

Our Place

of Jefferson County Inc.
ACTIVITY & RESOURCE CENTER⁵⁰⁺

OCTOBER 2025



Hello Everyone,

September was a month filled with change and adaptation. First Westminster is conducting an extensive parking lot renovation. We thank you for your patience and understanding while this project is being completed. We know you will be very pleased and will see the changes have been worth the wait.

The following are dates I would like to bring to your attention:

- Our September Party is now on October 2nd along with the soup sale pickup.
- During October we are having a few informational & helpful events. On Wednesday, October 1st, Susan Tarr will be here at 9 am with healthy smoothies and then will be providing flu shots from 10 - noon (see flyer on page 7).
- October 21st Dr. Megan Presley, Au.D owner of Presley Hearing will be hostins a clinic (see flyer on page 7).
- The first "Born to Bingo" will be Wednesday, October 22nd from 9 - 10 am (see flyer on back cover)..
- The Our Place Halloween Party is Thursday, October 30th. If you are going to dress in costume, there will be 2 prizes. Costumes are not required but they do make everyone laugh (see flyer on back cover).

We would like to remind you of our "free" table. You may bring in items that are gently used (no clothes). Everyone seems to really enjoy this exchange of items. Again, we thank you for your understanding and look forward to spending October with you in many fun ways.

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 & Healthy Eating...02

Activities and
Ward Off Dementia..... 03

Activities-Events-Speakers ..04

Menu 05

Parkinson's & Soup Sale.....06

Flu Shot & Hearing Clinic07

Born to Bingo &
Halloween Party.....08

Living-Learning-Sharing-Caring
Together As We Age



October 6 Dorothy Farrister
 October 8 Sharon Miller
 October 10 Marcella Miller
 Clarence Reitter
 Alice Waller
 October 12 Marilyn Izzi
 October 16 Sallie Casteel
 October 19 Kathy Sivert
 October 21 Connie Brant
 October 27 Frances Hubbard
 October 28 Linda Wells
 October 30 Elaine Wukelic
 Ed Smith

HEALTHY EATING

According to the October edition of the AARP bulletin, you can add choices to your diet to decrease inflammation and pain.

A study found that the best anti-inflammatory herbs and spices to eat are paprika, rosemary, ginger turmeric, sage, and cumin.

An earlier study found that cloves, cinnamon, sage, and tarragon are also great choices.

Dark chocolate that is at least 70% cocoa also decreases inflammation and lowers blood pressure.



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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

CROCHET SOCIAL

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

EUCHRE

Wednesday 9:00 am

FITNESS CLASS/DRUM

CARDIO

Tuesday, 9:30 am - 10:30 am

Fitness Class

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

Lifestyle changes can help ward off dementia.

The results of a study re-leased at the annual Alzheimer's Association conference showed that behavioral changes including; increasing physical exercise, adopting a healthy diet, maintaining social ties, engaging in brain training sessions and attending regular checkups to monitor your heart health help ward off dementia.

The findings were published in the medial journal JAMA.

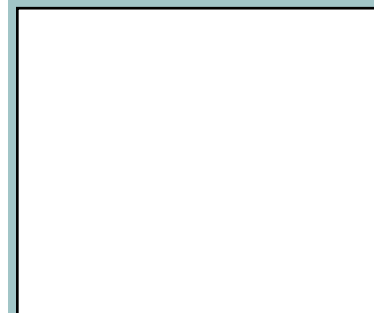


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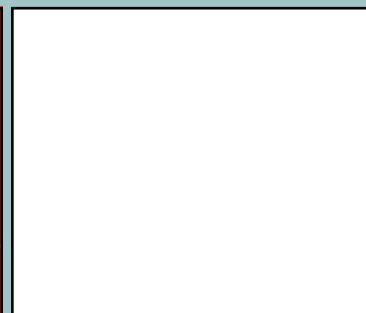


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ACTIVITIES-EVENTS-SPEAKERS OCTOBER 2025

TUESDAY	WEDNESDAY	THURSDAY
30 8-10 Coffee Social 9:30 Fitness Class / Cardio Drumming 11:30 Lunch 12:15 Bingo	1 8-10 Coffee Social 9:00 Euchre 9:00 Healthy Smooties w/Susan Tarr A&B/Diamond Pharmacy 10:00 Tai Chi with Robert Bucey 10 - 12 Flu Shot—Susan Tarr A&B Diamond Pharmacy 11:30 Lunch 12:15 Chair Volleyball	2 <i>Cheers Party</i> 10 - 1
7 8-10 Coffee Social 9:30 Fitness Class / Cardio Drumming 10:00 Parkinson's Support Group 11:30 Lunch 12:15 Bingo - Michelle Howard SouthernCare Hospice	8 8-10 Coffee Social 9:00 Euchre 9:30 Craft Class 11:30 Lunch 12:15 Chair Volleyball 12:15 Line Dancing	8 9:30 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
14 8-10 Coffee Social 9:30 Fitness Class / Cardio Drumming 11:30 Lunch 12:15 Bingo	15 8-10 Coffee Social 9:00 Euchre 10:00 Bingocize 11:30 Lunch 12:15 Chair Volleyball 12:15 Line Dancing	16 9:30 Fitness Class 10:15 Line Dancing 11:30 Lunch 12:15 Bingo
21 8-10 Coffee Social 9:30 Fitness Class / Cardio Drumming 10 - 11:30 Hearing Clinic Presley Hearing Clinic -Dr.Megan Presley 11:30 Lunch 12:15 Bingo/ Michael Vok Laurels of Steubenville	22 8-10 Coffee Social 9:00 Euchre 9:00 Born to Bingo 10:00 Tai Chi with Robert Bucey 11:30 Lunch 12:15 Chair Volleyball 12:15 Line Dancing	23 <i>Soup Sale Pickup</i> 9:30 Fitness Class 10:15 Line Dancing 11:30 Lunch 12:15 Bingo - Susan Tarr A&B / Diamond Pharmacies
28 8-10 Coffee Social 9:30 Fitness Class / Cardio Drumming 10:30-11:30 Blood Pressure Clinic Capital Health Home Care Melinda Burdick 11:30 Lunch 12:15 Bingo	29 8-10 Coffee Social 9:00 Euchre 10:00 Bingocize 11:30 Lunch 12:15 Chair Volleyball 12:15 Line Dancing	30 <i>Halloween Party</i> 10 - 1
Please check in for events and programs on the touch screen.		Living-Learning-Sharing-Caring Together As We Age

MENU OCTOBER 2025

5

TUESDAY	WEDNESDAY	THURSDAY
30 Stuffed Pepper Mashed Potato Green Beans Bread - Pudding	1 Cheeseburger on Bun Roasted Potatoes Carrots Pears	2 <i>Party & Soup Pickup</i> Salad Bar - Pasta Bar (Penne Pasta - Marinara - Alfredo or Princess Sauce) Dessert Bar
7 Vegetable Lasagna Salad w/Tomato Bread Cake	8 BBQ Beef on Bun Cheesy Mashed Potatoes Spinach Warm Apple Crumble	9 Chicken Cobbler Applesauce Carmel Flan
14 Turkey & Cheese w/Lettuce & Tomato on Croissant - Potato Chips - Cottage Cheese w/Peaches	15 Chicken Parmesan Spaghetti w/Sauce Side Salad w/Tomato Ice Cream Bar	16 Cabbage Roll Mashed Potato Green Beans Warm Pears
21 Chicken Stir-Fry over Noodles Side Salad w/Tomato Asian Vegetables Brownie	22 Ham Scalloped Potato Capri Vegetables Bread - Pudding	23 <i>Soup Sale</i> Cream of Potato Soup Egg Salad w/Lettuce on Croissant - Ambrosia
28 Hot Dog on Bun Potatoes O'Brien Baked Beans Cookie	29 Beef Patty w/Mushroom Gravy Mashed Potatoes Vegetable Medley Sherbet	30 <i>Halloween Party</i> Taco Salad (Lettuce, Tomato, Onions, Cheese, Taco Meat) Sour Cream - Salsa Ice Cream w/Cookie
**Menu is subject to change	<i>Our Place</i> of Jefferson County Inc. ACTIVITY & RESOURCE CENTER 50*	Did you renew your membership?

Parkinson's Support Group
Open to the public
 Tuesday, October 14th @ 10

Our Place
 of Jefferson County Inc.
 ACTIVITY & RESOURCE CENTER⁵⁰⁺

235 N 4th Street, Steubenville
 First Westminster Presbyterian Church

Speaker provided by:
The Parkinson's Foundation of Western PA

Cream of Potato Soup

\$8.00 per quart

Order deadline

Tuesday, October 21st

Pickup

Thursday, October 23rd

(After Lunch)

*Return order to
 Lunch Registration Desk*



*Order forms are located
 @ the Activity Table.*

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IT'S THAT TIME OF YEAR AGAIN!!!!

SUSAN TARR WITH A&B PHARMACY WILL BE HERE ON October 1st FROM 10-12 GIVING FLU VACCINES.

PLEASE MAKE SURE YOU BRING ALL OF YOUR INSURANCE CARDS WITH YOU ALONG WITH YOUR RED, WHITE, AND BLUE (MEDICARE CARD).

Please register at the Activity Table or call 740-520-0120 (you may leave a message).

Open to the public!



FREE HEARING DOCTOR CHECK-UP

FREE HEARING CLINIC

- Earwax Check
- Hearing Loss Screening
- Hearing Aid Cleaning/Troubleshooting

Reserve Appointment on Sign Up Sheet
Limited to first 16 that Register!



TUESDAY, OCT 21ST- 9:00 AM-11:30 AM
OUR PLACE OF JEFFERSON COUNTY

Presented By Dr. Megan Presley, Au.D.
Audiologist
Owner of Presley Hearing Center



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P.O. Box 524
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BORN TO BINGO



When: Wednesday October 22nd
Wednesday, November 19th
Wednesday, December 17th

Starting January 2026 4th Wednesday of each month

Where: Our Place of Jefferson County
235 N. 4th Street, Steubenville
(Inside First Westminster Presbyterian Church)

Time: 9 - 10 am

Breakfast - Bingo - Prizes

Open to the community 50 +

FREE



Michelle Howard
740-381-4471



Susan Tarr
330-843-4172



Cynthia or Judy
740-520-0120

Happy Halloween
THURSDAY, OCTOBER 30
10 AM-1 PM

Menu	Members \$5
Taco Salad (Lettuce, Tomato, Onions, Cheese, Taco Meat)	Guests \$7
Sour Cream - Salsa	RSVP by Tuesday 10/28
Ice Cream w/Cookie	

Music by: Rich Grimm
Door Prizes - Auction Table - 50/50
Costumes encouraged but not required
2 Prizes for best costume