

Our Place

of Jefferson County Inc.
ACTIVITY & RESOURCE CENTER ⁵⁰⁺

MARCH 2026



Dear Members and Friends,

We're all looking forward to a change in the weather as we move toward spring. Warmer temperatures and longer days are just around the corner!

Thank you to everyone who participated and made this year's "Be Our Valentine" celebration a fantastic event! Your enthusiasm and support helped create a memorable experience for all.

The Parkinson's Support Group will meet on Tuesday, March 10th at 10 am with speaker, Dr. Jim Collins. Please see additional information on page 6.

Don't miss our annual St. Patrick's Day party. Join us for festive fun, music, and a touch of Irish spirit as we celebrate St. Patrick's Day together!

Please note: Due to recent changes by the company that prints our newsletter, we have now included the first couple days of April on our menu and activities page. This should make it easier for you to reserve for lunch and not miss upcoming activities.

Thank you for being a valued part of our community. We look forward to seeing you at our upcoming events and celebrating the arrival of spring together!

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



INSIDE THIS ISSUE

- Birthdays 02
- Activities & Born To Bingo 03
- Activities-Events-Speakers ..04
- Menu 05
- Parkinson's Support Group...06
- Box Out Parkinson's.....07
- St. Patrick's Day Party08

Living-Learning-Sharing-Caring
 Together As We Age



March 1
Gladys Moore

March 2
Ross Dye

March 4
Rosalie Falbo

March 5
Toni Roschel

March 6
Beatrice Lytle

March 10
Mary Mayhew

March 11
Laura Spillers

March 21
Sandra Hicks

March 22
Lyle Miller

March 24
Blanche Williams

March 25
Richard Forshey

Becky Salonica

March 26
Stan Miles

March 29
James Booth

Russell Waide

March 31
Mary Beth Allen

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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

BORN TO BINGO

4th Wednesday of every month
9:00 am - 10:00 am

CHAIR VOLLEYBALL

Wednesday, 12:15 pm - 1:00 pm

COFFEE SOCIAL

Tuesday, Wednesday, Thursday
8:00 am - 10:00 am

CRAFT CLASS

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

EUCHRE

Wednesday 9:00 am

FITNESS CLASS/CARDO DRUMMING

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



4th Wednesday
of every month
9 - 10 am

Open to the fabulous 50+ crowd!
Dive into a breakfast and get
your bingo cards ready for some
lively fun, all courtesy of:



Location: 235 N 4th Street
Inside First Westminster Presbyterian Church



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ACTIVITIES-EVENTS-SPEAKERS MARCH 2025

TUESDAY	WEDNESDAY	THURSDAY
<p>3</p> <p>8-10 Coffee Social 9:30 Fitness Class 11:30 Lunch 12:15 Bingo</p>	<p>4</p> <p>8-10 Coffee Social 9:00 Euchre 10:00 Tai Chi with Robert Bucey 11:30 Lunch 12:15 Chair Volleyball 12:15 Line Dancing</p>	<p>5</p> <p>9:30 Fitness Class / Cardio Drumming 10:15 Line Dancing 11:30 Lunch 12:15 Bingo</p>
<p>10</p> <p>8-10 Coffee Social 9:30 Fitness Class 10:00 Parkinson's Support Group Dr. Jim Collins 11:30 Lunch 12:15 Bingo - Michelle Howard SouthernCare Hospice</p>	<p>11</p> <p>8-10 Coffee Social 9:00 Euchre 9:30 Craft Class - no charge Kathryn Daubenmeyer Dixon Healthcare Center 11:30 Lunch 12:15 Chair Volleyball 12:15 Line Dancing</p>	<p>12</p> <p>9:30 Fitness Class / Cardio Drumming 10:15 Line Dancing 11:30 Lunch 12:15 Bingo</p>
<p>17</p> <p><i>St. Patrick's Day</i> <i>Party</i></p> 	<p>18</p> <p>8-10 Coffee Social 9:00 Euchre 10:00 Bingocize 11:30 Lunch 12:15 Chair Volleyball 12:15 Line Dancing</p>	<p>19</p> <p>9:30 Fitness Class / Cardio Drumming 10:15 Line Dancing 11:30 Lunch 12:15 Bingo - Rachel McCoy Sienna Skilled Nursing & Rehabilitation Center</p>
<p>24</p> <p>8-10 Coffee Social 9:30 Fitness Class 10:00 Blood Pressure Clinic Melinda Burdick Capital Health Nursing & Rehabilitation Centers 11:30 Lunch 12:15 Bingo</p>	<p>25</p> <p>8-10 Coffee Social 9:00 Euchre 9 - 10 Born to Bingo 10:00 Tai Chi with Robert Bucey 11:00 Valley Hospice - Chris Orris 11:30 Lunch 12:15 Chair Volleyball 12:15 Line Dancing</p>	<p>26</p> <p>9:30 Fitness Class / Cardio Drumming 10:15 Line Dancing 11:30 Lunch 12:15 Bingo - Susan Tarr A&B/Diamond Pharmacies</p>
<p>31</p> <p>8-10 Coffee Social 9:30 Fitness Class 11:30 Lunch 12:15 Bingo</p> 	<p>April 1</p> <p>8-10 Coffee Social 9:00 Euchre 10:00 Tai Chi with Robert Bucey 11:30 Lunch 12:15 Chair Volleyball 12:15 Line Dancing</p>	<p>April 2</p> <p>9:30 Fitness Class / Cardio Drumming 10:15 Line Dancing 11:30 Lunch 12:15 Bingo</p>
	<p><i>Our Place</i> of Jefferson County Inc. ACTIVITY & RESOURCE CENTER ⁵⁰⁺</p>	

MENU MARCH 2026

TUESDAY	WEDNESDAY	THURSDAY
<p>3</p> <p>Chicken Cobbler Side Salad - Bread - Cake</p>	<p>4</p> <p>Sloppy Joe on Bun Roasted Potatoes - Broccoli Bread—Pudding</p>	<p>5</p> <p>Salad Bar Pizza Ice Cream Bar</p>
<p>10</p> <p>Meatball w/Cheese on Bun Tator Tots - Veg. Medley Ice Cream Drumstick</p>	<p>11</p> <p>Chicken Tenders w/Dips French Fries - Carrots - Bread Cake</p>	<p>12</p> <p>Taco Salad Brownie</p>
<p>17</p> <p><i>St Patrick's Day Party</i></p> <p> Beef Stew Coleslaw - Cornbread </p>	<p>18</p> <p>Chicken Breast Stuffed w/ Broccoli & Cheese Scalloped Potatoes Side Salad - Green Beans Bread - Jello Parfait</p>	<p>19</p> <p>Pasta w/Meat Sauce Side Salad Italian Bread - Banana</p>
<p>24</p> <p>Beef Patty w/Mushroom Gravy - Mashed Potatoes Vegetable Medley - Bread Dessert</p>	<p>25</p> <p>Taco Bar Taco Shells-Soft Tortillas & all of makings Assorted Desserts</p>	<p>26</p> <p>Fried Chicken Breast on Bun w/Lettuce & Tomato Potatoes O'brien - Cauliflower Sherbet</p>
<p>31</p> <p>Cabbage Roll - Mashed Potato - Carrots - Bread Ice Cream Sandwich</p>	<p>April 1</p> <p>Chicken Linguini Alfredo Side Salad - Green Beans Bread - Peaches</p>	<p>April 2</p> <p>BBQ Beef on Bun Scalloped Potatoes Corn - Cake</p>
<p>**Menu is subject to change 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.</p>	<p> of Jefferson County Inc. ACTIVITY & RESOURCE CENTER⁵⁰⁺</p>	

Parkinson's Support Group

Tuesday, March 10th @ 10 am

Open to the public

Speaker

Dr. Jim Collins, a Gerontologist and nationally recognized expert in health and wellness for older adults. He will be addressing CBD products and their suggested uses.

Dr. Collins will also address the physical, emotional and neurological challenges faced by older adults. Dr. Collins has a strong focus on education; he is an author and has served as a college instructor. He is the founder of Collins Learning, a highly regarded educational service that provides training to thousands of senior care health professionals around the country.



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Box Out Parkinson's



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& Resource Center

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Monday and Friday
2:00PM - 3:00PM



First 8 sessions
are **free!**

Call to register:
(740) 264-7183

YMCA Wellness Center at St. John Arena

3151 Johnson Road
Steubenville, OH 43952



Benefits of Boxing with Parkinson's:

- Footwork and other agility exercises help improve balance.
- Punching speed bags helps improve coordination and posture.
- Vocal exercises are incorporated into the workout to help with any voice disorder symptoms of Parkinson's.
- Punching heavy bags can build strength and muscle.
- Group exercises focus on socialization and community.



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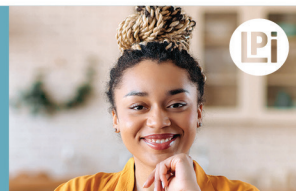


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St. Patrick's Day Party

Tuesday, March 17th 10 am - 1 pm

Members \$5 - Guests \$7

RSVP by Thursday, March 12th

Menu: Beef Stew - Coleslaw - Cornbread - Dessert

Music by: DJ Chelsea

Door Prizes

Auction Table

50/50 Raffle