



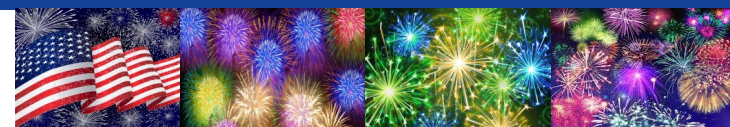
Harrison County Senior Center

Socialize - Exercise - Energize

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



JULY 2019



**HCSC SENIOR OLYMPIANS 2019
BRING HOME GOLD, SILVER, BRONZE
AND A TROPHY**



Congratulations Senior Olympians

(Pictured Left to Right & Medals/Trophy)

T. David Franklin: First Place Trophy - Crazy Legs Contest;
Bronze in Free Throws; Bronze in Disc Golf

Virginia Harding: Gold in Afghans; Silver in Ceramics

Fran Lopez: Gold in Ceramics; Gold in Other: Crafts; Gold in
Washer Toss; Bronze in Billiards; Bronze in Shuffleboard;
Bronze in Archery

Margaret Davis: Gold in Phase 10; Silver in 20 Yard Dash;
Bronze in Baking: Breads; Bronze in Crochet/Knitting

Cliff Marshall: Gold in Bean Bag Toss; Gold in Bocce; Silver
in Disc Golf; Bronze in Baking: Relishes; Bronze in Ladderball

**RUN FOR
THE BOARD**



See Page 5 for Information on Running for a Board Position

Candidate applications due by

4:00 PM on THURSDAY, AUGUST 15, 2019

Elections will be held during the month of October 2019

Tax/Assessor's Mobile Visit Schedule on page 6
Eating Smart • Being Active® and Tablet/Ipad Class information on page 10
Farmer's Market Produce Voucher Program Information on Page 12

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	7/1	Hot Dogs w/Chili, French Fries, Cole Slaw
TUE	7/2	Chicken Parmesan, Pasta, Vegetable
WED	7/3	Broccoli Soup, Ham Salad Sandwich, Chips
THU	7/4	CENTER CLOSED - Independence Day
FRI	7/5	Cooks Choice

MON	7/8	Baked shells w/Meat sauce
TUE	7/9	Reuben Chicken, Stewed Tomatoes
WED	7/10	Homemade Potato Soup, Egg Salad on Croissant, Mini Banana Split
THU	7/11	Italian Sausage Hoagie w/Oliverio Peppers, Fried Potatoes
FRI	7/12	Cold Cut Sandwich, Chips, Macaroni Salad

MON	7/15	Turkey Manhattan, Vegetable
TUE	7/16	Tuna Noodle Casserole, w/Biscuit
WED	7/17	Hamburger, Chips, Macaroni Salad
THU	7/18	Baked Steak, Mashed Potatoes w/Gravy, Green Beans
FRI	7/19	Baked Potato w/ Toppings, Chili

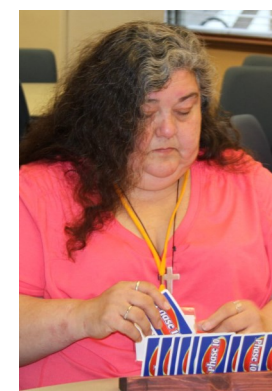
MON	7/22	Mushroom Swiss Burger, Fries
TUE	7/23	Kielbasa & Cabbage, Fried Potatoes
WED	7/24	Grilled Chicken Salad, Pickled Egg & Beets
THU	7/25	Steak Hoagies, Fries, Ice Cream Sundae
FRI	7/26	Fish Sandwich, Tator Tots

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



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

Margaret Davis, Virginia Harding (right), and Fran Lopez (below) at Phase 10 contest



Virginia Harding enters afghan that won GOLD at the Senior Olympics

Opening parade



Julie Cobb celebrates another birthday with her friends at the center



David Franklin wins trophy at Senior Olympics for his "Crazy Legs"



Becky Stealey (right) at Book Club enjoys "death by chocolate" dessert made by Anastasia Hilvers (left) while discussing the book *Denton Little's Deathdate*

Next Month

Wednesday, August 21, 2019 is National Senior Citizen Day!
Watch for fun activities & special menu planned for that day in the Kinley Café!

This Is Where... Your Surgery is our Specialty

General Surgery Specialists at UHC...

have specialized training which qualifies them to assist patients requiring multi-system care;

received their surgical training at prestigious programs; University of Pennsylvania, Johns Hopkins University, University of Pittsburgh Medical Center, Baylor University, and University of Kentucky; and they chose UHC.

- Cancer Surgeries
- Breast
- Colon/Colonoscopy
- Hernia
- Gastro-Intestinal Endoscopy
- Stomach
- Thyroid
- Minimally Invasive General Surgical Procedures
- Urgent General Surgical Procedures
- Gallbladder



Marc L. Costa, MD, FACS



Jeffrey W. Madden, MD, FACS



M. Daniel Miller, MD



Benjamin Raymond, DO



Sugam Vasani, MD, FACS

**Call the UHC Physician
Referral Line 800-607-8888**



UNITED HOSPITAL CENTER 

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

HCSC BOARD ACTIONS



At the June 27, 2019 meeting, the Board took the following actions:

- Approved a request for staff to conduct a Nov. 9 & 10 Craft and Vendor Fair Fundraiser. Proceeds to benefit the café furniture fund.
- Approved the director, CFO, and Board President to open discussions with restricted fund donors about moving funds to a community foundation investment account.
- Board decided that any verbal complaint/request by a member be taken under advisement. Any written and signed complaint/request will be addressed formally by the board.
- Approved director's request to conduct several hot dog sale fundraisers to send seniors to camp in 2020.

Next Board Meeting: July 25, 2019, 9:00 AM in the Boardroom - See Page 8 for Committee Meeting Schedule

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*)

Remaining 2019 Board Meetings: July 25, August 22, October 24 & November 21

2019 SATELLITE INFORMATION - Remaining 2019 Meetings: July 25 & 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 & 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.

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>



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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 (July/August)

The Harrison County Assessor's Office (Rocky Romano) and the Harrison County Sheriff's Tax Office (Robert Matheny) will be at the locations and dates listed to the right 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
7/15	9:30-2:00	Bridgeport Benedum Civic Center
7/19	9:30-2:00	Shinnston American Legion
7/23	9:30-2:00	Marshville @ Harr. Co. Senior Ctr. Cafe
7/24	9:30-2:00	United Hospital Center
7/25	3:00-7:00	United Hospital Center
7/30	9:30-2:00	Summit Park Fire Department
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

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

Fourth Of July

Find and circle all of the words that are hidden in the grid. The remaining letters spell an Abraham Lincoln quotation.



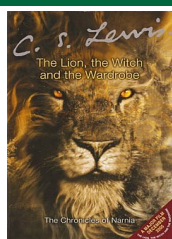
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BALD EAGLE
BALLOONS
BARBECUE
BASEBALL
BEN FRANKLIN
BETSY ROSS
CAKE
CARNIVAL
CELEBRATION
COLONIES
CONCERTS
DECORATIONS
DEMOCRACY
FIREWORKS
FLAG
FLOATS
FREEDOM
GREAT BRITAIN
HAMBURGERS
HISTORY
HOLIDAY
HOT DOGS
INDEPENDENCE
JOHN ADAMS
LIBERTY
NATIONAL ANTHEM
NATIONHOOD
PARADE
PARTY
PATRIOTIC
PHILADELPHIA
PICNIC
RED WHITE BLUE
STARS AND STRIPES
STREAMERS
THOMAS JEFFERSON
USA
WHITE HOUSE

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**



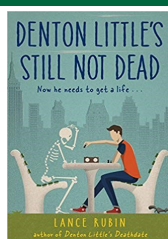
HCSC BOOK CLUB

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**



SENIORS ON THE GO TRAVEL CLUB FOR RESERVATIONS OR MORE INFORMATION CONTACT DELORES LOYD 304.624.0773 Restricted to Ages 40+



Friday, November 15, 2019 - Wheeling Lights

\$44 per person (includes cost of motorcoach, driver gratuity and donation for entry to tour lights)

Depart from Kohl's parking lot at 12:30 pm
Stop at Cabela's & Russel Stover Candy Store for Shopping
& Dinner on your own. Drive through the Lights.

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

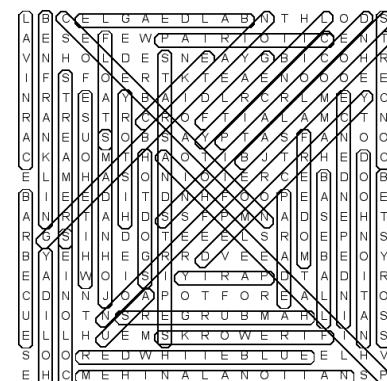
**Friday, July 5 & Friday, July 19
Wednesday, July 24 & Monday, July 29**

HIDDEN MESSAGE:

**THOSE WHO
DENY
FREEDOM TO
OTHERS,
DESERVE IT
NOT FOR
THEMSELVES**

PUZZLE SOLUTION

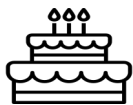
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SENIOR NUTRITION MISSION PROGRAM A program for Harrison County seniors age 60 or older with income at or below 130% of the federal poverty level. For a one person household this would be \$1354 a month or less, and for a two person household this would 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 JULY BIRTHDAYS



Day	Name	Day	Name	Day	Name
1	Marna O Ebbesen	10	Nancy Gallo	20	Debra K Leonard
1	James Gallo	10	Sheila A Heston	20	Jean A Marshall
2	Corliss Barksdale	10	Penny Swiger	20	Nancy Wiseman
2	Butch Blosser	11	Mike Arcuri	21	Garry Layfield
2	Nola V McCall	11	Debbie Flanigan	22	Donna L Chipps
2	Karen Snider	11	Harold Flint	22	Brenda Swiger
2	Violet Stout	11	Dianna Morrison	23	Edward Hammond
2	Brenda Wetzel	11	Phyllis Parker	23	Dorothy Shirlene Isabella
3	Linda R Coffman	11	Sharon Perry	23	Cheryl Lamay
3	Frances Cunningham	12	Louise R Sommerville	23	Nora McLean
3	Nadene Holt	12	Twyla E Vincent	23	Karen Pigott
3	Diana L Payne	13	Ralph Gill	24	Peggy J Fox
4	Betty Bond	13	Roger Hamilton	24	Jeffrey A Lynch
4	Larry D Cawthon	13	Mickey Nardella	24	Jean McGary
4	Betty Gaston	15	Dixie L Gulley	25	Linda Baker
4	Bill Hurst	15	Peggy Jane Morris	25	Ruby C Heckert
4	Judith Schroeder	15	Harry L Young	25	Michael A Ingram
4	Donna L Thomas	16	Micayla Ash	25	Jeffrey Snider
5	Georgia L Baker	16	Rosemary Cottrell	26	Lyn Clark
5	James Bassel	16	Becky Nichols	26	John Levelle
5	Richard B Golden	16	Warren Doug Sparks Sr	26	Jeannie Shingleton
5	Renae Lawrence	17	Sharon L Bragg	27	Opal P Cunningham
5	James E Massell	17	Tonya Herrick	27	Julia Hyman
5	Twila Meredith	17	Jo Anne Hunter	27	Carmen L Oliverio
6	Debra Layfield	17	Eula Jean Ruckman	27	Marv Shelton
6	Myra Walters	17	Fred Templeton	28	Robert V Allen
7	Hazel O McElwain	18	Vivian F Cook	28	Fay Broadstone
7	Gene Meale	18	Patrick Edmond	28	Margaret Donnolo
7	Mary Payne	18	Margaret A Frost	28	Phyllis Loughrie
7	Margaret Riddle	18	Lavonne Krivosky	29	Luella DeBerry
8	Judy Moore	18	Ava O'Dell	29	Ruth Reed
8	Louise Person	19	Sue Broadwater	29	Helen Saoud
8	Mary M Shaffer	19	Lucinda Christiansen	29	Mary Jane Smith
8	Brenda D Smothers	19	Robert L Gabriel	29	Joyce Zirkle
9	Delores A Cavalier	19	Jane Lewis	30	Thelma Ferrise
9	John Jones	19	Donna K Stuart	30	Ruth Lewis
9	Patricia A Snyder	20	Linda Blake	30	Phyllis G Pigott
9	Harley D Swiger	20	Eric A Davis		
10	Beth J Fitzgerald	20	Deborah Gaston		
10	Renee Foster	20	Helen Griffin		





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.

WVU is an EEO/Affirmative Action Employer - Minority/Female/Disability/

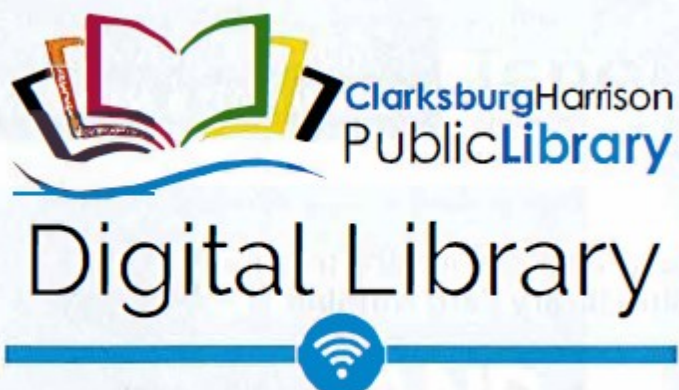
This interactive, hands-on class consists of nine individual lessons designed to teach participants how to make healthy lifestyle choices and be more physically active.

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

Class will be held for nine weeks, Wednesday afternoons at 2 pm, beginning late July or early August in the HCSC Kinley Café.

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



Your Library: Anytime | Anywhere

**THURSDAY
JULY 18, 2019
11 am - 1pm**

**Learn to use your
tablet or iPad to
download free
content from the
library using your
library card.**

In the Kinley Café



Whether you are across the street or around the world, the Clarksburg-Harrison Public Library is here for you! Through the Clarksburg-Harrison Public Library's Digital Library, you can now access thousands of ebooks, audiobooks, and magazines with the touch of a finger. The CHPL Digital Library provides users with high-quality, reliable resources; all you need is a library card and a mobile

libby Libby is an innovative mobile app from OverDrive designed to make borrowing and enjoying eBooks and audiobooks from the library easier than ever.



RBdigital, the world's largest newsstand, offers full color, interactive digital magazines including *US Weekly*, *The New Yorker*, and *Reader's Digest*.



Freegal Music is a free music service that offers access to over 11 million songs, including Sony Music's catalog of legendary artists, and over 15,000 music videos.



**Veterans
Crisis Line**
1-800-273-8255 PRESS 1

**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.**

REOCCURRING WEEKLY ACTIVITIES	DAY(S) OF OCCURENCE				
	MON	TUE	WED	THU	FRI
Fitness Room 8A – 4P	X	X	X	X	X
Toning Exercise 9A - 10A		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					X
Duplicate Bridge 1P – 3P	X				
Card & Board Games 12:30P – 4P				X	
Bolivia Card Game 9A-3P					X
Zumba Gold 1P – 1:30P	X		X		
Line Dancing 3P – 5P	X				

Monday, July 1, 2019

Sewing Group 9:00am

Tuesday, July 2, 2019

Farmer's Market in HCSC Garage 9:00am-1:00pm

West Milford/Good Hope Satellite Meeting 10:30am

Wednesday, July 3, 2019

Lost Creek Satellite Meeting 10:00am

Thursday, July 4, 2019

CENTER CLOSED-INDEPENDENCE DAY

Friday, July 5, 2019

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

Shinnston Satellite Meeting 10:30am

East View Satellite Bingo 12:00pm

Monday, July 8, 2019

Travel Club 1:00pm

Tuesday, July 9, 2019

Farmer's Market in HCSC Garage 9:00am-1:00pm

Wednesday, July 10, 2019

Johnstown Satellite Meeting 10:00am

Lost Creek Satellite Ceramics & Cards 10:00am

Thursday, July 11, 2019

Wallace Satellite Meeting 10:00am

Alzheimer's Support Meeting 10:30am

Friday, July 12, 2019

Shinnston Satellite Meeting 10:30am

Lumberport Satellite Meeting 11:00am

East View Satellite Bingo 1:00pm

Monday, July 15, 2019

Bridgeport Satellite Meeting 10:30am

Tuesday, July 16, 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 July 17, 2019

Lost Creek Satellite Ceramics and Cards 10:00am

Thursday, July 18, 2019

Sewing Group 9:00am

Librarian & e-book demo 1 1:00am

Card and Board Games 12:30pm

Friday, July 19, 2019

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

Shinnston Satellite Meeting 10:30am

East View Satellite Bingo 1:00pm

Spelter Satellite at Casey's (*By Reservation Only*) 6:00pm

Monday, July 22, 2019

Tuesday, July 23, 2019

Farmer's Market in HCSC Garage 9:00am-1:00pm

Marshville Satellite Meeting 10:30am

Wednesday, July 24, 2019

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

Lost Creek Satellite Ceramics and Cards 10:00am

Thursday, July 25, 2019

Board Meeting 9:00am

Satellite Presidents' Meeting 11:00am

Friday, July 26, 2019

Shinnston Satellite Meeting 10:30am

East View Satellite Bingo 1:00pm

Monday, July 29, 2019

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

Tuesday, July 30, 2019

Farmer's Market in HCSC Garage 9:00am-1:00pm

Wednesday, July 31, 2019

Lost Creek Satellite Ceramics and Cards 10:00am

Thursday August 1, 2019

Sardis Satellite Meeting 10:30am

Friday, August 2, 2019

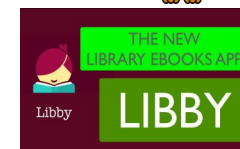
Shinnston Satellite Meeting 10:30am

Eastview Satellite Meeting 12:00pm



Seniors are **MISSING** from the HCSC M-W-F Exercise Class.

Consider returning or joining to enjoy the socialization, not to mention the physical and mental benefit. We have two dedicated leaders, Polly & Helen. See you at 10:30 am, M-W-F. Bring a towel and weights (1 or 2 lbs. – whichever works for you). As Sue Marks declares, "If you don't use it, you'll lose it."



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

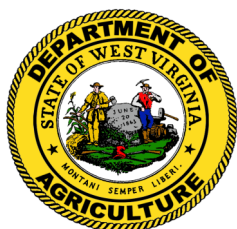
No Elevators

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**



Senior Farmers' Market Nutrition Program

Voucher Booklet Distribution from 9am - 11am and 1p-3:30pm until booklets are gone
Must be at least 60 years of age. One voucher booklet per household per year.

2019 Income Guidelines - GROSS INCOME before taxes

To be eligible to receive Senior Farmers' Market nutrition Program coupons, your income may not exceed:

Household Size	Weekly	Bi-Weekly	Twice-Monthly	Monthly	Annual
1	\$445	\$889	\$963	\$1,926	\$23,107
2	\$602	\$1,204	\$1,304	\$2,607	\$31,284
3	\$759	\$1,518	\$1,645	\$3,289	\$39,461
4	\$917	\$1,833	\$1,985	\$3,970	\$47,638

The West Virginia Department of Agriculture's Senior Farmers' Market Nutrition Program is designed to assist senior citizens with the purchase of fresh fruits and vegetables grown in West Virginia during the summer months. Vouchers can be used at participating markets around the state. A listing of those markets will be given out when eligible participants sign up. Only those fruits and vegetables that can be grown in West Virginia, and West Virginia honey, are eligible for purchase with the vouchers.



**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.