

Harrison County Senior Center

Socialize - Exercise - Energize

500 W. Main Street, Clarksburg, WV 26301 - 304.623.6795 - <http://www.hcscwv.org>

FEBRUARY 2019

Celebrating Heart Awareness Month



HEALTHY FOOD

HEALTHY HEART

FITNESS

**Join us in the Kinley Café
for**

- ♥ 10:45 am Heart Fit with Friends
Fun Heart Healthy Exercise
- ♥ 11:30 am Heart Healthy Lunch
Fish, Baked Potato, Vegetables
- ♥ 12:15 pm Bingo Fun
Free Bingo for Candy & Prizes



**On
Valentine's Day
Thursday, February 14, 2019**

Lunch Price \$5.50
Members and/or Guests
Please Make a Reservation at the Front Desk

Celebrating



**Join us in the Kinley Café
for**

Soul Food Lunch Day

Fried Chicken, Mac n' Cheese, Greens, Cornbread, Dessert
Ice Tea, Lemonade, Coffee or Hot Tea

**Wednesday
February 27, 2019
11:30 pm - 1:00 pm**



\$5.50
Members and/or Guests
**Please Make a Reservation at the
Front Desk**

KINLEY CAFÉ MENU 11:30 am - 1:00 pm

Tickets Available at Front Desk

\$5.50 Members \$6.50 Non Members

STOP BY FRONT DESK OR CALL 304.623.6795 TO PUT YOUR NAME ON THE LUNCH LIST

Meals are prepared based on reservation numbers. Menu subject to change.

You must make a reservation by 9:30 am to reserve a lunch for that day.

Day before reservations are preferred.

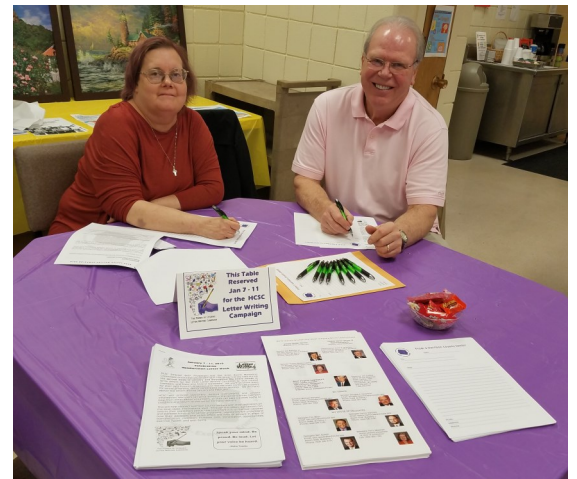
MON 2/4 Cabbage Roll, Macaroni & Cheese
TUE 2/5 Stuffed Shells, Vegetable, Breadsticks
WED 2/6 Potato Soup, Grilled Ham & Cheese Sandwich
THU 2/7 Baked Chicken, Scalloped Potatoes, Vegetable
FRI 2/8 Fish, Baked Potato, Vegetable

MON 2/11 Penne Pasta w/Chicken & Vegetables, Alfredo or Garlic Butter Sauce
TUE 2/12 Liver & Onions or Salisbury Steak, Mashed Potatoes w/Gravy, Brussels Sprouts
WED 2/13 Pepperoni Rolls, Sweet Potato Fries
THU 2/14 HEART HEALTHY LUNCH DAY - Fish, Baked Potato, Vegetable
FRI 2/15 Cooks Choice

MON 2/18 Presidents Day - CENTER CLOSED
TUE 2/19 No Food Service-Kitchen Construction
WED 2/20 No Food Service-Kitchen Construction
THU 2/21 No Food Service-Kitchen Construction
FRI 2/22 No Food Service-Kitchen Construction

MON 2/25 Cabbage Roll, Vegetable
TUE 2/26 Spaghetti w/Meat Sauce, Garlic Bread
WED 2/27 SOUL FOOD LUNCH DAY – Fried Chicken, Mac & Cheese, Greens, Cornbread
THU 2/28 Meatloaf, Mashed Potatoes w/Gravy, Vegetable
FRI 3/1 Kielbasa, Cabbage, Fried Potatoes

MON 3/4 Stuffed Pepper, Mac & Cheese
TUE 3/5 Chicken Patty Sandwich, Onion Rings, Cole Slaw
WED 3/6 Tuna Noodle Casserole, Biscuit
THU 3/7 Baked Steak, Mashed Potatoes w/Gravy, Green Beans
FRI 3/8 Fish, French Fries, Cole Slaw



**Member Breakfast a la carte bar
from 8:15am - 9:45am**

This Is Where... Experience Goes Bone Deep.

United Orthopaedic and Spine Center at UHC

Orthopaedic Specialists at UHC:

completed fellowships at the Cleveland Clinic, University of California, Irvine School of Medicine, Ohio State, University of Minnesota, University of Pennsylvania, West Virginia University and The Toledo Hospital;

promote the use of minimally invasive techniques – small incisions, less pain, faster recovery.

And they chose UHC.

This level of care has never been this close to home.

- Shoulder Surgery
- Adult Hip and Knee Replacements
- Sports Medicine
- Expertise in Elbow, Wrist, and Hand Surgery



UNITED HOSPITAL CENTER 

Bridgeport, WV | We're Part of Something Great | uhcwv.org

wvorthocenter.com | (681) 342-3500

EVENING AND SATURDAY APPOINTMENTS AVAILABLE



Peter J. Alasky, IV, DO



Christopher D. Courtney, DO



William J. Dahl, MD



Joseph J. Fazalare, MD



Joshua B. Sykes, MD



David L. Waxman, MD



Ashley L. Yellnek, DO

HCSC BOARD ACTIONS



January Board Actions:

- Board accepted and approved the Audited Financial Statements for 10/1/2017-9/30/2018. Copy available for review in the café or online at hcscwv.org.
- Board adopted committee assignments for 2019. See page 5 for list and information.
- Board adopted a 2019 Meeting Schedule as follows: March 28, 2019, April 25, 2019, June 27, 2019, July 25, 2019, August 22, 2019, October 24, 2019 and November 21, 2019. All meetings are on a Thursday at 9:00 AM.

Next Board Meeting: Thursday, March 28, 2019 at 9:00 AM - 2020 Annual Plan Meeting

2019 HCSC Board of Directors

OFFICERS

President - William O'Field

Vice President - E. Ryan Kennedy

Secretary - Sandra Mossor

Treasurer - Joyce Rabanal

BOARD MEMBERS

Janet Dotson, Sharon Hamilton, Linda Holyfield, Harley Jeffries, Lowell "L. J." Maxey

William Phillips, Chad Sigmon, Donna Stuart, and Ron Watson

Executive Director - Beth Fitzgerald (*Ex-Officio*)

2019 SATELLITE INFORMATION - Please check with President for weather cancellation policy

SATELLITE	PRESIDENT'S INFO	MEETING INFO
BRIDGEPORT	Willa Brand 304.842.6696	3rd Monday of Month • 10:30 AM • Benedum Center
EAST VIEW	Donna Dolan 304.622.1530	1st Friday of Month • 12:00 PM • Community Center <i>Bingo only on other Fridays at 1 pm</i>
JOHNSTOWN	Cheryl Fogg 304.623.0210	2nd Wednesday of Month • 10:00 AM • Community Center
LOST CREEK	Linda Coffman 304.745.4983	1st Wednesday of Month • 10:00 AM • Community Center <i>Ceramics & Cards on other Wednesdays</i>
LUMBERPORT	Sherry Exline 304.584.4642	2nd Friday of Month • 11:00 AM • United Methodist Church
MARSHVILLE	Ruth Randolph 304.783.4469	4th Tuesday of Month • 10:30 AM • HCSC Ceramics Room/Café
MT CLARE	Jean Travis 304.838.2776	3rd Tuesday of Month • 11:00 AM • Mt Clare Fire Department
SARDIS	Frances Allen 304.783.5253	1st Thursday of Month • 10:30 AM • Community Center
SHINNSTON	Janet Dotson 304.592.0912	Every Friday • 10:30 AM • American Legion Building
SPELTER	Sharon Hamilton 304.624.6251	3rd Thursday of Month • 12 Noon • Fire Dept. Community Room
WALLACE	Linda Conant 304.796.4658	2nd Thursday of Month • 10:00 AM • United Methodist Church
WEST MILFORD/ GOOD HOPE	Richard Himes 304.745.5191	1st and 3rd Tuesdays of Month • 10:30 AM • Community Center

Harrison County Senior Center Board of Directors 2019 Committee Assignments

- **Executive Committee**

O'Field (pres.), Kennedy (vice pres.), Mossor (sec.), Rabanal (treas.), Hamilton (sat. pres. council)

➔ **PLEASE NOTE:** HCSC members are encouraged to join the committees listed below. Please see any board member, leave a note at the front desk, or a phone message at 304.623.6795 ext. 201 to express your interest in joining. Committees are planning to meet at least quarterly but may meet more as necessary.

- **Finance Committee**

Rabanal (chair), Hamilton, Maxey, Sigmon, Watson, Phillips, Caruso (Ex Officio)

- **Health Committee**

Stuart (chair), Dotson, Hamilton, Jeffries, Rabanal

- **Nutrition Committee**

Mossor (chair), Holyfield, Jeffries, Rabanal, Stuart

- **Marketing Committee**

Kennedy (chair), Dotson, Holyfield, Sigmon, Stuart

Ad Hoc Committees (meet as necessary)

- **Ad Hoc By-Laws Committee**

Kennedy (chair), Dotson, Hamilton, Mossor, Phillips, Watson

- **Ad Hoc Election Committee**

Holyfield (chair), Jeffries, Kennedy, Maxey, Sigmon

SATELLITE PRESIDENTS MEETINGS

At the January meeting, Satellite Presidents set their meeting schedule for 2019 as follows:

April 25, 2019, July 25, 2019, and October 24, 2019

Meetings are on **Thursdays at 11:00 am** after the regular board meeting in the HCSC Board Room.



Alzheimer's Support Group

The West Virginia Chapter of the Alzheimer's Association offers a support group at the Center on the **second Thursday of each month at 10:30 a.m. in the board room**. The meetings are led by trained facilitators for care givers and persons with dementia affected by Alzheimer's. Participation in the group provides emotional support and encouragement to help cope with the disease. Meetings are free and open to all members.

**ADVERTISE
WITH US!**

If you have questions about the newsletter or would like to purchase advertising space, please contact Beth Fitzgerald, Exec. Dir., or William O'Field, Board President, at 304.623.6795 or by email at newsletter@hscwv.org

2019 UNITED STATES AND WEST VIRGINIA STATE LEGISLATORS

United States Senate Website: www.senate.gov

Senator Joe Manchin III
306 Hart Senate Office Building
Washington, DC 20510
Phone: (202)224-3954



Senator Shelley Moore Capito
172 Russell Senate Office Building
Washington, DC 20510
Phone: (202) 224-6472



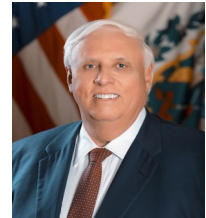
United States House of Representatives Website: www.house.gov

Congressman David B. McKinley
2239 Rayburn House Office Building
Washington, DC 20515
Phone: (202) 225-4172



West Virginia Legislature State Capitol Complex 1900 Kanawha Boulevard E. Charleston, WV 25305 Phone: (304) 347-4836 Website: www.wvlegislature.gov

Governor Jim Justice
Office of the Governor
State Capitol, 1900 Kanawha Blvd. E
Charleston, WV 25305
304.558.2000 or 1.888.438.2731

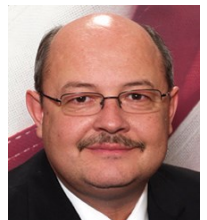


WV SENATE

Senator Michael Romano
Room 200W, Building 1
Phone: (304) 357-7904
Email: mike.romano@wvsenate.gov



Senator Douglas E. Facemire
Room 213W, Building 1
Phone: (304) 357-7845
Email: douglas.facemire@wvsenate.gov



WV HOUSE OF DELEGATES

Delegate Tim Miley
Room 264M, Building 1
Phone: (304) 340-3240
Email: tim.miley@wvhouse.gov



Delegate Danny Hamrick
Room 434M, Building 1
Phone: (304) 340-3265
Email: danny.hamrick@wvhouse.gov



Delegate Ben Queen
Room 221E, Building 1
Phone: (304) 340-3171
Email: ben.queen@wvhouse.gov



Delegate Terry Waxman
Room 202E, Building 1
Phone: (304) 340-3102
Email: terry.waxman@wvhouse.gov
Cell: (304) 669-1782



2019 COMMISSIONERS AND COUNCIL MEMBERS

Harrison County Commission

301 W. Main Street
Clarksburg, WV 26301
Phone: (304) 624-8500

Website: www.harrisoncountywv

Ron Watson, Pres.



David Hinkle



Pasty Trecost II



Clarksburg City Council

222 W. Main Street
Clarksburg, WV 26301
Phone: (304) 624-1624

Website: www.cityofclarksburgwv.com

Catherine Goings

Mayor



Jim Malfregeot

Vice Mayor



Gary Bowden



Frank Ferrari



Marshall Goff



E. Ryan Kennedy



Chad Sigmon



Bridgeport City Council

515 W. Main Street
Bridgeport, WV 26330
Phone: (304) 842-8201

Website: www.bridgeportwv.com

Andy Lang

Mayor



Robert Greer



Lowell "L. J." Maxey



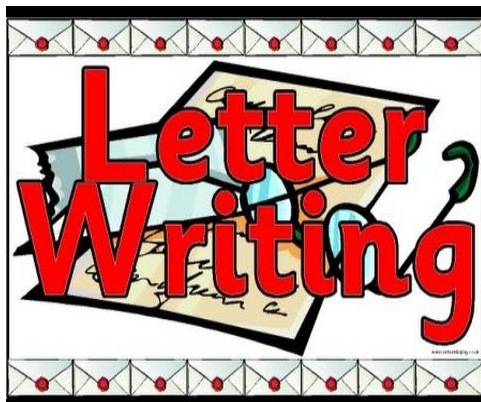
Jeff Smell



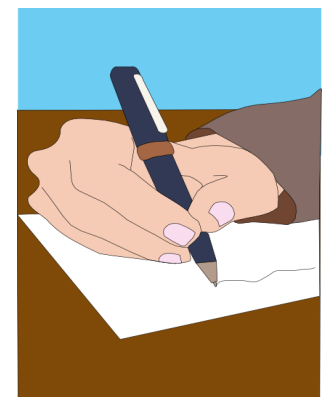
Dustin Vincent



John Wilson, Sr.



Please continue to write letters to local council members, and state and federal legislators. We want to thank them for their past support of seniors and request their continued support for senior programs, senior centers and senior services. Mail them yourself or bring them to the center. We will hand deliver the letters during February and March.



Jewels and Gemstones

Find and circle all of the gemstones that are hidden in the grid.
The remaining letters spell a secret message. (It is a long message.)



T T S Y H T E M A H E N I R A M A U Q A
E E R U B Y A C E E G D A N B U R I T E
O T N L D E M I N N R J J U Z I R C O N
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AMBER
AMETHYST
AMMOLITE
AQUAMARINE
BERYL
BLOODSTONE
CITRINE
CORAL
DANBURITE
DIAMOND
EMERALD
GARNET
HIDDENITE
IOLITE
IRONSTONE
JADE
JASPER
MALACHITE
MOONSTONE
MORGANITE
OBSIDIAN
ONYX
OPAL
PEARL
RUBELITE
RUBY
SAPPHIRE
SERPENTINE
SPHENE
SPINEL
SUGLITE
SUNSTONE
TANZANITE
TOPAZ
TOURMALINE
TURQUOISE
VARISCITE
ZIRCON
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MEMBER FEBRUARY BIRTHDAYS

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Day	Name
1	Vickie Clutter
1	Rebecca Gould
1	Barbara W Jones
1	Donald Sinsel
1	Todd Somers
2	Margaret Harbert
2	Judy Trevison
2	Ron Watson
3	Philip Abrams Sr
3	Martha DeBarr
3	Jack L Gregory
3	Floyd Moore
3	Shirley J Runyon
4	Arlene Bashnett
4	Helen P Raymond
4	Nola C Robey
5	Kathryn Michalik
5	Phyllis Warner
5	Dianina Williams
6	Glenda Garcia
6	Jimmie F Lane
6	Sandra Laurie
6	Susan McElroy
6	David R Norman
6	Margaret T Spatafore
6	Altha J Talerico

Day	Name
7	Charles Kulens
7	Clarence E Posey
7	Saundra Starkey
7	Keith E Walls
8	Debora Ann Leonard
9	Betty Blackshire
9	Libby Butcher
9	Janice Cawthon
9	Mary Kay Lindsay
9	Dorothy McCartney
9	Margaret E McDonald
9	Paul Nulter
9	Irmgard Quinn
10	William Audia
10	J Kay Gibson
10	Donald A Kudla
10	Loretta M Mills
10	Edna Walton
11	David Seay
11	Thomas J Stire
11	Margaret D Yost
13	Victoria A Ayoob
13	Cathy D Bennett
13	Barbara J Campbell
13	Gary Allen Carter
13	Gary DeBarr

Day	Name
13	Wilma Jackson
13	Eugene Jaumot
14	Darrell Bush
14	Carol A Davis
14	Larry Joe Mano
14	Dorothy J Rader
14	Rosemary Serian
14	James E Stout
15	Loretta Flint
15	Mavis A Hairston
15	Jim Myers
16	Wilbert E Hamrick
16	Don Shepherd
16	Charles Stalnaker
17	Harold Allen
18	Penny L Lamm
18	Betty Riley
20	Geneva L Clutter
20	Tom Flynn
20	Floyd B Lockhart Sr
20	Clara McCann
20	Linda Murphy
20	Rita Taylor
21	Kendy Clutter
21	Sarah A Rebrook
22	Vera Johnson

Day	Name
22	Jeff Rupert
23	Gloria J Armstrong
23	Thomas C Exline
23	Lenore H Hinkle
23	Mary Jo Skinner
24	Shirley A Dodd
24	Virginia Loria
24	Jean Sartoris
24	Laura Wilson
25	Ruth A Bailey
25	Dorothy Carpenter
25	Charles H Roberts
25	Sharon Williams
26	Loretta Baker
26	Sue Baldini
26	Pamela J Bonnell
26	Kenny Clutter
26	Kammi Insani Singleton
27	Tonya Stewart
27	Lisha Templeton
28	Joyce Cox
28	Susie George
28	Raymond Mark Leonard
28	Susan McMichael

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REGIONAL WV SHIP COUNSELOR * ERNESTINE POST Medicare Information, Assistance & Counseling

Phone: 304.765.4091 email: epbcsc@frontier.com
Ernestine Post, from Braxton County Senior Center, is available by phone or on visit days:

Time: 9:30 am - 2:30 pm

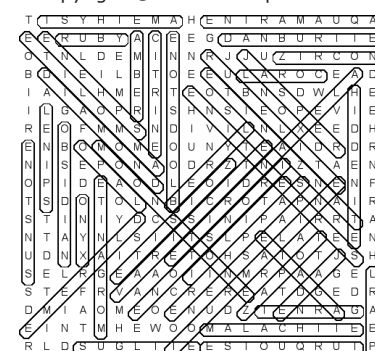
Wed. Feb. 6 Thu. Feb. 14 Mon. Feb. 25

HIDDEN MESSAGE:

THE GOLDEN
JUBILEE DIAMOND
WEIGHS OVER FIVE
HUNDRED AND
FORTY CARATS AND
IS THE LARGEST
FACETED DIAMOND
IN THE WORLD.

PUZZLE SOLUTION

Copyright © 2018 www.puzzles.ca



The Harrison County Senior Center is funded by the Older Americans Act - Title III, WV Bureau of Senior Services, WV Division of Public Transit, Harrison County Levy Funds, City of Clarksburg, In-Home Services funds and by individual and corporate donations.



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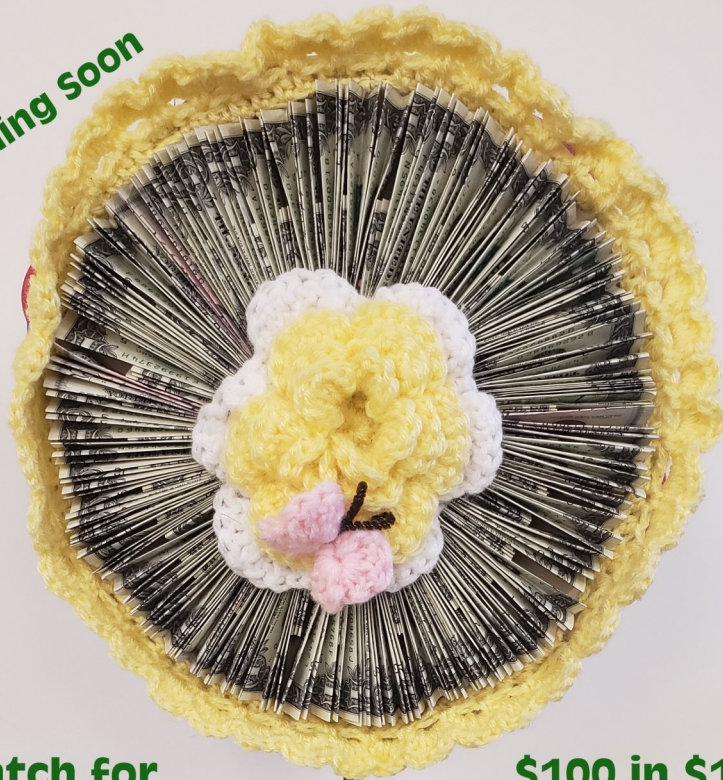


DISCLAIMER

Any political, product, or service advertisements contained in this newsletter does not represent an endorsement by the Harrison County Senior Center.



Coming soon



Watch for
Raffle Tickets
To Be Sold
At The
Front Desk

\$100 in \$1 Bills
Donated &
Created
By The
Bolivia Card
Group



SENIORS ON THE GO TRAVEL CLUB

FOR RESERVATIONS OR MORE INFORMATION CONTACT

DELORES LOYD 304.624.0773

Restricted to Ages 40+ **PASSPORT REQUIRED**

CANADA & NEW ENGLAND SEPTEMBER 5 - 14, 2019

10 DAYS/9 NIGHTS WITH ROYAL CARIBBEAN CRUISE
LINE ON THE GRANDEUR OF THE SEAS

Inside Cabin Category 6V \$1,210

Outside Cabin Category 6N \$1,410

Balcony Cabin Category 4B \$2,463



Rates are per person, double occupancy, and include roundtrip transportation to/from pier, cruise, port charges, and government fees. *Motorcoach is based on 20 passengers*

DEPOSIT POLICY: An initial deposit of \$350 per person double occupancy or \$700 per person single occupancy is required to secure reservations and assign cabins. Those who book early get the best prices, the best cabin locations and their preferred dining times. **FINAL BALANCE IS DUE MAY 7, 2019**

Pigeon Forge & Smoky Mountains

April 29-May 3, 2019

\$525 per person/double occupancy

Motorcoach Transportation

4 nights lodging

Titanic Museum,

Shows - Soul of Motown, America's Hit Parade, Hatfield-McCoy, Smoky Mountain

Opry, Magic Beyond Belief

Downtown Historic Gatlinburg, Guided Tour of Smoky Mountains National Park and much more!

\$120 due upon signing, Final Deposit due 2/21/2019



SENIOR NUTRITION MISSION PROGRAM A program for Harrison County seniors age 60 or older with income at or below 130% of the federal poverty level. For a one person household this would be \$1316 a month or less, and for a two person household this would be \$1784 or less. Call for more information on larger household sizes. A monthly food box includes cans of fruits & vegetables, shelf stable milk, juice, cereal, cans of meat, peanut butter, pasta, & block of cheese. For more information on this program and how to sign up, please contact Barbara Oldaker or volunteer Debbie Glaspell at 304.623.6795 Ext. 105.



REOCCURRING WEEKLY ACTIVITIES	DAY(S) OF OCCURENCE				
	MON	TUE	WED	THU	FRI
Fitness Room 8A – 4P	X	X	X	X	X
Toning Exercise 8:30A – 9:30A		X		X	
Daytime Ceramics 8:30A – 3:30P	X			X	
Evening Ceramics 4P – 8P			X		
Tai Chi 10A – 11A		X		X	
Tai Chi Advanced 11A – 12P				X	
Exercise 10:30A – 11:30A	X				X
Healthy Steps Exercise 10:30A – 11:30A			X		
Bingo Fun Club 12:30P – 3P		X			
Bingo Coverall after Lunch 3/\$1 12:15P – 12:30P					X
Duplicate Bridge 1P – 3P	X				
Bridge & Other Card Games 12:30P – 4P				X	
Bolivia Card Game 9A-3P		X			X
Zumba Gold 1P – 1:30P	X		X		
Line Dancing 3P – 5P	X				

Sunday, February 3, 2019

Wings of Hope Purse Bingo Fundraiser, Doors open at Noon, Early Bird & Reg. Bingo

Monday, February 4, 2019

Sewing Group 10:00am

Tuesday, February 5, 2019

West Milford/Good Hope Satellite Meeting 10:30am

Wednesday, February 6, 2019

SHIP Counselor (Medicare, Ins.) Ernestine Post 9:30am-2:30pm

Lost Creek Satellite Meeting 10:00am

Thursday, February 7, 2019

Sardis Satellite Meeting 10:30am

Librarian 11:30am

Friday, February 8, 2019

Shinnston Satellite Meeting 10:30am

Lumberport Satellite Meeting 11:00am

East View Satellite Bingo 1:00pm

Sunday, February 10, 2019

PWA Purse Bingo Fundraiser, Doors open Noon, Bingo 1p

Monday, February 11, 2019

Final Expense Product Info. 9:00am

Travel Club 1:00pm

Tuesday, February 12, 2019

Wednesday, February 13, 2019

Johnstown Satellite Meeting 10:00am

Lost Creek Satellite Ceramics & Cards 10:00am

Thursday, February 14, 2019

SHIP Counselor (Medicare, Ins.) 9:30am-2:30pm

Wallace Satellite Meeting 10:00am

Alzheimer's Support Group 10:30am

Heart Healthy Fun, Lunch, & Bingo 10:45am – 12:30pm

Friday, February 15, 2019

Shinnston Satellite Meeting 10:30am

To Be Confirmed - Book Club 12:45p

East View Satellite Bingo 1:00pm

Monday, February 18, 2019

CENTER CLOSED – PRESIDENT'S DAY

Café Food Service & Ballroom Closed this Week



FEBRUARY 19-22, 2019

**Ballroom closed
For floor waxing.
No activities.**



**Café closed for
kitchen cooking
line remodel.
No food service.**

**PLEASE BE AWARE - There
may be noise, odors,
fumes, and dust in these
areas during this week.**

Café Food Service & Ballroom Closed this Week

Tuesday, February 19, 2019

West Milford/Good Hope Satellite Meeting 10:30am

Mt. Clare Satellite Meeting 11:00am

Stonewall Jackson Coin Club 5:30pm

Wednesday, February 20, 2019

Lost Creek Satellite Ceramics & Cards 10:00am

Thursday, February 21, 2019

Sewing Group 9:00am-3:00pm

Spelter Satellite Meeting 12:00pm

Friday, February 22, 2019

Shinnston Satellite Meeting 10:30am

East View Satellite Bingo 1:00pm

Sunday, February 24, 2019

Historical Society Bingo Fundraiser, Doors open Noon, Bingo 1p

Monday, February 25, 2019

SHIP Counselor (Medicare, Ins.) 9:30am-2:30pm

Clarksburg Aglow 6:00pm

Tuesday, February 26, 2019

Marshville Satellite Meeting 10:30am

Wednesday, February 27, 2019

Lost Creek Satellite Ceramics & Cards 10:00am

Soul Food Lunch Day 11:30am \$5.50

Thursday, February 28, 2019

Friday, March 1, 2019

Shinnston Satellite Meeting 10:30am

East View Satellite Meeting 12:00pm

Sunday, March 3, 2019

Lincoln DECA Bingo Fundraiser

Monday, March 4, 2019

Sewing Group 9:00am

Tuesday, March 5, 2019

West Milford/Good Hope Satellite Meeting 10:30am

Wednesday, March 6, 2019

Lost Creek Satellite Meeting 10:00am

Thursday, March 7, 2019

Sardis Satellite Meeting 10:30am

Librarian 11:30am

Confusion



Clarity



MedPack



Regional Service
Free Shipping
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Personalized Care
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304-368-9355

Come to the Valley



We are a 55+ community with monthly potluck dinners, weekly bingo, and resident driven activities. Interact with friendly people in a caring, quiet, community environment.

HARMONY VALLEY RETIREMENT COMMUNITY

14 Gawthrop Lane, Clarksburg, WV 26301

Off Sun Valley Rd. - 3 mi. from Major Shopping Areas

No Elevators

Direct Access to your Affordable, Handicapped-Accessible Apartment

1 Bedroom (\$800/mo.) & 2 Bedroom (\$900/mo.)
non-smoking apartments

Monthly Rent INCLUDES Utilities and Basic Plus Cable

**Call Perry McAtee at 304.677.6800 for an
Appointment to View our Lovely Apartments**