



Harrison County Senior Center

Socialize - Exercise - Energize

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



OCTOBER 2019



November 9th & 10th Craft & Vendor Show

In the Ballroom

SATURDAY 9 AM - 3 PM & SUNDAY 10 AM - 3 PM

REQUESTING A DONATION OF A NON-PERISHABLE FOOD ITEM FOR THE PANTRY

And In the Kinley Café

Saturday - Hot Dog Lunch Fundraiser 11 AM - 2 PM

Proceeds benefit Senior Olympics Participants in June 2020

Sunday - Baked Steak Lunch Fundraiser \$10

11 AM - 2 PM

Proceeds benefit New Café Tables & Chairs Fund



More Information for HCSC Craft & Vendor Show and next Senior Craft Day 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	10/7	Open Faced Turkey Sandwich, Mashed Potatoes w/Gravy, Vegetable
TUE	10/8	Liver and Onions or Salisbury Steak, Mashed Potatoes w/Gravy, Vegetable
WED	10/9	Sloppy Joe, Tator Tots
THU	10/10	Chef Salad Ham, Turkey, Eggs, Cucumbers, Tomato Cheese
FRI	10/11	BLT, Chili
MON	10/14	CENTER CLOSED - COLUMBUS DAY
TUE	10/15	Soul Food Day, Chicken, Greens, Mac n' Cheese
WED	10/16	Pulled Pork Sandwich, Baked Beans, Cole Slaw
THU	10/17	Beef Tips over Rice, Vegetable
FRI	10/18	Cheddar or Jalapeno Cheddar Burger, Fries
MON	10/21	Open Faced Roast Beef Sandwich, Mashed Potatoes w/Gravy, Vegetable
TUE	10/22	Stuffed Shells w/Meat Sauce, Garlic Bread
WED	10/23	Potato Soup, Egg Salad Sandwich
THU	10/24	Grilled Steak Salad
FRI	10/25	Salmon, Pasta Salad
MON	10/28	Baked Potato w/Toppings, Chili
TUE	10/29	Taco Salad
WED	10/30	BBQ Rib Patty Sandwich, Tator Tots
THU	10/31	Penne Pasta w/Meat Sauce
FRI	11/1	Broccoli Soup, Ham Salad Sandwich, Chips
MON	11/4	Chicken Stir Fry w/Vegetables, Rice
TUE	11/5	Open Faced Turkey Sandwich, Mashed Potatoes w/Gravy, Vegetable
WED	11/6	Cold Cut Sandwich, Chips, Soup
THU	11/7	Cook's Choice
FRI	11/8	Catfish, Fries, Coleslaw (No Breakfast Service this date)
SAT	11/9	Hot Dog Lunch Fundraiser 11am-2pm & Craft & Vendor Show 9am-3pm
SUN	11/10	Baked Steak Lunch Fundraiser \$10 11am-2pm & Craft & Vendor Show 10am-3pm

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

NO BREAKFAST SERVICE FRIDAY 11/8

Wed. night Ceramics surprised Instructor Loretta Snider with a birthday party.



Hot Dog Sale volunteers pose with staff on September 21. The Hot Dog sale proceeds benefit Senior Olympics 2020.



Left and Below:
 Celebrating Senior Center Month on Sept. 21 with: Tai Chi Demonstration, a visit from the Mayor and VP of the Board, Ryan Kennedy, Julia Todd's demonstration of a free library service - hoopla, and free ice cream.



This Is Where... We Beat Cancer



Here at UHC some of the nation's top oncology specialists diagnose and treat all adult cancers.

Specialized radiation treatments using the most advanced IMRT techniques;

Nationally recognized chemotherapy and biotherapy treatments;

A collection of compassionate people with boundless emotional support and unconditional devotion.

The Cecil B. Highland, Jr. and Barbara B. Highland Cancer Center at UHC provides the region's only team of cancer navigators, a specialized group of individuals who help cancer patients find their way through the diagnosis, treatments, side effects, and fear.

Patient and Physician Videos available at wvcancercenter.com



Shamsheer Ali, MD



Paul M. Brager, MD



Salman Osman, MD



Michael A. Stewart, MD



UNITED HOSPITAL CENTER

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

Physicians are independent medical staff members.

HCSC BOARD ACTIONS

No September Board Meeting

Next Board Meeting: October 24, 2019, 9:00 AM



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



FOOD CLASS PICTURES (Left and Below) AND INFORMATION ON NEW SHIP COUNSELOR (Right)



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.
Last Two Classes: Wednesdays - October 2 & 9
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.



AmeriCorps Financial

CLASSES COMING IN NOVEMBER

WEDNESDAY AFTERNOONS IN KINLEY CAFE

NOV. 13 - Budgeting & Couponing for Seniors - Stretch your Food Budget

Nov. 20 - Watch out for Identity Theft



Harrison County Senior Center

Sat. & Sun. Dec. 14 & 15, 2019

6th ANNUAL WEST VIRGINIA SENIOR OPEN CHAMPIONSHIP CHESS TOURNAMENT

Sponsored & Organized by Harrison County Chess Club Ages 50+ and up only (Age as of 12/31/2019)

Registration/Information Forms at Front Desk or Call Robert Greer at (304) 641-9241

Information also available at www.wvchess.org

HCSC BOOK CLUB

Now Reading Faith Bass Darling's Last Garage Sale

Next Meeting Wednesday October 23, 2019 at

12:45 PM in the Boardroom



HARRISON COUNTY HEALTH DEPARTMENT FLU SHOT CLINIC TUESDAY, OCTOBER 8, 2019 10 AM - 12 NOON BRING INSURANCE CARD



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.

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



CLASSIC TOYS

Find and circle all of the toys that are hidden in the grid. The remaining letters spell a quote by G. K. Chesterton.



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

BALLOON
BARBIE
BEACH BALL
BOP BAG
CAP GUN
CHATTY CATHY
EASY BAKE OVEN
ETCH A SKETCH
FINGER PAINT
FLATSY DOLL
FRISBEE
G.I. JOE
GUMBY
GYROSCOPE
HOT WHEELS
JACKS
KALEIDOSCOPE
KAZOO
KEN
LEGO
LITE BRITE
LITTLE PEOPLE
MATCHBOX CAR
MECCANO
MR POTATO HEAD
NERF BALL
PADDLE BALL
PLAY-DOH
PLAYMOBIL
POGO STICK
POKEY
POP GUN
RADIO FLYER
RUBIK'S CUBE
SILLY PUTTY
SIZZLERS
SKIPPING ROPE
SLINKY
SOCK MONKEY
SOMA CUBE
SPIROGRAPH
SUPER BALL
TEDDY BEAR
TINKERTOY
TIN SOLDIERS
TONKA TRUCK
VIEWMASTER
WATER PISTOL
WEEBLES
WIFFLE BALL
WIZZER
YO-YO

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*

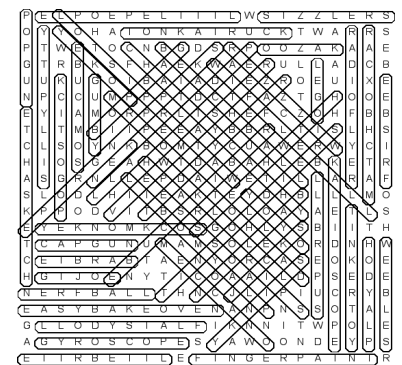
ALL MEETINGS ARE HELD IN THE BOARDROOM
AND ARE OPEN TO THE PUBLIC

HIDDEN MESSAGE:

WHAT WAS
WONDERFUL
ABOUT
CHILDHOOD IS
THAT ANYTHING
IN IT WAS A
WONDER.

PUZZLE SOLUTION

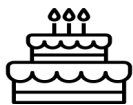
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SENIOR NUTRITION MISSION PROGRAM A program for Harrison County seniors age 60 or older with income at or below 130% of the federal poverty level. For a one person household this would be \$1354 a month or less, and for a two person household this would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



Date	Name	Date	Name	Date	Name	Date	Name
1	Michael Cokeley	8	Charles Burkhammer	14	Shirley L Murphy	21	Ann McKown
1	George L McQuain	8	Michael S McLeod	14	Susan Nutter-Osborn	21	Tami Reeves
1	Denise Skinner	8	Eugene Scott	14	Sue Schmidt	21	Esther L Wells
1	Joan M Smith	8	Bob Wagner	14	Diana Tenney	22	Julie Male
1	Annie Tennis	8	Shari Walker	15	Jerry G Brown	22	Joyce E Rabanal
1	Cathy Wells	8	Glenn Wilson	15	Esther R Hawkins	22	Beverly L Sandy
1	Charles White	9	Virginia Jones	15	James E Hayes	22	Josephine L Spatafore
2	Jean E Christofaro	9	Linda Kiley	15	Howard Mall	23	Phillip L Elbon
2	Charlotte Gunter	9	Randy Shingleton	15	Danny Reese Mayle	23	Ronald Leftick
2	Sharon Lee Lane	9	Kay Smith	15	Ursula Smith-Young	23	Lorna J Perry
2	Trudy Noechel	10	Frank Butler	15	Gale L Trader	23	Rose Sterling
3	Mark Morgan	10	Carla B Johnson	16	Duska Davis	24	Brian Boley
3	Carolyn Moschella	10	Angel Lambert	16	Gilbert Green	24	Terry Fazio
3	Libby Swiger	10	Ron Sumpter	16	Michael E Jones	24	Rose Hutson
4	Viola Earnest	10	George Trotter	16	Barbara L Oldaker	25	Michael J Audia
4	Patty Flowers	10	Sandra E Turner	16	Brenda Preston	25	John W Tichnell
4	Sandra Lane	10	India M Waddy	17	Willie Kates	27	Gary Abbate
4	Wendy Nelson	11	Debra Darway	17	Phyllis Norman	27	William Flowers
4	Nancy Straley	11	Helen E Jones	17	Janie Watson	27	Shirley Fox
4	Neva E Stull	11	Sandra Lambiotte	17	Melinda S Woodyard	28	Mary Ellen Depue
4	Kay Whytsell	11	Scott Marple	18	Lyle L Blake	28	Linda Haught
4	Dolores V Yoke	12	Jeffrey K Merriner	18	Denise McIntyre	28	Alberta Loar
5	Leila Blair	12	Anita J Miller	18	Cherita Starr Weaver	29	Gene King
5	Terry Drain	12	Deloris M Minor	19	Bacel Lee Rowe	29	John T Knotts
5	Linda Gibson	13	Pierre Bonasso	19	Sue Short	29	Judy Smith
5	M J Merandi	13	Larry Coffman	20	Dolores A Cox	29	Tink Trotter
6	Adrian Alonso	13	Doris Duke	20	Bob Dye	30	Dennis A Ross
6	Lawrence H Calkins Jr	13	Herb Kendall	20	Brenda K Gerrard	30	Letha H Stutler
6	William Kiley	13	Cheryl Means	20	Jim Ice	30	Kenneth Wilhelm
6	Amy M Rogers	13	Alfred P Trevison	20	Richard E Johnson	31	Angela M Closson
7	Doris Ball	14	Judith A Labdik	20	Betty G King	31	Nick Lambernedis
7	Sandra Bland	14	Jesse Medina	21	Doris Koch	31	Kay Moyer
7	Margery Broadwater	14	Lena Medina	21	William E McCloud	31	Charlotte T Trent
7	Adela M Cortez			21	Brad McIntyre		

HAPPY BIRTHDAY!



SENIOR CRAFT WEDNESDAYS

in the Café

October 23, 2019 10 AM Cup and Saucer Craft

November 6, 2019 Angel Dishcloth Craft

Sample Crafts on Display at Front Desk

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 at the Front Desk to participate in these final projects 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

HCSC BALLROOM

Saturday 9 AM - 3 PM


Sunday 10 AM - 3 PM

Vendors and Crafters Include: Avon, Dragonfly Creations, Bella Natural Products, Moonlighting Beaded Jewelry, Carolyn & Sandy Creations, Unique Photography Dr. Bob Anderson - Author, and others specializing in wood signs, pottery, wreaths, centerpieces, quilted table runners, swags, senior made crafts and much more.

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

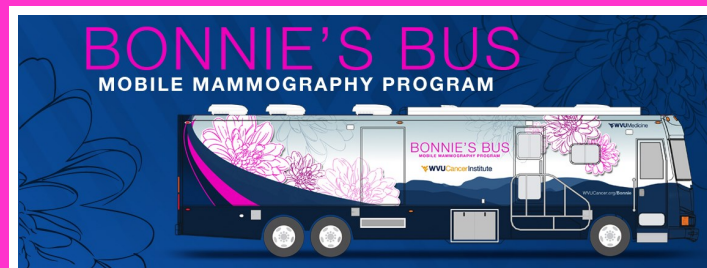


Mayor Kennedy looks on as Senior Center Members and BHF King and Queen Sonny Donaldson and Linda Holyfield open the festival 9/7/19.



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

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
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				



FRIDAY, OCTOBER 25, 2019
8 AM - 4 PM

Call to schedule your mammogram appointment.
304.623.6795 Ext. 105 Barb Oldaker

Sunday, October 6, 2019 (This group planted our flowers)

*Wilsonburg New Horizons 4-H Club Bag Bingo Fundraiser,
Doors open at Noon, Bingo at 1pm*

Monday, October 7, 2019

Sewing Group 9:00am

Tuesday, October 8, 2019

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

Health Department Flu Shot Clinic 10am-12pm

Eastview Satellite Meeting 12:00pm

Wednesday, October 9, 2019

Johnstown Satellite Meeting 10:00am

Lost Creek Satellite Ceramics and Cards 10:00am

Eating Smart-Being Active Class 1:00pm (Last class)

Thursday October 10, 2019

Wallace Satellite Meeting 10:00

Alzheimer's Support Group 10:30am

Librarian 11:30am – 1:00pm

Friday, October 11, 2019

Shinnston Satellite Meeting 10:30am

Lumberport Satellite Meeting 11:00am

East View Satellite Bingo 1:00pm

Sunday, October 13, 2019

Lucky Charms Champs Central Bingo Fundraiser,

Doors open 11am, Early Bird - Noon, Reg. Bingo 1pm

Monday, October 14, 2019

CENTER CLOSED—Columbus Day

Tuesday, October 15, 2019

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

West Milford/Good Hope 10:30am

Mt. Clare Satellite Meeting 11:00am

Stonewall Jackson Coin Club 5:30pm

Wednesday, October 16, 2019

Lost Creek Satellite Ceramics & Cards 10:00am

Health Committee Meeting 2:00pm

Thursday, October 17, 2019

Sewing Group 9:00am

Librarian 11:30am – 1:00pm

Spelter Satellite Meeting 12:00pm

Friday, October 18, 2019

Shinnston Satellite Meeting 10:30am

East View Satellite Bingo 1:00pm

Monday, October 21, 2019

Bridgeport Satellite Meeting 10:30am

Travel Club 1:00pm

Nutrition Committee Meeting 2:00pm



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



Tuesday, October 22, 2019

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

Marshville Satellite Meeting 10:30am

Wednesday October 23, 2019

Lost Creek Satellite Ceramics and Cards 10:00am

Thursday, October 24, 2019

Finance Committee 8:30am

Board Meeting 9:00am

Satellite Presidents' Meeting 11:00am

Librarian 11:30am – 1:00pm

Friday, October 25, 2019

Bonnies Bus 8a-4p

Shinnston Satellite Meeting 10:30am

East View Satellite Bingo 1:00pm

Monday, October 28, 2019

Tuesday, October 29, 2019

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

(Last one for the season)

Wednesday, October 30, 2019

Lost Creek Satellite Ceramics and Cards 10:00am

Thursday, October 31, 2019

Last Day to Use Farmers Market Produce Vouchers

Friday, November 1, 2019

Shinnston Satellite Meeting 10:30am

East View Satellite Meeting 12:00pm

Monday, November 4, 2019

Sewing Group 9:00am

Tuesday, November 5, 2019

Marketing Committee Mtg. 10:00am

West Milford/Good Hope Satellite Meeting 10:30am

Wednesday, November 6, 2019

Lost Creek Satellite Meeting 10:00am

Thursday November 7, 2019

Sardis Satellite Meeting 10:30am

Librarian 11:30am

Friday, November 8, 2019

Shinnston Satellite Meeting 10:30am

Lumberport Satellite Meeting 11:00am

East View Satellite Bingo 12:00pm

Saturday/Sunday November 8-9, 2019

Craft & Vendor Show in the Ballroom

Sat. 9am-3pm & Sun. 10am-3pm

Sat. – Hot Dog Lunch Fundraiser 11am-2pm

Sun. – Baked Steak Lunch Fundraiser 11am-2pm



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**



Thank You to our Harrison County Senior Center Team of Walkers for the Walk to End ALZ (not all pictured above). An additional thank you to all of those who supported our walkers financially from individuals, satellite, and other organizations. Total raised to date by our team is over \$3000.

Left: Colleen Linger and Judy Labdick show the walkers one of the Activity Mats for those with Alzheimer's made by the HCSC Sewing Group volunteers.



**Farmer's Market
in HCSC Garage
Every Tuesday 9am - 1pm
While Supplies Last**

**Last Day to Use
Produce Vouchers
is October 31, 2019**

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.