



Harrison County Senior Center

Socialize - Exercise - Energize

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

SEPTEMBER 2019

THE END OF ALZHEIMER'S
STARTS WITH *you.*



Sunday, September 29, 2019

Walk to End Alzheimer's inside the Meadowbrook Mall. Registration at 1 pm, Ceremony at 1:50 pm, Walk at 2 pm. Enter through food court.

Join the HCSC team of 27+ walkers. The Route Length is Two Miles.

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.



**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 for a vendor or crafter application.

Seniors - Join us for our next Senior Craft Day on:
September 25, 2019 at 10 AM
Come and join us for an hour of fun!
Sign up at the Front Desk for the next project by
September 20, 2019.

Eating Smart • Being Active® Class information on page 5
More Information for HCSC Craft & Vendor Show and next Senior Craft 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	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
MON	9/9	Homemade Beef Stew, Biscuit
TUE	9/10	Liver & Onions or Salisbury Steak, Mashed Potatoes w/Gravy, Vegetable
WED	9/11	Sloppy Joe, Tator Tots
THU	9/12	Potato Chip Breaded Chicken Strips, Macaroni & Cheese, Vegetable
FRI	9/13	Fish, Baked Potato, Cole Slaw
MON	9/16	Bacon Cheeseburger, French Fries
TUE	9/17	Pork Cutlet, Mashed Potatoes w/Gravy, Green Beans
WED	9/18	Chili Soup, Peanut Butter Sandwich
THU	9/19	Baked Steak, Mashed Potatoes w/Gravy, Green Beans
FRI	9/20	Fish Sticks, French Fries
MON	9/23	Cabbage Roll, Macaroni & Cheese
TUE	9/24	Baked Chicken, Baked Potato, Vegetable
WED	9/25	Homemade Vegetable Soup, Grilled Cheese Sandwich
THU	9/26	Pizza Bread, Potato Chips
FRI	9/27	Cook's Choice
MON	9/30	Stuffed Pepper, Scalloped Potatoes
TUE	10/1	Spaghetti w/Meat Sauce, Italian Bread
WED	10/2	Scrambled Eggs, Biscuits & Gravy, Bacon or Sausage
THU	10/3	Reuben Chicken, Red Roasted Rosemary Potatoes, Vegetable
FRI	10/4	Salmon Patty, Potato Wedges, Vegetable

Shinnston Satellite members (top photo) attended Senior Citizens Day activities at the center on August 21



HCSC LINE DANCERS PERFORMED ON AUGUST 21



HCSC HOT DOG LUNCH FUNDRAISER

SATURDAY in the Kinley Café

SEPTEMBER 21, 2019

11 AM - 2 PM

Eat In or Take Out

Available for purchase: Hot Dogs with Chili and toppings
Cole Slaw or Macaroni Salad, Chips, Sodas

Proceeds help send seniors to Senior Olympics in June 2020



Thursday, September 19, 2019 is National Senior Center Day!
Join us for fun activities beginning at 10:30 AM

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. Yellinek, DO

HCSC BOARD ACTIONS at the August 22, 2019 Meeting:

- Gary Keith II was sworn in as the new City of Clarksburg Council representative on the board. See photo to the right.
- Approved the Marketing Committee recommendation that the Center transition to expanding its online presence and move away from the print media forms, except for the Shinnston News and Journal.
- Approved the Marketing Committees recommendation for two policies: HCSC Fundraising Policy and Procedures; and, HCSC Outside Group Solicitation Policy and Procedures.
- Approved Director's request to add Columbus Day and WV Day to the paid holiday schedule for employees and center closures.
- Approved to eliminate the October 2019 board election.



Next Board Meeting: October 24, 2019, 9:00 AM
in the Boardroom

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*)

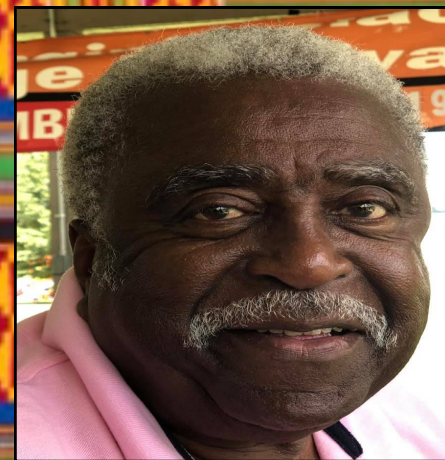
Remaining 2019 Board Meetings: October 24 & November 21 See Page 8 for Committee Meeting Schedule

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 & 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



Congratulations to HCSC Members, **Linda Holyfield & Sonny Donaldson**, on being selected Black Heritage Festival 2019 Royalty. They will be crowned Queen and King on Saturday, September 6, 2019 at Noon on the Courthouse Plaza. In addition to both being HCSC members, Linda serves on the HCSC Board of Directors and Sonny is affiliated with the East View Satellite.



Eating Smart-Being Active
Classes are a lot of fun!



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 in the HCSC Kinley Café.

September Dates: Wednesday, Sept. 4 & 11

Tuesday, Sept. 17 & 24

Call 304.623.6795 for more information



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.



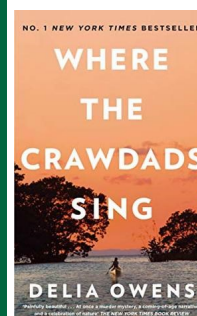
HCSC BOARD NOMINATION AND ELECTION UPDATE

Only two applications were received by the August 15, 2019 deadline for the two HCSC Board of Directors positions for the two-year term beginning 2020. The two submissions were from incumbent members William O'Field and Sandra Mossor.



At the August HCSC Board meeting, a motion was passed to forego a formal election and appoint the two applicants to the two positions. William O'Field and Sandra Mossor will continue serving on the board for another two-year term in January 2020.

HCSC BOOK CLUB



Now Reading
**Where the
Crawdads
Sing
&
Faith Bass
Darling's Last
Garage Sale**



Next Meeting

**Wednesday, September 18, 2019
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.

FALL CLASS: October 25, 2019 8 AM - 4 PM HCSC Boardroom
CALL Instructor Lowell "BOB" Steele at (304) 216-1726 To Register for Class



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 inside the Meadowbrook Mall. The Route Length is Two Miles. HCSC has a team of 27+ walkers in the Walk to End Alzheimer's. Enter through the food court entrance. Registration at 1 pm, Ceremony at 1:50 pm, Walk at 2 pm. 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.

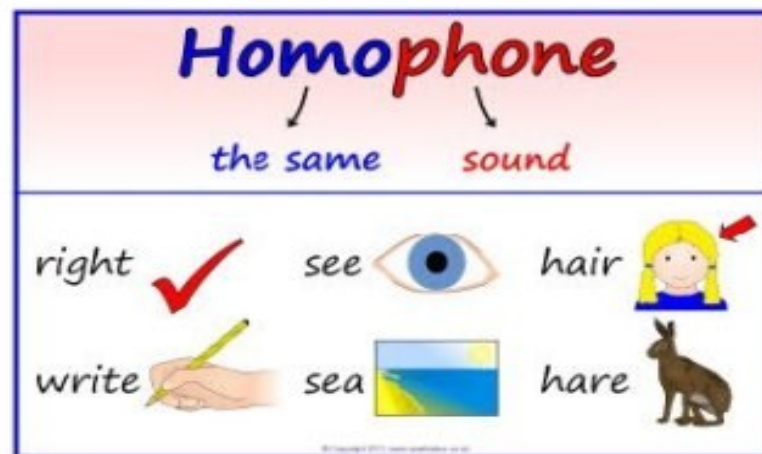
CALL FOR VOLUNTEERS TO SEW AND ASSEMBLE ALZHEIMER'S ACTIVITY MATS

Colleen Linger, HCSC In-Home RN, and the HCSC Sewing Group are looking for volunteers to help sew and assemble Alzheimer's Activity Mats. These mats provide sensory and tactile stimulation to aid those with dementia. In addition to volunteers, the group also needs supplies to make the mats. See or call Colleen Linger at 304.623.6795



Homophones

Find and circle all of the homophones that are hidden in the grid. The remaining letters spell a message.



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

AIRLESS
 HEIRLESS
 ALLOWED
 ALOUD
 BALD
 BAWLED
 BERRIES
 BURIES
 CLICK
 CLIQUE
 CUED
 QUEUED
 FARROW
 PHARAOH
 FISHER
 FISSURE
 FRAYS
 PHRASE
 GILLED
 GUILD
 GRAFT
 GRAPHED
 HANDMADE
 HANDMAID
 INVADE
 INVEIGHED
 JEWEL
 JOULE
 KNEADING
 NEEDING
 MARQUEE
 MARQUIS
 MUSTARD
 MUSTERED
 OVERDO
 OVERDUE
 PACED
 PASTE
 PRAISE
 PRAYS
 REEK
 WREAK
 ROOT
 ROUTE
 ROUGH
 RUFF
 SCENE
 SEEN
 SUITE
 SWEET
 THRONE
 THROWN
 WAIST
 WASTE

SHARE YOUR STORY

Michelle Peters is collecting short stories from grandparents for a book.

The goal of the book is to tell the stories of grandparents who are tasked with raising grandchildren. This book aims to provide encouragement, highlight the real life struggles, and provide inspiration.

All proceeds from this book will go into a foundation for *grandfamilies* needing immediate assistance. If you are interested in sharing your story, please contact Michelle at:

Phone: 304.838.2881 email: michelle123shelly@gmail.com

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 of \$134 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

Due to Trip Schedule & Holidays, next 3 meetings are THIRD Mondays Sept. 16, Oct. 21, and Nov. 18

HCSC BOARD REMAINING 2019 COMMITTEE MEETING SCHEDULE

- ⇒ **Finance Committee:** October 24 @ 8:30 AM
- ⇒ **Health Committee:** October 16 @ 2:00 PM
- ⇒ **Marketing Committee:** November 5 @ 10:00 AM
- ⇒ **Nutrition Committee:** October 21 @ 2:00 PM
- ⇒ **Executive Committee:** *Meets as needed*

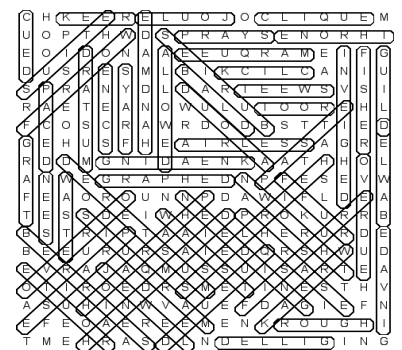
**ALL MEETINGS ARE HELD IN THE BOARDROOM
AND ARE OPEN TO THE PUBLIC**

HIDDEN MESSAGE:

**HOMOPHONES
ARE WORDS
THAT SOUND
ALIKE BUT HAVE
DIFFERENT
MEANINGS**

PUZZLE SOLUTION

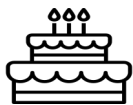
Copyright © 2019 www.puzzles.ca



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 SEPTEMBER BIRTHDAYS



Day Name

1 Bernadine Campbell
1 Nancy Curtiss-McNutt
1 Joan Rohm
1 Marillyn A Harbert
1 John A Alessio
1 Benny Barksdale
1 Lavon Townsend
2 Mary McCloud
2 Eleanor Jean Newbrough
3 Tom Brosius
3 Nalene Bice
3 Donald Hill
3 Bettie Ford
3 Shirley L Loar
4 Martha Matheny
4 Rocky Romano
4 Ervin Carder Jr
4 Worthy C Hall
4 Sam Vernon
4 Jeanette Polizzi
5 Mary Ridenour
5 Gerald Adams
5 Barbara Jenkins
6 William Csutoros
6 Melba Richards
6 Jane Skidmore
6 Beth Ann Elko
6 Lucinda McGinnis
6 Evon Renee Todd
6 Nancy Randolph
7 Linda Ireland
7 Mary Beth Kyle
7 Dianne Singleton
8 Harold Dixon
8 Lacy Joe R Kirtner
9 Mary J Stutler
10 Tammy Swaim
10 John Allen Six
10 Carol S Conner

Day Name

11 Mary Jo Veltri
11 Carole Flowers
11 Loveta Nutter
11 Cassel Matthey
11 Aristotle A Rabanal
11 Allison A Starkey
12 Carl James McGary
12 Judy Russell
12 Richard A Bennett
13 Donald Niles
13 Frances R Carothers
13 Patty Blankenship
14 Lydia Stout
14 Mary J Gray
14 Terri A Stull
15 Gloria A Clevenger
15 David Hyman
15 Mary Jo Lopez
15 Mary F Richards
15 Loretta A Snider
16 Helen Davis
17 Linda Reed
17 Peggy L McIntyre
17 Donna M Dolan
17 James E Griffin
18 Mary A Gabriel
18 Dan O Toothman
18 Robert Woofter
18 Dorothy J Fox
18 Gloria Workman
18 Darlene Cameron
18 Janit Satterfield
19 Louie Belcastro
19 Laura L Whaley
19 Freeda McHenry
19 Jennings Fisher
19 Ronald Garlow
19 Penny Southern

Day Name

20 Judy Hileman
20 Edith Bennett
20 Stanley D McIntire
21 Donna J Cleghorn
21 Al Evans
21 Rita Skiviat
21 Donnettia Weaver
22 Beregetta Cummings
22 Richard Nuzum
22 Sonny Donaldson Jr
23 Vincent Bombardiere
24 Randy Andrick
24 Sabina Mawyer
24 Tom Shingleton
24 Charles Vincent
25 Diana M Christafore
25 Pixie Gabriel
25 Roberta Schenck
25 Valorie Trott
25 Karen Santowasso
26 Deborah Crim
26 Billie Ash
26 Mike Carpenter
26 Suzanne Fluharty
26 Theresa P Riddle
26 Sally Thomas
26 Mary Ellen Trice
26 Phil Napolitano
26 Jo Ann Parsons
27 Howard Davis
27 Sherry Exline
27 Mary Loar
27 Charles W Tucker
28 Barbara J Coberly
28 Sherman Shiflet
29 Deaonna Crowe
29 Bonnie Tokarik
30 Judy M Osborn
30 Bill Phillips
30 Nancy G Davis

HAPPY BIRTHDAY!

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

SENIOR CRAFT DAY

**September 25, 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 September 21 at the Front Desk to participate in this next project and/or help us collect the craft supplies needed to complete the project. See Kim Lowther or front desk for additional information.



**Fun at Senior Craft Day! Don't miss the next one on September 25th.
Bring 18 old or new canning jar rings for the next project!**



East View Satellite Members attended the Play *Mamma Mia* on August 4 in Morgantown.

PEPPY'S PET FOOD PANTRY is located at the Progressive Women's Association at 305 Washington Avenue. It is open on Mondays & Tuesdays from Noon to 4 PM. The pantry helps ensure that pet owners in need have proper nutrition and other necessities for their special member of the family. The pantry also needs pet supply donations and financial support. Contact Kelli Hagerman at 304.624.7951



LIVE 'N LEARN 101 Free Workshop - Food Safety and You
Presented by Steve Hinerman, Harrison County Sanitarian
Bridgeport Public Library September 18, 2019 2:00 PM
Registration a Must! Contact Bob Anderson at 304.842.5194



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				

Tuesday, September 3, 2019

West Milford/Good Hope Satellite Meeting 10:30am

Wednesday, September 4, 2019

Lost Creek Satellite Meeting 10:00am

Eating Smart-Being Active Class 1:00pm

Thursday September 5, 2019

Ceramics Closed Today

Sardis Satellite Meeting 10:30am

Librarian 11:00am – 1:00pm

Friday, September 6, 2019

Shinnston Satellite Meeting 10:30am

Eastview Satellite Meeting 12:00pm

Monday, September 9, 2019

Ceramics Closed This Week

Senator Manchin Mobile Ofc. Hours w/Michael Garcia 10:30am-12:30pm

Travel Club rescheduled to next Mon. due to cruise

Wednesday, September 11, 2019

Lost Creek Satellite Ceramics & Cards 10:00am

Johnstown Satellite Meeting 10:00am

Eating Smart-Being Active Class 1:00pm

Ceramics Evening Closed This Week

Thursday, September 12, 2019

Ceramics Closed This Week

Wallace Satellite Meeting 10:00am

Alzheimer's Support Meeting 10:30am

Friday, September 13, 2019

Shinnston Satellite Meeting 10:30am

Lumberport Satellite Meeting 11:00am

East View Satellite Bingo 1:00pm

Sunday, September 15, 2019

GFWC Woman's Club of Bridgeport Designer Purse & Thirty-One Bag Bingo Fundraiser for local charities – Doors open at Noon

Monday, September 16, 2019

Bridgeport Satellite Meeting 10:30am

Tuesday, September 17, 2019

West Milford/Good Hope Satellite Meeting 10:30am

Mt. Clare Satellite Meeting 11:00am

Eating Smart-Being Active Class 1:00pm

Stonewall Jackson Coin Club no mtg. this month due to offsite picnic

Wednesday September 18, 2019

Lost Creek Satellite Ceramics and Cards 10:00am

**Farmer's
Market
HCSC Garage
9:00am-1:00pm
EVERY
TUESDAY**

Wednesday September 18, 2019

Lost Creek Satellite Ceramics and Cards 10:00am

Thursday, September 19, 2019

Sewing Group 9:00am

Librarian 11:00am – 1:00pm

Spelter Satellite Meeting 12:00pm

Friday, September 20, 2019

Shinnston Satellite Meeting 10:30am

East View Satellite Bingo 1:00pm

WV Chess Association 81st State Championship & Grand Prix 7 PM

Saturday, September 21, 2019

WV Chess Association 81st State Championship & Grand Prix 11 AM, 2 PM & 5 PM

HCSC Hot Dog Lunch Sale in the Kinley Café 11 AM – 2 PM

Sunday, September 22, 2019

WV Chess Association 81st State Championship & Grand Prix 10 AM & 3:15 PM

Tuesday, September 24, 2019

Marshville Satellite Meeting 10:30am

Eating Smart-Being Active Class 1:00pm

Wednesday, September 25, 2019

Lost Creek Satellite Ceramics and Cards 10:00am

Friday, September 27, 2019

Shinnston Satellite Meeting 10:30am

East View Satellite Bingo 1:00pm

Sunday, September 29, 2019 - WALK TO END ALZ

Meadowbrook Mall - 2:00 PM - See Front Page for Details

Tuesday, October 1, 2019

West Milford/Good Hope Satellite Meeting 10:30am

Wednesday, October 2, 2019

Lost Creek Satellite Meeting 10:00am

Eating Smart-Being Active Class 1:00pm

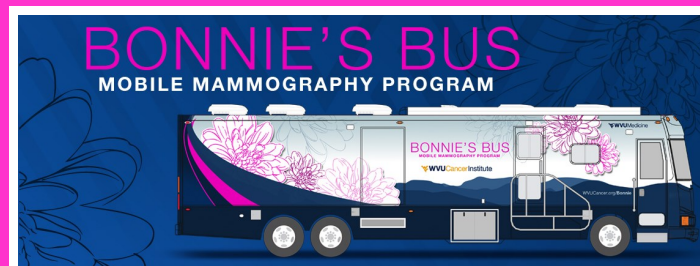
Thursday October 3, 2019

Sardis Satellite Meeting 10:30am

Friday, October 4, 2019

Shinnston Satellite Meeting 10:30am

Eastview Satellite Meeting 12:00pm



FRIDAY, OCTOBER 25, 2019
8 AM - 4 PM

Call to schedule your mammogram appointment.

304.623.6795 Ext. 105 Barb Oldaker



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

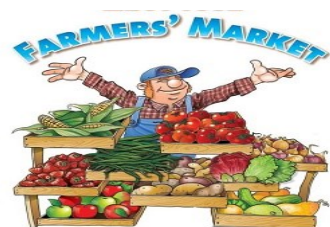
1 Bedroom (\$800/mo.) & 2 Bedroom (\$900/mo.)
non-smoking apartments

Monthly Rent *INCLUDES* Utilities and Basic Plus Cable

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



**HCSC STAFF TRAINING DAY
AUGUST 15, 2019**



**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.