

# Harrison County Senior Center

**Socialize - Exercise - Energize**

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



**AUGUST 2019**



## CALLING ALL CRAFTERS & VENDORS!

RESERVE YOUR TABLE AT THE  
FALL HCSC CRAFT AND  
VENDOR SHOW IN THE HCSC  
BALLROOM.

**November  
9th & 10th**

Contact Kim Lowther at 304.623.6795 or  
Send email to [events@hcscwv.org](mailto:events@hcscwv.org) for a  
vendor or crafter application.

Calling all Seniors! Join us for Senior Craft Day on:  
**August 28, 2019 at 10 AM**  
Come and join us for an hour of fun!  
Sign up at the Front Desk for this first project by  
August 19, 2019. See page 10 for more  
information.



## TRANSPORTATION SERVICES

Featured this month is

our transportation team under the direction of Jason Kuntz, Transportation Manager. Jason works diligently to prepare the most efficient daily schedules to accommodate as many Harrison County seniors and disabled riders as possible. Due to the high demand for transportation services, available slots fill up quickly. All drivers must complete PASS (Passenger Assistance Safety and Sensitivity) training every two years. Visit page 10 to meet our transportation team.



Eating Smart • Being Active® Class information on page 5  
Tax/Assessor's Mobile Visit Schedule on page 6  
See Page 5 for Information on Running for a Board Position  
More Information for HCSC 1st Annual Craft & Vendor Show on Page 10

## 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.**

DAY	DATE	MENU
MON	7/29	Tuna Salad Sandwich, Onion Rings
TUE	7/30	Liver & Onions or Salisbury Steak, Mashed Potatoes w/Gravy, Vegetable
WED	7/31	Pepperoni Rolls, Macaroni & Cheese
THU	8/1	Chicken Hoagie, Pasta Salad
FRI	8/2	Cook's Choice
MON	8/5	Penne Pasta w/ Meat Sauce, Italian Bread
TUE	8/6	Baked Chicken, Scalloped Potatoes, Stewed Tomatoes
WED	8/7	Cold Cut Subs, Broccoli Salad
THU	8/8	Taco Salad, Nachos & Cheese Sauce, Refried Beans
FRI	8/9	Fish, Macaroni & Cheese, Cole Slaw
MON	8/12	Stuffed Pepper, Roasted Red Potatoes
TUE	8/13	Chicken Stir Fry with Vegetable & Rice
WED	8/14	Cream of Broccoli Soup w/Fried Bologna Sandwiches
THU	8/15	CENTER CLOSED - STAFF TRAINING DAY
FRI	8/16	Beef Tips over Noodles, Carrots
MON	8/19	Chicken & Dumplings w/ Biscuit, Vegetable
TUE	8/20	Meatloaf, Baked Potatoes, Green Beans
WED	8/21	Giovanni Sandwich, Pasta Salad, Cottage Cheese & Fruit
THU	8/22	Salad Plate-Macaroni Salad, Chicken Salad, Ham Salad
FRI	8/23	Barbecue Pork Rib Patty Sandwich, Chips, Cole Slaw
MON	8/26	Meatball Hoagies, Onion Rings
TUE	8/27	Spaghetti w/Meat Sauce, Italian Bread
WED	8/28	Italian Sausage Hoagie w/Oliverio Peppers, Potato Wedges
THU	8/29	Pizza Bread, Chips, Cucumber & Onion Salad
FRI	8/30	Cook's Choice
MON	9/2	LABOR DAY - CENTER CLOSED
TUE	9/3	Hot Dogs, Baked Beans, Cole Slaw
WED	9/4	Chicken Wings, Breaded Vegetables, Pasta Salad
THU	9/5	Grilled Steak Salad
FRI	9/6	Ham & Bean Soup, Cornbread, Spinach

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



Pictures this month: Julia Todd, CHPL Manager, (above) assists members in accessing library electronic materials; WVJC LPN students take BP and Glucose readings and distribute educational materials; Richard Golden celebrates his 91st birthday; County Assessor and Tax Office Mobile office; Tai Chi Class with WVU PT Intern Abhi Dave after his Falls Prevention Presentation.



**Wednesday, August 21, 2019 is National Senior Citizen Day!  
Join us for fun activities beginning at 10:30 AM**

Dare to **C.A.R.E.** about Vascular Disease

# Free Vascular Disease Screening UHC Cares!

**VASCULAR DISEASE** affects your circulatory system and is often symptomless.



**Carotid Artery Disease**

Responsible for more than half of the strokes that occur each year in the U.S.



**Abdominal Aortic Aneurysm**

The third leading cause of death in men over 60



**Renal Artery Stenosis**

May be entirely asymptomatic and in severe cases, can lead to kidney failure



**Extremity Artery Disease/Peripheral Arterial Disease**

Affects one in 20 people over the age of 50 and can lead to limb loss

**UNITED HOSPITAL CENTER IS PROUD TO OFFER DARE TO C.A.R.E.,** a national program designed to detect and help manage your risk of vascular disease.

**For a free screening call  
(681) 342-1365**

**RISK FACTORS OF VASCULAR DISEASE:**

- Greater than 60 years old
- Greater than 50 years old, with one or more of the following risk factors:
  - High cholesterol
  - High blood pressure
  - A smoker
  - Family history of vascular disease
- Greater than 40 years old with diabetes



**UNITED HOSPITAL CENTER** 

Bridgeport, WV | We're Part of Something Great | [uhcwv.org](http://uhcwv.org)

## HCSC BOARD ACTIONS

At the July 25, 2019 meeting, the Board took the following actions:

- Approved a request for a trial period for Co-Pilot program for EVV compliance.
- Directed the Marketing Committee to develop a policy on member requests for collecting monetary donations or items at the front desk for various causes and organizations.
- To make final decision on 2020 newsletter plans at August meeting.
- Re-appointed E. Ryan Kennedy to the board.

**Next Board Meeting: August 22, 2019, 9:00 AM in the Boardroom**

**See Page 8 for Committee Meeting Schedule**

Bridgeport Councilman Don Burton sworn in as new board member. Board Vice President E. Ryan Kennedy was re-appointed by the board as member-at-large.



### 2019 HCSC Board of Directors OFFICERS

**President - William O'Field**

**Secretary - Sandra Mossor**

**Vice President - E. Ryan Kennedy**

**Treasurer - Joyce Rabanal**

#### BOARD MEMBERS

**Janet Dotson, Sharon Hamilton, Linda Holyfield, Harley Jeffries, Don Burton,  
William Phillips, Gary Keith II, Donna Stuart, and Ron Watson**

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

**Remaining 2019 Board Meetings: August 22, October 24 & November 21**

### 2019 SATELLITE INFORMATION - Last 2019 President's Council Meeting: October 24

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 &amp; 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

# RUN FOR YOUR BOARD

## Board of Directors Election

for the 1/1/2020-12/31/2021 Term (2 years)

The HCSCC Board of Directors will be holding an election for two positions on the Board during October 2019. All members who are in good standing and have been a member of HCSCC, which includes Satellites, for at least one year are eligible to run as a candidate for the Board of Director's Membership Representative Seat.

As stipulated in the HCSCC bylaws, each applicant is required to complete an essay of 150 words or less, stating why he or she would like to be elected as a HCSCC Board of Director's Representative. All candidates will have their picture taken at the HCSCC office to accompany their application.

**All applications must be returned to the Center by 4:00 p.m. on Thursday, August 15, 2019.** Applications will be opened and reviewed prior to the August Board meeting. *Center open on the last day to accept applications.*

The Executive Committee will review and approve all eligible applications. A list of eligible candidates will be prepared and presented to the Board of Directors at the Thursday, August 22, 2019 regular meeting for final approval and publication. The President of the Board of Directors will notify each eligible candidate of application approval within 48 to 72 hours of the August 22, Board meeting.

Candidate names will appear in alphabetical order on the ballot. All qualified nominations will be published in the September and October 2019 newsletters and on the website.

Any candidate may withdraw his or her name up to 48 hours prior to the election by notifying the President of the Board of Directors in writing of his or her request to withdraw from the HCSCC election process.

A copy of the application is available at the front desk or on our website at: <http://hcscwv.org>



**FREE CLASS**

### EATING SMART • BEING ACTIVE®

This work is supported by the WVU Extension Service Family Nutrition program and a grant from the USDA National Institute of Food and Agriculture. In partnership with: United States Department of Agriculture & National Institute of Food and Agriculture  
Reasonable accommodations will be made to provide this content in alternate formats upon request. Contact the WVU Extension Service Office of Communications at 304-293-4222.

This interactive, hands-on class consists of nine individual lessons designed to teach participants how to make healthy lifestyle choices and be more physically active.

**Participants will:**

- Learn how to cook healthy meals
- Gain tips for saving money
- Sample new foods and receive recipes
- Learn how to keep food safe
- Receive weekly giveaways and a graduation certificate

**All supplies provided**

**Class will be held for nine weeks.**

**Wednesdays ~ 1:00 pm ~ beginning August 14, 2019**

**in the HCSC Kinley Café.**

**Call 304.623.6795 or stop by the front desk to sign up by July 26.**



Are you a Veteran in crisis or concerned about one? Connect with the Veterans Crisis Line to reach caring, qualified responders with the Department of Veterans Affairs. Many of them are Veterans themselves.



FOLLOW US ON  
**facebook**



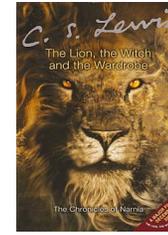
**DISCLAIMER:** Any political, product, or service advertisements contained in this newsletter does not represent an endorsement by the Harrison County Senior Center.

## ASSESSOR & TAX OFFICE INFORMATION

The Harrison County Assessor's Office (Rocky Romano) and the Harrison County Sherriff's Tax Office (Robert Matheny) will be at the locations and dates listed below to accept payment of taxes, assistance with Individual Personal Property Assessments, Business Assessments, WV State Farm Census and New Homestead/Disability Exemption Applications. Please bring your 2019 Tax Statement if you are wanting to pay your taxes.

Date	Time	Satellite/Place
8/2	9:30-2:00	East View Community Center
8/6	9:30-2:00	West Milford Community Building
8/7	9:30-2:00	Lost Creek Community Building
8/9	9:30-2:00	Lumberport United Methodist Church
8/13	9:30-2:00	Salem City Building
8/15	9:30-2:00	Spelter Fire Department

## HCSC BOOK CLUB Now Reading



**The Lion, The Witch,  
And the Wardrobe**

&



**Denton Little's Still Not  
Dead**

**Next Meeting  
Wednesday,  
August 7, 2019**

**at 12:45 PM in the Boardroom**

## SAFER DRIVING CAN SAVE YOU MONEY

The AARP Smart Driver™ Classroom Course could save money on your car insurance!



- ⇒ Refresh your driving skills and knowledge of the rules of the road.
- ⇒ Learn techniques for handling left turns, right-of-way and roundabouts.
- ⇒ Discover proven driving methods to help keep you and your loved ones safe on the road.

**CALL Instructor Lowell "BOB" Steele at (304) 216-1726 IF INTERESTED**

**A full course or refresher course is being considered depending on interest.**



## 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 am in the boardroom**. 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.

**SAVE THE DATE: Sunday, September 29, 2019, Walk to End Alzheimer's at the Meadowbrook Mall.**



**HCSC will, once again, have a team for the Walk to End Alzheimer's. This year the event will be at the Meadowbrook Mall, Bridgeport, WV. The Route Length is Two Miles.**

**Registration at 1p, Ceremony at 1:50p, Walk at 2p.**

**Please see Bill O'Field or leave your name at the front desk if you are interested in joining the team to walk and/or donate money to help us reach our goal.**

**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@hcscwv.org](mailto:newsletter@hcscwv.org)

# Fishing

Find and circle all of the Fishing words that are hidden in the grid.  
The remaining letters spell a quote by Henry David Thoreau.



L E E R D N A D O R M A N F T U O R T Y  
M R E G U A F E N G G L S R L O F X I S  
B A S S G N I L G N A N O A H O O H I N  
F L I E S G P B I K H L I S L B A F A R  
R I S L B L D O E P L S I H E M L T O E  
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V E O I U H I T N E D I K F C I R N S B  
I E O N E I L G F E F C N A N G F A A O  
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B L A F I T J R E L W A R C S I H T T P  
H E E Y S S T R E A M A R E S A F T A I  
L U R E J I G G I N G E R H K O O H C E

ANGLER  
ANGLING  
AUGER  
BAIT  
BASS  
BLUEFISH  
BOAT  
BOBBER  
CATCH AND RELEASE  
CATFISH  
CRAPPIE  
CRAWLER  
DAILY LIMIT  
FLIES  
FLIPPING  
FLOAT  
FLOUNDER  
FLY CASTING  
FLY FISHING  
FLY REEL  
FLY ROD  
GEAR  
HOOK  
JIGGING  
JIGS  
KEEPER  
LAKE  
LANDING NET  
LEADER  
LINE  
LURE  
NIBBLE  
PANFISH  
POLE FISHING  
POND  
REDFISH  
RIVER  
ROD AND REEL  
SALMON  
SINKER  
SPINCAST REEL  
SPINNER  
SPOOL  
SPOON  
STILL FISHING  
STREAM  
STRIKE  
TACKLE BOX  
TRAILER  
TROLLING  
TROUT

## HCSC BOARD REMAINING 2019 COMMITTEE MEETING SCHEDULE

- ⇒ **Finance Committee:** August 22, & October 24 @ 8:30 AM (Prior to Regular Board Meeting)
- ⇒ **Health Committee:** August 21, & October 16 @ 2:00 PM
- ⇒ **Marketing Committee:** August 6, & November 5 @ 10:00 AM
- ⇒ **Nutrition Committee:** August 26, & October 21 @ 2:00 PM
- ⇒ **Executive Committee:** *Meets as needed*

**ALL MEETINGS ARE HELD IN THE BOARDROOM (Unless Otherwise Posted)  
AND ARE OPEN TO THE PUBLIC**



## SENIORS ON THE GO TRAVEL CLUB

**FOR RESERVATIONS OR MORE INFORMATION CONTACT DELORES LOYD 304.624.0773 Restricted to Ages 40+**



### Savannah, Jekyll Island & Beaufort, SC ~ April 20-25, 2020

\$646 per person - First payment due by Dec. 9, 2019

6 Days & 5 Nights per person, double occupancy  
Depart from Kohl's parking lot at 8:00 am

Price Includes: Motorcoach Transportation, Guided Tours, Trolley & Tram Tours, Evening Show, 8 Meals, 5 Breakfasts & 3 Dinners



**TAI CHI CLASS** meets for lunch at the FOP Restaurant for socialization while instructors were away for training.

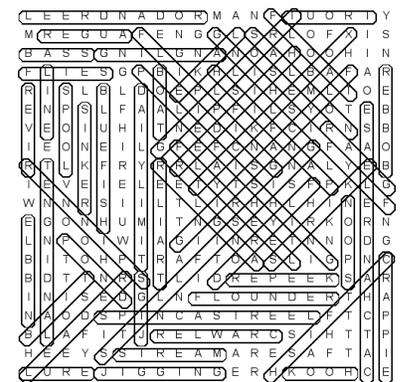


### HIDDEN MESSAGE:

**MANY MEN GO  
FISHING ALL OF  
THEIR LIVES  
WITHOUT  
KNOWING THAT  
IT IS NOT FISH  
THEY ARE AFTER.**

### PUZZLE SOLUTION

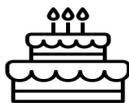
Copyright © 2019 www.puzzles.ca



**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 \$1354 a month or less, and for a two person household this would be \$1832 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.**



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.



# MEMBER AUGUST BIRTHDAYS



Day	Name	Day	Name	Day	Name	Day	Name
1	Virginia McCauley	8	Sandra Newbrough	15	Robert L Clutter	26	Ester Johnson
1	Norma J Hadjis	8	Brian Forinash	15	Regina Edgell	26	Bud Oldaker
1	Judith C Asel	8	Joan Kendall	15	Rosie Murphy	27	Helen Ashcraft
2	Sissy Cokeley	9	Kathryn Bonnell-Ford	15	Fay Murphy	27	Chuck Lothes
2	Mary Scott	9	John Emerson	16	Brenda S Gill	27	Becky Venettozzi
2	Eddie Chistie	9	Sandra Taylor	17	Stephen McElroy	27	Karen J Flanigan
3	Deborah J Davis	9	Roy Collins	17	Rosana Angerame	27	Annie B Greene
3	James H Hayhurst	9	Penny Shingleton	17	Angeline Huffman	28	Joanne Cork
3	Loretta M Kissella	9	Joretta Starkey	17	Colleen Linger	28	Deloris E Signorelli
3	Beverly Sue Miller	10	Janet L Shepherd	17	Guy T Hickman	28	Bud Clutter
3	Loretta Goff	10	Shirley J Powell	17	Noreene R Smith	28	Mildred Y Six
4	Joann Devericks	10	James Ayers	17	Jo Jenkins	28	Verlin Rod Tenney
4	Robin Eisenberg	11	Rebecca Stealey	18	Jeff Dodge	28	David B Thomas
4	Tana Hall	11	Velma Larry	18	Nick Bombardiere	28	Lonnie Joe Ward
4	Dennis R Mick	11	Becky Rogers	18	James W Loar	29	Denise Cate
4	Jeanie Bombardiere	11	Carolyn Bee	19	Connie Dumire	29	Deborah L Lewis
4	Tina Collier	11	Darlene Lew	19	Sue Hurst	29	Roger Leonard
5	William Loar	11	Mary Beth Delaney	19	Samuel Pitts	30	Edith Dye
5	Linda Robinson	12	Barbara Wyckoff	20	Betty Riffle	30	Michael W Wilhelm
5	Bill Ramsey	12	Carolyn R Simons	20	Yolanda Bonasso	30	Claudia Mano
6	Max Thomas Lantz	12	Mary Ball	20	Sue Shingleton	30	Janet Anderson
6	John M Thornhill	12	Nancy Kerns	22	Barbara E Graham	30	James Davis
6	Carla Riley	13	James A Barry	22	Constance Strother	30	Steve Miker
7	Jay Kirkman	13	Clara M Williams	22	Marie Clutter	30	John Riddle
7	Terry L Lynch	13	Susan Bailey	22	Ted Savino	31	Pam R Amos
7	Christina Nelson	13	Robert Closson	22	Lynn Beatty	31	Betty F Audia
7	Jeffry Carpenter	13	Jerry D Loyd	24	Paul J Watson	31	Josh Billings
7	Winnie Medina	13	Glenda M Gaines	24	Bernie Fazzini	31	Ray Knight
7	Melinda Shields	13	Steven Moser	24	Betty Gulas	31	Jeanne L Marsh
8	Regina Bryant	14	Karla Smith	25	Dorsey Shreve Jr	31	Carolyn Bell
8	Jill Rafter	14	Missy Todd	25	Doug Perkins	31	Judith Corkrean
8	Kenneth Ryan Jr	15	Frances J Kinney	26	Paulette Bashnett		
8	Catherine Beatty	15	Lois Dye	26	Julia M Todd		

# HAPPY BIRTHDAY!

# TRANSPORTATION TEAM



**Jason Kuntz**  
Transportation  
Manager



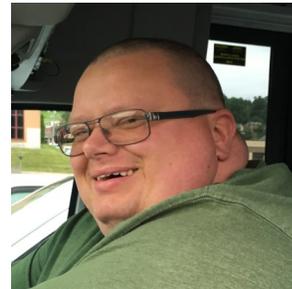
**Kim Hyman**  
Trans. Asst.



**Adrian Alonso**  
Driver



**Marvin Minor**  
Driver



**Kenny Arehart**  
Driver



**Randy Lantz**  
Driver



**Bill Morgan**  
Driver



**Jerry Riley**  
Driver



**Suzanne D'Anselmi**  
Driver



**John Jenks**  
Driver



**Cliff Marshall**  
Volunteer Driver

Transportation Services this year were funded by federal and state grants through Title IIIB and Division of Public Transit Contracted Services; Harrison County Levy Funds, Bridgeport City Council funding, out-of-county transportation fees, and rider donations. This year, HCSC vans traveled **142,471 miles** and made **13,748 trips**. In addition to wages/salary costs, **fuel costs were \$30,147** and **maintenance/repair costs totaled \$9,850**. Visit our webpage at [www.hcscwv.org](http://www.hcscwv.org) and click on the transportation link on the top bar to access our transportation policy and additional information.

## SENIOR CRAFT DAY

**August 28, 2019 10 AM**  
in the Boardroom



Come and join us for an hour of fun making a craft for us to sell at our crafter table at the Craft and Vendor Show on Nov 9-10. All proceeds will benefit our café table and chairs fund.

Sign up by August 19 at the Front Desk to participate in this first project and/or help us collect the craft supplies needed to complete the project. See Kim Lowther or front desk for additional information.

## HCSC Craft & Vendor Show

**NOVEMBER 9 & 10, 2019**

**Saturday 9 AM - 3 PM**

**Sunday 10 AM - 3 PM**

**HCSC BALLROOM**

If you are interested in being a Crafter or Vendor at this show, please contact Kim Lowther at 304.623.6795 or by email to [events@hcscwv.org](mailto:events@hcscwv.org)

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



Digital Library



Your Library: Anytime | Anywhere



**THURSDAY, AUG. 1, 2019**  
**11 am - 1pm**  
**E-BOOK ASSISTANCE**

If you missed the instruction session on July 18, 2019 - you can stop by the café on August 1 to learn how to access e-books from the library.

Thursday August 1, 2019  
Sardis Satellite Meeting 10:30am  
**Librarian & e-book assistance 11:00am**  
Card and Board Games 12:30pm  
Friday, August 2, 2019  
Shinnston Satellite Meeting 10:30am  
Eastview Satellite Meeting 12:00pm  
Monday, August 5, 2019  
Sewing Group 9:00am  
Tuesday, August 6, 2019  
**Farmer's Market in HCSC Garage 9:00am-1:00pm**  
West Milford/Good Hope Satellite Meeting 10:30am  
Wednesday, August 7, 2019  
Lost Creek Satellite Meeting 10:00am  
Thursday, August 8, 2019  
Wallace Satellite Meeting 10:00am  
**Alzheimer's Support Meeting 10:30am**  
Friday, August 9, 2019  
Shinnston Satellite Meeting 10:30am  
Lumberport Satellite Meeting 11:00am  
East View Satellite Bingo 1:00pm  
**Sunday, August 11, 2019**  
*In Step Vera Bradley Bingo Fundraiser – Doors open at Noon, Early Bird \$2 at 1pm, Bingo (\$20) at 1:30pm*  
Monday, August 12, 2019  
Travel Club 1:00pm  
Tuesday, August 13, 2019  
**Farmer's Market in HCSC Garage 9:00am-1:00pm**  
Wednesday August 14, 2019  
Lost Creek Satellite Ceramics and Cards 10:00am  
Johnstown Satellite Meeting 10:00am  
**Eating Smart ~ Being Active Class 1:00pm**  
**Thursday, August 15, 2019**  
**SENIOR CENTER CLOSED – STAFF TRAINING DAY**  
Spelter Satellite Meeting 12:00pm  
Friday, August 16, 2019  
Shinnston Satellite Meeting 10:30am  
East View Satellite Bingo 1:00pm  
**Thursday, August 15, 2019**  
**SENIOR CENTER CLOSED – STAFF TRAINING DAY**  
Spelter Satellite Meeting 12:00pm



EATING SMART  
BEING ACTIVE



Friday, August 16, 2019  
Shinnston Satellite Meeting 10:30am  
East View Satellite Bingo 1:00pm  
Monday, August 19, 2019  
Bridgeport Satellite Meeting 10:30am  
Tuesday, August 20, 2019  
**Farmer's Market in HCSC Garage 9:00am-1:00pm**  
West Milford/Good Hope Satellite Meeting 10:30am  
Mt. Clare Satellite Meeting 11:00am  
Stonewall Jackson Coin Club 5:30pm  
**Wednesday, August 21, 2019 - SENIOR CITIZENS DAY!**  
Lost Creek Satellite Ceramics and Cards 10:00am  
**Eating Smart ~ Being Active Class 1:00pm**  
HCSC Health Committee Meeting 2:00pm  
Thursday, August 22, 2019  
**HCSC Finance Committee Meeting 8:30am**  
**HCSC Board Meeting 9:00am**  
Friday, August 23, 2019  
Shinnston Satellite Meeting 10:30am  
East View Satellite Bingo 1:00pm  
Monday, August 26, 2019  
**HCSC Nutrition Committee Meeting 2:00pm**  
Tuesday, August 27, 2019  
**Farmer's Market in HCSC Garage 9:00am-1:00pm**  
Marshville Satellite Meeting 10:30am  
Wednesday, August 28, 2019  
Lost Creek Satellite Ceramics and Cards 10:00am  
**Eating Smart ~ Being Active Class 1:00pm**  
Thursday August 29, 2019  
**Librarian 11:00am**  
Friday, August 30, 2019  
Exercise (in the café) 10:30am  
Shinnston Satellite Meeting 10:30am  
Eastview Satellite Bingo 1:00pm  
**Monday, September 2, 2019**  
**CENTER CLOSED-LABOR DAY**  
Tuesday, September 3, 2019  
**Farmer's Market in HCSC Garage 9:00am-1:00pm**  
West Milford/Good Hope Satellite Meeting 10:30am



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

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Direct Access to your Affordable, Handicapped-Accessible Apartment

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Appointment to View our Lovely Apartments**

# Line Dancing Class

MONDAYS 3 PM - 5 PM



The Black Hats and Primroses Line Dancers Group, under the instruction of Leslie Campbell, meet on Mondays in the HCSC Ballroom from 3 pm - 5 pm. Once a month, they entertain at the Clarksburg Nursing and Rehab Center. For more information call Instructor Leslie Campbell at 304.623.2729 after 2 pm.

## *New Members Are Welcome!*

Picture (L-R): Standing - Joyce Rabanal, Liz Carder, Phyllis Warner, Anna Eskridge, Jeanne Shingleton, Diana Payne; Center Seated - Betty Blackshire, Leslie Campbell; Floor - Joanne Davis Andrea Myerberg.



## Farmer's Market in HCSC Garage Every Tuesday 9am - 1pm



The Harrison County Senior Citizen's Center, Inc. operates its programs and services without regard to race, color, or national origin in accordance with Title VI of the 1964 Civil Rights Act. To find out more about our nondiscrimination obligations or to file a complaint, please contact us at 304.623.6795.