

Our Place

of Jefferson County Inc.
ACTIVITY & RESOURCE CENTER⁵⁰⁺

SEPTEMBER 2025



Hello Everyone,

August was a very exciting month for us.

First Westminster held their annual golf outing (POGO) and we benefitted from the Corporate and Hole Sponsorships. We were blessed to receive over \$10,000.00. A huge thank you to all of the sponsors for participating in this awesome event and a very special thank you to First Westminster Presbyterian Church for including us, giving us a home and for having faith in what we do. We are beyond appreciative.

There are 2 companies coming in September to discuss open enrollment for Medicare and begin answering questions. Make sure you take advantage of meeting with them to learn as much as possible so you are able to make a well-informed decision about your coverage.

Tai Chi by Robert Bucey was a hit and he will be coming back on the 1st and 4th Wednesdays of the each month beginning in September. Come to a class and learn the benefits of Tai Chi.

Our September party is on Thursday the 18th with rsvp due on Tuesday the 16th. We are going to have a great time, so make sure you reserve.

The "monthly raffle" is back so get your ticket for the cutest scarecrow sitting on a bale of hay and a talking pumpkin.

Mark your calendar with these important dates:

Thursday, October 30 - Halloween Party
Thursday, November 20 - Thanksgiving Luncheon
Closed November 25, 26, and 27 (Happy Thanksgiving)

See you soon,
Cynthia R. Morris
Administrator



CONTACT US!

P.O. Box 524

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Steubenville, Ohio 43952

740-520-0120

ourplacejeffersoncounty.com



INSIDE THIS ISSUE

Birthdays & Party.....02

Activities03

Activities-Events-Speakers04

Menu05

Parkinson's & Soup Sale06

Health Benefits of Tai Chi.....07

Healthy Aging Month.....08

Living-Learning-Sharing-Caring

Together As We Age



September 1	Walter Knox
September 2	Richard Cunningham
September 4	Tina Hurst
September 6	Donna Lucas
September 9	Jerry Williams
September 14	Becky Swickard
September 18	Norman Frey
September 19	Dora Oiler
September 20	Gary Grim
September 22	Sharon Diamond
September 23	Barb Lipscomb
September 24	Bill Bell
September 26	Stew Moore
September 27	Jeannie Marcott



September 18, 2025

10 - 1

Members \$5

Quests \$7

RSVP by Tuesday, September 16th

Menu

Salad Bar
Pasta Bar
Dessert Bar

Music by: Rich Grimm

50/50 Raffle

Auction Table

Door Prizes



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BINGO

Tuesday & Thursday

12:15 pm - 1:30 pm

BINGOCIZE

3rd & 5th 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 Wednesday,

9:30 am - 10:30 am

CROCHET SOCIAL

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

DRUM FITNESS

1st Wednesday, 10:00 am

EUCHRE

Wednesday 9:00 am

FITNESS CLASS

Tuesday, 9:30 am - 10:30 am

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

Move More, Sit Less

This recommendation from health.gov is based on evidence that shows a strong positive relationship between increased sedentary behavior and increased risk of mortality, heart disease, and high blood pressure.

All physical activity, especially moderate-to-vigorous activity, can help offset these risks. Even for inactive adults, replacing sedentary behavior with light-intensity physical activity is likely to produce some health benefits.



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ACTIVITIES-EVENTS-SPEAKERS SEPTEMBER 2025

TUESDAY	WEDNESDAY	THURSDAY
2 8-10 Coffee/Crochet Social 9:30 Enhanced Fitness Class 11:30 Lunch 12:15 Bingo	3 8-10 Coffee/Crochet Social 9:00 Euchre 10:00 Tai Chi with Robert Bucey 11:30 Lunch 12:15 Chair Volleyball 12:15 Line Dancing	4 9:30 Enhanced Fitness Class 10:15 Line Dancing 11:30 Lunch 12:15 Bingo
9 8-10 Coffee/Crochet Social 9:30 Enhanced Fitness Class 11:30 Lunch 12:15 Bingo - Michelle Howard SouthernCare Hospice	10 8-10 Coffee/Crochet Social 9:00 Euchre 9:30 Craft Class 11:30 Lunch 12:15 Chair Volleyball 12:15 Line Dancing	11 9:30 Enhanced 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
16 8-10 Coffee/Crochet Social 9:30 Enhanced Fitness Class 11:30 Lunch 12:15 Bingo	17 8-10 Coffee/Crochet Social 9:00 Euchre 10:00 Bingocize 11:30 Lunch 12:15 Chair Volleyball 12:15 Line Dancing	18 <i>Party</i>
23 8-10 Coffee/Crochet Social 9:30 Enhanced Fitness Class 10:30 Allison Heavlin Medicare Agent 11:30 Lunch 12:15 Bingo/ Michael Vok Laurels of Steubenville	24 8-10 Coffee/Crochet Social 9:00 Euchre 10:00 Tai Chi with Robert Bucey 11:00 Valley Hospice - Chris Orris 11:30 Lunch 12:15 Chair Volleyball 12:15 Line Dancing	25 9:30 Enhanced Fitness Class 10:00 OSHIIP Presentation 10:15 Line Dancing 11:30 Lunch 12:15 Bingo
30 8-10 Coffee/Crochet Social 9:30 Enhanced Fitness Class 10:30-11:30 Blood Pressure Clinic Capital Health Home Care Melinda Burdick 11:30 Lunch 12:15 Bingo		Monthly Raffle 
Please check in for events and programs on the touch screen.		Living-Learning-Sharing-Caring Together As We Age

MENU SEPTEMBER 2025

5

TUESDAY	WEDNESDAY	THURSDAY
2 Hot Dog on Bun Parsley Potatoes Peas Cake	3 Chef Salad Lettuce - Tomato - Ham Turkey - Cheese - Eggs) Ice Cream Bar	4 Meatloaf Mashed Potato w/Gravy Capri Vegetables Flan
9 Spaghetti w/Meatball Salad w/Tomato Green Beans Bread - Cookie	10 Ham Sweet Potatoes Broccoli Bread - Cake	11 Chicken Stir-Fry over Noodles Coleslaw Ice Cream Bar
16 Cheeseburger on Bun Tator Tots Cauliflower w/Cheese Sauce Cookie	17 Sloppy Joe on Bun French Fries Carrots - Fruit Cocktail Bread Fruit Cocktail	18 <i>Party</i> Salad Bar - Pasta Bar (Penne Pasta - Marinara - Alfredo or Princess Sauce) Dessert Bar
23 Vegetable Lasagna Salad w/Tomato Bread Pears	24 BBQ Beef on Bun Cheesy Mashed Potatoes Spinach Warm Apple Crumble	25 <i>Soup Sale</i> Vegetable Soup Egg Salad w/Lettuce on Croissant - Ambrosia
30 Stuffed Pepper Mashed Potato Green Beans Bread - Pudding	 of Jefferson County Inc. ACTIVITY & RESOURCE CENTER⁵⁰⁺	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	Living-Learning-Sharing-Caring Together As We Age	Did you renew your membership?

Parkinson's Support Group

Open to the public

Tuesday

September 9th @ 10:00

235 N 4th Street, Steubenville

First Westminster Presbyterian Church

Speaker - Kelly Straw

Acadia Sr. Neuroscience Sales Specialist

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Vegetable Soup

\$8.00 per quart

Order deadline

Tuesday, September 23rd

Pickup

Thursday, September 25th

(After Lunch)

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

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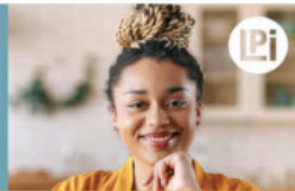
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Health Benefits of Tai Chi

Tai Chi is widely recognized for its remarkable health benefits. Numerous studies have shown that regular practice can improve balance, flexibility, and muscle strength, making it particularly advantageous for older adults. It enhances coordination and reduces the risk of falls by strengthening the lower body and honing proprioception.

The gentle, rhythmic motions of Tai Chi encourage deep breathing and relaxation, which help lower blood pressure, reduce stress, and support cardiovascular health. The focus on mindfulness and meditation calms the nervous system, alleviates anxiety, and fosters emotional resilience.

Tai Chi also serves as a therapeutic tool in rehabilitation settings, aiding in recovery from injuries and chronic conditions. Its low-impact nature makes it suitable for people of all ages and fitness levels. Practitioners often report improved sleep quality, heightened energy, and a greater sense of well-being.

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September is Healthy Aging Month

September's Healthy Aging Month is a powerful invitation to celebrate aging as an ongoing journey rather than a destination. By adopting healthy habits, nurturing mental and social well-being, and staying proactive about health care, individuals can enjoy more vibrant, independent, and meaningful lives at every stage. Let this month inspire you to appreciate the present and invest in your future well-being.

Key Points and Strategies for Healthy Aging

- ◆ **Stay Physically Active:** Regular exercise helps maintain strength, flexibility, and balance, reducing the risk of chronic conditions such as heart disease, diabetes, and osteoporosis. Activities like walking, swimming, yoga, and strength training are excellent ways to keep the body strong and resilient.
- ◆ **Eat a Nutritious Diet:** Consuming a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats supports a healthy body and mind. Adequate hydration and limiting processed foods, excess salt, and sugar are also key.
- ◆ **Engage Your Mind:** Lifelong learning, puzzles, reading, or picking up new skills can stimulate the brain, helping to prevent cognitive decline and supporting mental agility.
- ◆ **Stay Socially Connected:** Strong relationships and social engagement can improve mood, reduce feelings of isolation or loneliness, and may even lengthen life.