

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

Mary Anne Cordier

Shirley Porter

February 22

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 10 - 1</i>
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 

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 . 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

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

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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
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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*

Our Place
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**4th Wednesday
of every month
9 - 10 am**

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P.O. Box 524
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Be Our Valentine
LET'S SPREAD THE JOY AND MAKE WONDERFUL
MEMORIES TOGETHER.

FEBRUARY **12th** 10 - 1

MENU
SALAD BAR
STUFFED SHELLS
ITALIAN BREAD
DESSERT
PUNCH - COFFEE

50 / 50 RAFFLE
AUCTION TABLE

MUSIC BY: RICH GRIMM

RSVP by Tuesday, February 10th
Members \$5
Guests \$7

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of Jefferson County Inc.
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235 N 4th Street, Steubenville, OH