubenville
 First Westminster Presbyterian Church
 Speaker: Blueberry Pharmacy



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ACTIVITIES - SOUP SALE

3

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

LUNCH

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

Cheesy Cauliflower Soup

\$8.00 per quart

Order deadline

Tuesday, May 27th

Pickup

Thursday, May 29th

(After Lunch)

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

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ACTIVITIES-EVENTS-SPEAKERS MAY 2025

TUESDAY	WEDNESDAY	THURSDAY
		1 9:00 Enhanced Fitness Class 10:15 Line Dancing 10:30 - 11:30 Eric Heaton Jefferson County Bookmobile 10:30 - 11:30 Heritage Complete Home
6 8-10 Coffee/Crochet Social 9:00 Enhanced Fitness Class 10:00 Audrey Haught - Salad Series 11:30 Lunch 12:15 Bingo	7 8-10 Coffee/Crochet Social 9:00 Euchre 10:00 DrumFit 11:30 Lunch 12:15 Chair Volleyball 12:315Line Dancing	8 9:00 Enhanced Fitness Class 10:15 Line Dancing 10:00 Jefferson Co. Historical Museum - Linda Hilty 11:30 Lunch
13 8-10 Coffee/Crochet Social 9:00 Enhanced Fitness Class 10:00 Parkinson's Support Group Speaker - Blueberry Pharmacy 11:30 Lunch 12:15 Bingo	14 8-10 Coffee/Crochet Social 9:00 Euchre 9:00 Sole Vitality - Danielle Wharton By Appointment 9:30 Craft Class 11:30 Lunch 12:15 Chair Volleyball 12:15 Line Dancing	15 9:00 Enhanced Fitness Class <i>2nd Anniversary</i> <i>Party</i> 10 - 1
20 8-10 Coffee/Crochet Social 10:00 Audrey Haught - Salad Series 9:00 Enhanced Fitness Class 11:30 Lunch 12:15 Bingo	21 <i>Closed</i> YMCA Senior Extravaganza See you there!	22 9:00 Enhanced Fitness Class 10:15 Line Dancing 11:30 Lunch 12:15 Bingo - Susan Tarr A&B/Diamond Pharmacies
27 8-10 Coffee/Crochet Social 9:00 Enhanced Fitness Class 10:00 Audrey Haught - Salad Series 10:30-11:30 Blood Pressure Clinic Abby Manni Capital Health Home Care 11:30 Lunch 12:15 Bingo/ Michael Vok	28 8-10 Coffee/Crochet Social 9:00 Euchre 9:30 Craft Class— Alisa Delguzzo Capital Health Nursing & Rehabilitation Centers 11:00 Valley Hospice - Chris Orris "Clapper Gane" starts @ 11:00 12:15 Chair Volleyball	29 9:00 Enhanced Fitness Class 10:15 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.		Living-Learning-Sharing-Caring Together As We Age

TUESDAY	WEDNESDAY	THURSDAY
		1 Chicken Parmigiana Spaghetti w/Sauce Side Salad w/Tomato Banana
6 Stuffed Pepper Mashed Potatoes Carrots Bread, Cookie	7 Taco Salad (Lettuce, Tomato, Cheese, Taco Meat, Onion) Salsa, Sour Cream Tortilla Chips, Ambrosia	8 Chicken Salad on Bun Tomato Soup w/Crackers Cottage Cheese w/Peaches
13 Sloppy Joe on Bun Haluski Carrots Ice Cream Bar	14 Chicken Linguini w/Alfredo Sauce Side Salad w/Tomato Green Beans Italian Bread	15 <i>2ND ANNIVERSARY PARTY</i> <u>Buffet</u> Cheeseburgers, Hot Dogs, Baked Beans, 3-Bean Salad, Pasta Salad, Potato Chips, Dessert Bar
20 Fried Chicken Coleslaw Watermelon Bread	21 Closed YMCA Senior Extravaganza See you there!	22 Salad Bar Lettuce, Spring Mix, Cheese, Eggs, Onions, Olives Cake
27 Grilled Chicken Breast on Bun Lettuce, Tomato French Fries, Pudding	28 Roast Beef Mashed Potatoes, Gravy Vegetable Medley Bread, Cookie	29 <i>Soup Sale</i> Cheesy Cauliflower Soup Turkey & Cheese on Bun Lettuce & Tomato
Please make your lunch reservations on the touch screen or call 740-520-0120 . You may leave a message. Messages are delivered to our cell phones. Thank you		**Menu is subject to change Did you renew your membership? Living-Learning-Sharing-Caring Together As We Age

DRUMFIT - SOLE VITALITY



DrumFit

This class is a rhythm-based fitness program combining physical exercise, cognitive stimulation and emotional uplifting workout
The first Wednesday of the month at 10 am



**Sole Vitality
Senior Foot Care Clinic**



**Next Clinic Scheduled For: May 14th, 2025
Location: Our Place of Jefferson County
Time: Starting at 9:00 a.m.**

Your 30-Minute Session includes:

- Full assessment and inspection of the feet
- Trimming, thinning, and filing of the toenails
- Thinning and filing of rough skin, corns, and calluses
- Management of in-grown toenails and reduction of thick or fungal nails
- Moisturizer, if chosen to end the service

Cost: \$30- can be paid in cash, check, or card. Payment due at the time of service (this avoids unknown bills from insurance).

To schedule your foot care session call us at Sole Vitality today!

Phone: 740-296-3600

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Enhanced Fitness Class
Tuesdays & Thursdays @ Our Place 9am
Saturdays @ YMCA 10am

Salad Series

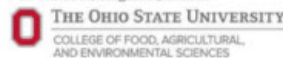


SNAP-Ed is a free evidence-based educational program that helps individuals with healthy eating patterns, increase physical activity, and shopping tips on a budget.
Come join me, Audrey Haight, for the Spring and Summer Salad Series where we will discuss healthy eating patterns. In each class, we will 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, May 6
Topic - Maximize
Nutrient Density
Salad -
Strawberries,
White Bean and
Edamame

Tuesday, May 20
Topic - Creative
Cooking with
Grains
Salad - Tabbouleh



CFAES provides research and educational programs to OSU Extension in a nonexclusive way. For more information, visit ohioextension.osu.edu. For an accessible format of this publication, visit ohioextension.osu.edu.

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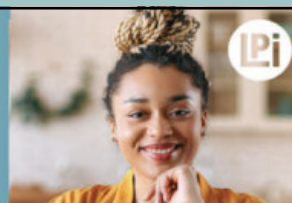
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2nd Anniversary Party
Thursday, May 15, 2025

Lunch Buffet

Cheeseburgers - Hot Dogs - Baked Beans
Pasta Salad - 3-Bean Salad - Potato Chips
Assorted Desserts - Beverages

Music - Games - Photo Booth

RSVP by Tuesday, May 13th

Members \$5

Guests \$7



FLIP THE SCRIPT