



September 2023

Hello Everyone,

September is going to be a little different and exciting at *Our Place*.

We are having an “End of Summer Party” on Thursday, September 21st.

Please see the flyer for more details.

We are adding a crochet class beginning Wednesday, September 6th at 9 am.

If you are able to purchase your own crochet hook (size H, I or J) and a skein of yarn, that will be a great help or if anyone has yarn to donate, it would get us off to a successful start.

The Academy of Lifelong Learning’s Fall Session begins October 3. Everyone is invited to the Open House to learn about the classes offered (please see flyer). You may also visit their informational table on Wednesday, September 20th @ 10:30 to learn more.

Our Place will be closed September 26, 27 and 28. First Westminster is having a large event and needs use of the entire church. This will give us time to get prepared for a busy October and to do outreach in the community.

You will want to mark your calendars now with the following:

Wednesday, October 11—Fall Festival (Flu shots will be offered by A&B/Diamond Pharmacies and much more is planned for this event).

Tuesday, October 31—Halloween Party (Get that costume ready if you are dressing up...completely your choice).

We want to remind everyone to begin our safe practices during the upcoming fall and winter seasons. Please wash your hands frequently, try to limit hugging (we know this is hard), and most importantly; if you don’t feel well, please stay home. We will miss you but want to keep everyone healthy. There is hand sanitizer in various locations throughout the hall.

Don’t forget about the suggestion box located on the Activity Table. When you speak...we listen!

We appreciate all of our volunteers and members. We couldn’t do what we do without you. We can’t wait to see the growth of our senior outreach programs and thank you for your continued support.

Cynthia R. Morris
Administrator
740-520-0120

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End of
SUMMER
Party

BUFFET | DANCE

DOOR PRIZES | CHINESE RAFFLE

50/50 AND LOTS OF FUN

THURSDAY, SEPTEMBER 21. 2023

11 - 1

Burgers & Hot Dogs with all the toppings

BBQ Chicken - Baked Beans

Cheesy Potatoes - Macaroni Salad

Assorted Dessert Table

Iced Tea - Lemonade - Punch

Members \$5 | Non-Members \$7

RSVP by September 15



Speakers & Visitors @ Our Place



Holistic Wellness Exercise

Tuesdays @ 12:30



BLUEWAVECENTER.com

Flow away your worries in our Float Suite;
Sweat the toxins out in our Infrared Sauna or Bed;
Freeze your troubles in our Cryotherapy chamber;
Spice your experience in our Himalayan Salt Room;
Energize your body with an unique Reiki experience;
Guide yourself to health with the help of our coaches;

ENJOY AN
APPLE FIZZ

LEARN
ABOUT
CHANGE, INC.

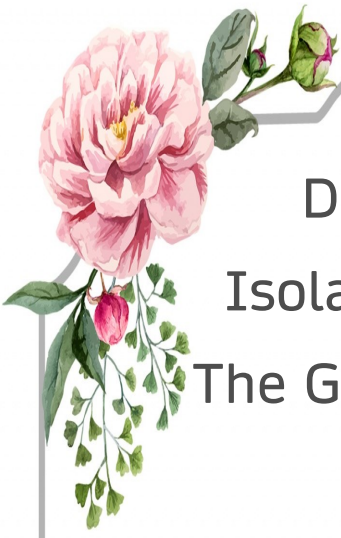
GIVEAWAYS

WIN A
DOOR PRIZE

**Join CHANGE, Inc.
THURSDAY SEPTEMBER 7
10 AM - 12 PM**



Visit with Aimee and register
for door prize!



Dealing with
Isolation and Loss
The Grieving Process

Pam Cox

Pastor/Nurse

Wednesday

September 13

@ 10:00



Register @ the activity table

* Craft Class will be @ 9am on this day



Parkinson's Support Group

Wednesday, September 13

@ 1:00

Register @ the activity table





JOIN MICHELLE HOWARD, DIRECTOR OF PUBLIC RELATIONS
OF DIXON HEALTH CARE

THE 2ND THURSDAY OF EACH MONTH AT 12:15PM
FOR BINGO

DIXON HEALTHCARE WILL PROVIDE THE DOOR PRIZE
FOR THE 1ST GAME OF BINGO

MICHELLE WILL ALSO BE ON HAND TO ANSWER ANY
QUESTIONS YOU MAY HAVE REGARDING SHORT AND LONG
TERM NURSING CARE

LOOKING FORWARD TO SEEING EVERYONE



VALLEY HOSPICE

GOLF Scramble

Friday, September 1, 2023
Cadiz Country Club

800 Country Club Rd.
Cadiz, OH 43907



Registration: 9:00 a.m. - 10:00 a.m.
Shotgun Start: 10:00 a.m.
Dinner Immediately Following Scramble

Visit Chris with Valley Hospice
at his table on Wednesday,
September 20 from 10:30—12:00

Thursday, September 14 @ 10:00

Come learn interesting facts by Linda Hilty.

Register @ the activity table



For more news &
events visit
steubenvillelibrary.org

The bookmobile will be @ *Our Place* on
Thursday, September 14

10:30—12:00

If you would like a specific book, let a staff
member know and we will contact
Eric so he will have it or you.



Amy with First West
will be sharing tips
on using cell phones.

Wednesday,
September 20th

Register @ the activity table

Menu September 2023

5 Stuffed Shells Side Salad w/Tomatoes Fresh Fruit Italian Bread	6 Breaded Chicken Breast on Bun w/Lettuce & Tomato French Fries Cauliflower w/Cheese Sauce	7 Meatloaf Mashed Potatoes Vegetable Medley Bread
12 Pulled Chicken on Bun Parsley Potato Green Beans Fruit Bread Pudding	13 Roast Turkey w/Stuffing & Gravy Broccoli Cranberry Sauce Bread	14 Beef Vegetable Soup Baked Potato Ambrosia Crackers
19 Chicken Cobbler Applesauce Jello Parfait Bread	20 Cold Beef w/Provolone on Bun Creamy, Cheesy Hominy Casserole Carrots	21 End of Summer Party Please See Flyer
26 CLOSED	27 CLOSED	28 CLOSED

Lunch is by reservation which is required by Thursday at 11 am of the previous week you wish to attend. You may reserve at the registration desk or by calling 740-520-0120, press option 2 and leave a message.

Lunch is served 11:30—12:15 and the cost \$3 per person.
Menu is subject to change.

Random Fun Fact

The human brain is about 80% water.



Activities—Events—Speakers

September 2023

<p>5</p> <p>9:00 Exercise</p> <p>10:00 Bingo</p> <p>11:30 Lunch</p> <p>12:30 Holistic Wellness Exercise</p>	<p>6</p> <p>9:00 Euchre</p> <p>9:00 Crochet Class</p> <p>10:00 Craft Class</p> <p>11:30 Lunch</p> <p>12:30 Chair Volleyball</p>	<p>7</p> <p>9:00 Exercise</p> <p>10:00 Line Dancing</p> <p>10:30 Change, Inc.</p> <p>11:00 Blood Pressure Clinic</p> <p>11:30 Lunch</p> <p>12:15 Bingo</p>
<p>12</p> <p>9:00 Exercise</p> <p>10:00 Bingo</p> <p>11:30 Lunch</p> <p>12:30 Holistic Wellness Exercise</p>	<p>13</p> <p>9:00 Euchre</p> <p>9:00 Craft Class</p> <p>10:00 Pam Cox Dealing with Loss</p> <p>11:30 Lunch</p> <p>12:30 Chair Volleyball</p> <p>1:00 Parkinson's Support Group</p>	<p>14</p> <p>9:00 Exercise</p> <p>10:00 Line Dancing</p> <p>10:00 Jefferson County Museum</p> <p>10:30 Bookmobile</p> <p>11:00 Blood Pressure Clinic</p> <p>11:30 Lunch</p> <p>12:15 Bingo Prize Dixon HealthCare</p>
<p>19</p> <p>9:00 Exercise</p> <p>10:00 Bingo</p> <p>11:30 Lunch</p> <p>12:30 Holistic Wellness Exercise</p>	<p>20</p> <p>9:00 Euchre</p> <p>10:00 Craft Class</p> <p>10:30 Academy of Lifelong Learning</p> <p>10:30 Valley Hospice</p> <p>11:30 Lunch</p> <p>12:15 Chair Volleyball</p> <p>1:00 Cell Phones with Amy</p>	<p>21</p> <p><i>End of</i></p> <p><i>SUMMER</i></p> <p><i>Party</i></p>
<p>26</p> <p><i>Closed</i></p>	<p>27</p> <p><i>Closed</i></p>	<p>28</p> <p><i>Closed</i></p>



September 1

Walter Knox

September 2

Richard Cunningham

September 5

Randy Bowers

September 6

Donna Lucas

September 9

Jerry Williams

September 10

Lloyd Moore

September 20

Gary Grim

September 23

Barbara Lipscomb

September 24

Bill Bell

September 26

Stewart Moore

September 27

Jeannie Marcott

September 29

Bonnie See

**P.O. Box 580, 235 N. Fourth Street
Steubenville, Ohio 43952**

740-520-0120



Michael on the Mic

By Michael Bozzelli, Communications



The following was a "Dear Abby" letter that appeared in print in 2018:

"DEAR ABBY: This is a message about our senior population. Our children grow up, marry and have children. [...] By this time we're old and sometimes need help with housework, yard work, or just would like to get out of the house to go eat or shop. We still have feelings, and we're not dead. But while it may not be intentional, it seems there is no time for the elderly.

We may say we're fine and don't mind being alone, but it IS lonely at times. No one calls to say hello or ask if we need anything. How long does it take to make a call? It would be nice if each family member called once a week or came by once a month. The love we've always had for family is still there and strong.

Children and grandchildren, please think about this and remember: The most important thing you can give your elderly relatives is your TIME. Time is the most precious gift of all and doesn't cost a thing. Someday you will be old, too!

— WISE WOMAN IN NORTH CAROLINA"

So, while this letter refers to family members it also can very easily apply to your neighbor or friend who lives alone. How long does it really take for you to make that phone call and see how they are doing or if they should need something? Your phone call may be the only call or contact with anyone they have all day long! Think about that for about 10 seconds. How would that make you feel if you were in their shoes? Did you hear all of that silence while you were thinking just now? Did you even make it to 10 seconds? See what I mean?

Michael on the Mic

By Michael Bozzelli, Communications



Just like that phone call I mentioned earlier, "field trip day" may be their only big social interaction with someone they may have that entire day. And who knows, your guest may like their visit to Our Place so much that they end up joining and becoming a regular! Won't that make you feel good? Your brief phone call could be the small thing that changed their whole outlook. Now, how great would THAT make you feel?

Maybe you can not help them with their yard work or housework as mentioned. In fact, it could be that you are the one who needs a hand with all of those chores. Here is an idea: why not ask this person if they would like to join you for a day at Our Place? It would be like a field trip day back when you were in school! Remember how enjoyable those days turned out to be? You and your guest can come participate in Exercise Class, stay for Bingo or Chair Volleyball, and of course, have Lunch together. The two of you could attend one of our special events that features informational topics from local speakers or simply be around others doing nothing else but...just talking. And, just like those school field trip days from years ago, the two of you could go home with a custom "souvenir of the day" that you both created in one of our popular Craft Classes!

My point is this, you were already planning on coming to Our Place that day, so why not just make that phone call? Make a little extra effort and involve your relative, friend or neighbor...the one that lives alone...to allow them a chance to get out and be around others...just as you are already doing.

I'll be waiting to meet your guest some day very soon...

Our Place 50+ Activity & Resource Center
Living-Learning-Sharing-Caring

Mark your calendars with fun things to do!



Welcome to Steubenville and Jefferson County

September in Steubenville & Jefferson County

Sept. 1—First Friday on 4th Street, “Storybook” Theme, Food, Music, Crafts, Activities, Fourth Street, Steubenville, 6:00-11:00pm.

Sept. 1—Once Upon a Time: Interactive Storybook Castle, by Public Library of Steubenville & Jefferson County, Interactive art display in Green Space on N. 4th St. during First Friday on Fourth.

Sept. 1—Doorway to Artistry Book Launch— Steubenville, Bookmarx Bookstore, North 4th Street, during First Friday on Fourth, 7:00pm.

Sept. 2-3—Really Big Yard Sale-Grafton Farms, over 100 vendors, Grafton Farms, 1730 St. Rt. 213, Steubenville, 8:00am-5:00pm.

Sept. 6—Wednesdays in Wintersville—‘Homecoming’, Main Street, Wintersville; themed street event with music, food trucks, crafts and more, 4:30-8:30pm.

Sept. 6 & every Wednesday— Gateway Farmers’ Market, Blessed Sacrament Church Parking Lot, Wintersville, locally grown produce and foods, 4:30-6:30pm.

Sept. 7 & every Thursday— Downtown Steubenville Farmers’ Market, Corner of South 4th and South Streets, Steubenville, home grown produce and foods, 8:00am-2:00pm.

Sept. 9— Bark in the Park— Festival for Pets, benefitting Jefferson County Humane Society, Jim Wood Park, Sheffield Ave. Steubenville, 11:00am-3:00pm.

Sept. 10-24—Celebrate the Constitution, Constitution Exhibit, Historic Fort Steuben Visitor Center, 120 S. 3rd St., Steubenville, Mon. thru Sat. 10:00am-4:00pm; Sunday 11:00am-4:00pm, free.

Sept. 10— Pleasant Hill School House Historical Museum-Open House, Pleasant Hill School House Historical Museum, 3125 SR 213, Steubenville, 1:00-3:00pm.

Sept. 16— Ohio Valley Down Syndrome Support Group Buddy Walk, Jim Wood Park, Sheffield Ave., Steubenville. Food, games, and raffles! 11:00am-3:00pm.

Sept. 19— Valley Hospice Memorial Butterfly Release, release live butterfly in memory of deceased loved one, Berkman Amphitheater, Fort Steuben Park, 120 S. 3rd St., Steubenville, 6:00pm, (purchase butterfly in advance, call: 740-859-5650).

Sept. 23-United Way 3rd Annual Suzanne Kresser Memorial 5K Run & Walk, Jim Wood Park, Sheffield Ave. Steubenville. Registration/Check-in 7:30am. Information: 740-284-9000.

Sept. 23— New “14 Historical Signs” Walking Tour and Steubenville Art Association Art Sale, Beatty Park, 621 Lincoln Ave., Steubenville. Level Two Hike (includes inclines on hill trails and steps), 10:00am; Art Sale—Upper Shelter, 11:00am-1:30pm.

Sept. 24— Stop the Silence Walk-Suicide Awareness Event, Fort Steuben Park, 120 S. 3rd St., Steubenville, Noon—4:00pm

Sept. 30— Union Cemetery 2nd Annual Historical Walking Tour, Guest Speakers & Tour Guides: Jeff Evans, Paul Zuros, Mark Palmer, Flora VerStraten-Merrin, Union Cemetery, 1720 Sunset Blvd., Steubenville, 10:00am-Noon.

45 Annual Toronto, OH
Art Festival
September 2 & 3 2023

3rd & Market Street, Toronto, OH 43964
Saturday, September 2nd - 10AM-6PM
Sunday, September 3rd - 11AM-5PM

Twice As Nice
will be playing 5 - 6pm
Saturday, September 2nd



Country Crafts from the Heart

193 Main Street
Wintersville, OH

(740) 264-2996



Fall Open House

Saturday, Sept. 2nd - 10 am—5 pm

Sunday, Sept. 3rd 12 pm—5 pm

Monday, Sept. 4th - 10 am—5 pm

THE ACADEMY OF
LIFELONG LEARNING
FALL SEMESTER 2023
SCHEDULE OF CLASSES AND EVENTS

OPEN HOUSE

Saturday, Sept. 9, 2023 at 1:00 PM

First Westminster Presbyterian Church
235 North 4th Street
Steubenville, Ohio 43952

Light Refreshments will be served



Eastern Gateway Community College Yard Sale
Steubenville Campus
Saturday, September 16
8am—2pm
Rain date of Saturday, September 23
Spots have been **Sold Out**

FALL HARVEST FESTIVAL

Friendship Park



September 8,9,10

Friday starting from 12-8pm

Saturday- 9-8pm

Sunday 9-7pm

Entertainment all weekend along with Vendor's

Car show starting at 12:00-3pm

(registration@10:30am)

The Historical Wizard of Oz

ONLINE PROGRAM

NOW THROUGH SEPTEMBER 9TH!

PRESENTED BY LIBRARIAN
LAURA KEYES

VISIT OUR WEBSITE TO WATCH!
INTENDED FOR ADULTS

 Public Library
Steubenville and Jefferson County



Stop the Silence



Suicide Awareness Walk

When: *Sunday September 24th*

Time: *12 noon until 4:00 pm*

Where: *Historic Fort Steuben*

130 3rd Street, Steubenville, Ohio 43952

What: *Food Vendors, Craft Vendors,
Free Activities, Chinese Auction and
an Awareness Walk at 1:30 pm.*

All Donations will go to the Ohio Suicide Prevention Foundation

There will be a Donation Table set up at the Event.

Please help us raise awareness against the silent epidemic

Find our Event on Facebook

Contact Erica for vendor Info and Questions @ 740-381-8850

Union Cemetery Historical Walking Tour



SATURDAY, SEPTEMBER 30, 2023

10 AM – 12 PM

Making Memories



