

Our Place

of Jefferson County Inc.
ACTIVITY & RESOURCE CENTER⁵⁰⁺

FEBRUARY 2026



Dear Members and Friends,

It was great seeing everyone after our Christmas Break. We didn't miss a beat in starting 2026.

February brings the start of our monthly parties. Our "Be Our Valentine" party is Thursday, February 12th. Please RSVP by Tuesday the 10th.

Our soup for the month is our delicious cheesy cauliflower. Make sure you get your order in by Tuesday the 17th and pick up is Thursday the 19th.

Mark your calendar with the following dates. We don't want you to miss a party.

February 12th (Thursday) - Be Our Valentine Party

March 17th (Tuesday) - St. Patrick's Day Party

April 9th (Thursday) – Spring Spectacular

May 14th (Thursday) - Anniversary Party & Open House

June – POGO (First West Golf Outing)

June - Cheers - Date to be announced

July 2nd (Thursday) – Patriotic Proud

August – To be announced

September 24th – (Thursday) – Fall Festival

October 29th (Thursday) – Halloween Party

November 19th (Thursday) – Thanksgiving with Our Friends

November 20th – November 30th – Closed for the holiday

December 17 – Christmas with the Coalition

December 18 - January 4 - Closed for the holiday

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



February 2
Rosa Pulice
February 4
Linda Yanda
February 13
Nancy Miller
February 14
Cheryl Adams
February 16
Roger Gaughan
February 17
Tracy McMenamon
February 18
Sylvia Benzo
February 19
Randy Yanda
February 21
Shirley Bray
February 22
Mary Anne Cordier
Shirley Porter
February 23
Deanne Starr
February 24
Toni Thomas
February 25
Margareta Martin
February 26
Harold Hanlon
Marjorie Owens
February 27
Sara Malcolm

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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/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

Memory

Dr. Charon Ranganath is director of the Dynamic Memory Lab at the University of California. He states that when you lose your keys, forget where you parked your car, or can't remember the name of a recent movie you saw don't think "signs of early dementia". Drawing a blank on a friend's name or misplacing an item doesn't mean imminent cognitive decline. They do become more common as we get older. Our knowledge of the world and lived experiences remain mostly intact. There are proven strategies to boost your memory.



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ACTIVITIES-EVENTS-SPEAKERS FEBRUARY 2025

| TUESDAY | WEDNESDAY | THURSDAY |
|---|---|--|
| 3 8-10 Coffee Social 9:30 Fitness Class 11:30 Lunch 12:15 Bingo | 4 8-10 Coffee Social 9:00 Euchre 9:00 Healthy Juicing w/Susan Tarr A&B/Diamond Pharmacy 10:00 Tai Chi with Robert Bucey 11:30 Lunch 12:15 Chair Volleyball 12:15 Line Dancing | 5 9:30 Fitness Class / Cardio Drumming 10:15 Line Dancing 11:30 Lunch 12:15 Bingo - |
| 10 8-10 Coffee Social 9:30 Fitness Class 11:30 Lunch 12:15 Bingo - Michelle Howard SouthernCare Hospice | 11 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 | 12 <i>Be Our Valentine Party</i> 10 - 1 |
| 17 8-10 Coffee Social 9:30 Fitness Class 11:30 Lunch 12:15 Bingo - Michael Vok Laurels of Steubenville | 18 8-10 Coffee Social 9:00 Euchre 10:00 Bingocize 11:30 Lunch 12:15 Chair Volleyball 12:15 Line Dancing | 19 9:30 Fitness Class / Cardio Drumming 10:15 Line Dancing 11:30 Lunch 12:15 Bingo - Rachel McCoy Sienna Skilled Nursing & Rehabilitation Center |
| 24 8-10 Coffee Social 10:00 Blood Pressure Clinic Melinda Burdick Capital Health Nursing & Rehabilitation Centers 9:30 Fitness Class 11:30 Lunch | 25 8-10 Coffee Social 9:00 Euchre 9 - 10 Born to Bingo 10:00 Tai Chi with Robert Bucey 11:30 Lunch 12:15 Chair Volleyball 12:15 Line Dancing | 26 9:30 Fitness Class / Cardio Drumming 10:15 Line Dancing 11:30 Lunch 12:15 Bingo - Susan Tarr A&B/Diamond Pharmacies |
| Please check in for events and programs on the touch screen. | | Living-Learning-Sharing-Caring Together As We Age |



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of Jefferson County Inc.
ACTIVITY & RESOURCE CENTER⁵⁰⁺



MENU FEBRUARY 2026

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| TUESDAY | WEDNESDAY | THURSDAY |
|---|--|---|
| 3 Beef Patty w/Mushroom Gravy - Mashed Potatoes Vegetable Medley Bread | 4 Stuffed Chicken Breast (Broccoli & Cheese) Roasted Potatoes Corn - Sherbet - Bread | 5 Vegetable Lasagna Side Salad w/Tomato Italian Bread Ambrosia |
| 10 Tomato Soup Tuna Salad on Bun Cheesy Potatoes Cookie | 11 Meatloaf Mashed Potatoes w/Gravy Broccoli Bread - Jello | 12 <i>Be Our Valentine Party</i> Stuffed Shells - Salad Bar Prince Edward Vegetables Italian Bread Dessert |
| 17 Stuffed Green Pepper Mashed Potatoes Peas & Carrots Pudding | 18 Chef Salad (Lettuce, Tomato, Egg, Ham, Turkey) Cake | 19 <i>Soup Sale</i> Cheesy Cauliflower Soup Chicken Salad on Bun Carrot/Raisin Salad Warm Apples |
| 24 Hot Dog Bar French Fries Baked Beans Ice Cream Bar | 25 Spaghetti w/Meatball Side Salad w/Tomato Jello Parfait | 26 Open Face Shredded Beef Sandwich w/Mashed Potatoes & Gravy Capri Vegetables - Pears Bread |
| Please make your lunch reservations on the touch screen or call 740-520-0120 . | | **Menu is subject to change Did you renew your membership? Living-Learning-Sharing-Caring Together As We Age |
| You may leave a message. Messages are delivered to our cell phones. Thank you |  of Jefferson County Inc. ACTIVITY & RESOURCE CENTER ⁵⁰⁺ | |

Strategies To Boost Your Memory

According to an article published in the January 2025 magazine of AARP Magazine there are six steps to boosting your memory.

1. Reverse the “doorway effect”. The brain creates “event boundaries” which are like mental bookmarks. It divides your brain into before and after events. The brain is easily distracted by sights, sounds, and emotions. This is why retracking your steps helps to remember (Reverse Doorway).
2. Pay attention to detail. Your brain may have many bookmarks on sticky notes. Paying attention to detail colors each note and makes recall easier.
3. Become a single tasker. Every time you shift between tasks (even seconds) there is a lag time in your brain. Interruptions cause cognitive costs.
4. Read a novel. Fiction is a challenge to your working memory. It keeps it sharp.
5. When trying to memorize several items, create outlandish visual images to help.
6. Take more pictures with your mind which also documents emotion.

Parkinson's Support Group



of Jefferson County Inc.

ACTIVITY & RESOURCE CENTER 50+

There will not be a Parkinson's Support Group Meeting in February. You may join us at the YMCA on Mondays and Fridays from 2 - 3 pm for “Box Out Parkinson's”.

We will be back on Tuesday, March 10th @ 10 am.

**SUPPORT THE ADVERTISERS
that Support our Community!**

Cheesy Cauliflower Soup

\$8.00 per quart

Order deadline

Tuesday, February 17th

Pickup

Thursday, February 19th

(After Lunch)

Return order form to
Lunch Registration Desk w/payment

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4th Wednesday
of every month
9 - 10 am

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