



Harrison County Senior Center

Socialize - Exercise - Energize

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



NOVEMBER 2019



November 9th & 10th Craft & Vendor Show In the Ballroom

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



Tuesday December 3rd Holiday Luncheon Fundraiser \$10

In the Ballroom

Featuring WV AUTHORS

Tickets available beginning Nov. 4th

Baked Steak Lunch & Dessert

Door Prizes by WV Authors

Free Gift Wrapping by Book Club

Free Bingo after Lunch

50/50 and Tip Raffle

**The Center will be closed on Monday, November 11 for Veterans Day, and
Thursday & Friday, November 28 - 29 for the Thanksgiving Day Holiday**

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	11/4	Chicken Stir Fry w/Vegetables, Rice
TUE	11/5	Open-face 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
SAT	11/9	VENDOR CRAFT SHOW - HOT DOG SALE SAT 11a-2p in Kinley Cafe
SUN	11/10	VENDOR CRAFT SHOW - \$10 BAKED STEAK DINNER 11a-2p in Kinley Cafe
MON	11/11	CENTER CLOSED - VETERANS DAY
TUE	11/12	Spaghetti w/Meatballs, Salad, Garlic Bread
WED	11/13	Pork Chop, Butter Parslied Potatoes, Brussels Sprouts
THU	11/14	Chicken Salad Sandwich, Chicken Noodle Soup
FRI	11/15	Tuna Cakes, Garlic Parslied Buttered Noodles
MON	11/18	Stuffed Pepper Soup, Grilled Cheese Sandwich
TUE	11/19	Chicken Fingers, French Fries
WED	11/20	Hamburger Sandwich, Tator Tots
THU	11/21	Turkey & Dressing, Mashed Potatoes w/Gravy, Green Beans
FRI	11/22	Cooks Choice
MON	11/25	Chicken Casserole, Salad
TUE	11/26	Chicken Alfredo, Salad
WED	11/27	Potato Soup, Peanut Butter Sandwich
THU	11/28	CENTER CLOSED - THANKSGIVING
FRI	11/29	CENTER CLOSED - FRIDAY AFTER THANKSGIVING
MON	12/2	Chili Soup, Grilled Cheese Sandwich
TUE	12/3	HOLIDAY LUNCHEON IN BALLROOM \$10 - Baked Steak Dinner
WED	12/4	Manwich Sandwich, Vegetable Soup
THU	12/5	Steak, Baked Potato, Vegetable
FRI	12/6	Chicken Pot Pie w/Drop Biscuit, Salad

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

NO BREAKFAST SERVICE FRI. 11/8
NO BREAKFAST SERVICE MON. & TUE.
12/2 & 12/3
NO CAFÉ SERVICE 12/3

**BARB
OLDAKER**
got a
surprise
CAKE on her
BIRTHDAY



**HCSC
Halloween
Pole on
Main
Street**



**FOOD CLASS PICTURES (Left
and Above) Graduating Class and
Congratulatory Certificates of
Appreciation to Instructor
Jeanette Coole and Assistant
Deaonna Crowe.**



/ David A. Ciarolla, MD

/ Venu Gangireddy, MD

/ Tomas Rodriguez-Molinet, MD

/ Kimberly J. Fairley, DO

/ Tariq Hammad, MD



This Is Where... Your Gut Is Telling You To Go

Here, at one of the largest gastroenterology practices in West Virginia, we are using state-of-the-art technology to detect cancer in the digestive tract, as well as Stretta, a non-invasive procedure to treat acid reflux.

**Schedule An Appointment With
A UHC Gastroenterologist
(681) 342-3690**

Colonoscopy screenings are available, as well as the diagnoses and treatment for digestive disorders and diseases that include:

- Gastro Esophageal Reflux Disease (GERD)
- Ulcerative Colitis
- Crohn's Disease
- Irritable Bowel Syndrome (IBS)
- Liver Disease - Hepatitis
- Pancreatitis
- Biliary Tract Disease
- Peptic Ulcer
- Diverticulitis
- Malabsorption
- Gallstones



UNITED HOSPITAL CENTER 

Physicians Office Building, Suite 402 | Bridgeport, WV | 681.342.3690 | wvgastrocenter.com

HCSC BOARD ACTIONS

October 24, 2019 Board Actions:

- Approved lunch & breakfast price increase
- Approved, if allowed, transportation to collect fares
- Approved membership increase to \$10

Next Board Meeting: November 21, 2019, 9:00 AM



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, Don Burton,
William Phillips, Gary Keith II, Donna Stuart, and Ron Watson**

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

Remaining 2019 Board Meeting: November 21 See Page 8 for Committee Meeting Schedule

2019 SATELLITE INFORMATION - special President's Council Meeting: November 21 11 AM

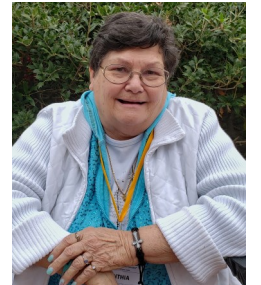
SATELLITE	PRESIDENT'S INFO	MEETING INFO
BRIDGEPORT	Willa Brand 304.842.6696	3rd Monday of Month • 10:30 AM • Benedum Center
EAST VIEW	Donna Dolan 304.622.1530	1st Friday of Month • 12:00 PM • Community Center <i>Bingo only on other Fridays at 1 pm</i>
JOHNSTOWN	Cheryl Fogg 304.623.0210	2nd Wednesday 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



Marshville Satellite & Friends take a trip to
Berdine's 5 & Dime



Seniors On the Go Travel Club October Washington DC Trip
Pictures above & below







**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.



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 at NOON
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

The Paris Wife
by Paula McLain

Next Meeting

Wednesday
December

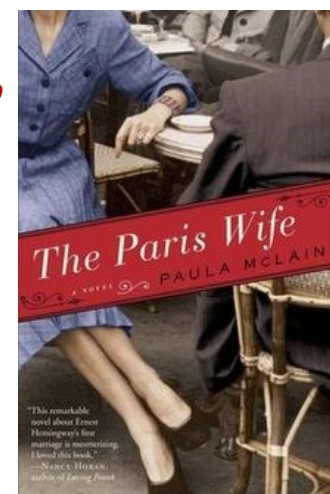
11th

2019

at

12:45 PM

in the Boardroom



Left - TAI CHI does
a demo at I C
Parish Health Fair
on October 26

Right - East View
Satellite Members
honored President
Donna Dolan with
a token of
appreciation for all
she does



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.

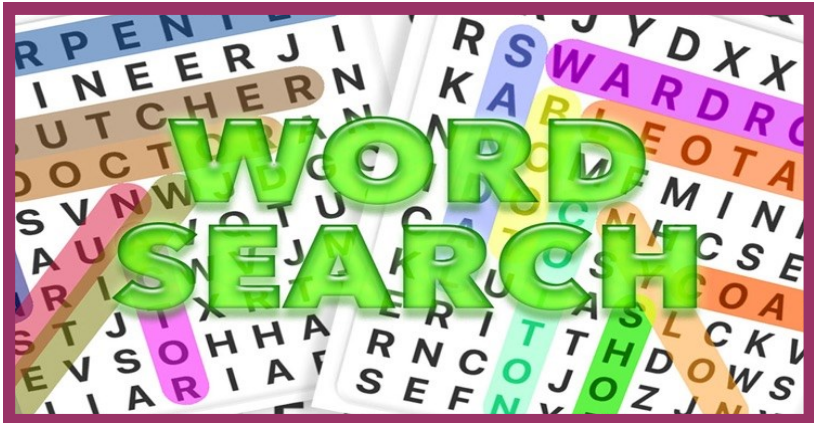
CALL FOR VOLUNTEERS TO SEW AND ASSEMBLE ALZHEIMER'S ACTIVITY MATS

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



Livewire Puzzles

Find these words.
They are some of the
puzzles made by Livewire
Puzzles since 1979.
The remaining letters
spell a Dutch Proverb.



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

- ABRACADABRA
- ARROW
- ASTROKNOT
- BALL AND RING
- BEDBUG
- BRIDGE THE GAP
- CENTIPEDE
- CHINESE RINGS
- CORKSCREW
- CRYSTAL CLEAR
- DEAD END
- DOUBLE VISION
- EQUALIZER
- EUREKA
- FIRECRACKER
- FLIGHT TEST
- GRAND PRIX
- HANDCUFFS
- HAVE A HEART
- KING TUT
- MELEDA
- MOTHBALLS
- MOUSETRAP
- NUT HOUSE
- PENTANGLE
- PINETREE
- PRETZEL LOGIC
- SHOCKWAVE
- SHORT CIRCUIT
- SILENT PARTNER
- SLEIGHT OF HAND
- SLINGSHOT
- SOMETHING FISHY
- SPUTNIK
- SQUARING OFF
- THE RACK
- TOUCH WOOD
- TRAPEZE
- TRIPLE CROWN
- TRIPLE PLAY
- TRIPWIRE
- TROUBLE CLEF
- VIRUS
- WEATHERVAIN
- WEDGE
- WOODEN OPEN



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 Veteran's Day, next meeting is Nov. 18

HCSC BOARD REMAINING 2019 COMMITTEE MEETING SCHEDULE

- ⇒ **Finance Committee:** November 18 @ 10 AM
- ⇒ **Health Committee:** *Meets as needed until 2020*
- ⇒ **Marketing Committee:** November 5 @ 10:00 AM
- ⇒ **Nutrition Committee:** *Meets as needed until 2020*
- ⇒ **Executive Committee:** *Meets as needed until 2020*

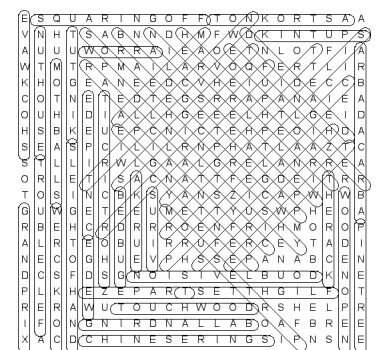
**ALL MEETINGS ARE HELD IN THE BOARDROOM
AND ARE OPEN TO THE PUBLIC**

HIDDEN MESSAGE:

**A HANDFUL OF
PATIENCE IS
WORTH MORE
THAN A
BUSHEL OF
BRAINS**

PUZZLE SOLUTION

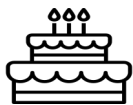
Copyright © 2018 www.puzzles.ca



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 NOVEMBER BIRTHDAYS



DAY NAME

1 Karen Conner
1 Patty Flanigan
1 Nancy Harford
1 Jerry Michael Hughes
1 Les Meinig
1 Sandy Sidwell
2 Patricia Chevront
2 Karen Loveland
2 Rebeca Muniz
2 Phyllis Sembello
3 Anne M Bevacque
3 Paul Casey Jr
3 Terry Lee Mano
3 Margaret D Vincent
4 Theresa R Blake
4 Margie Foutz
4 Sandra Walker
5 Janet Davis
5 Juana I Holtz
5 Vincent Spurlock
5 Gayleen F Wentz
6 Liz Carder
6 Sharon K Kimble
6 Brenda Jo Knight
6 Robert L Marks
6 Barbara Patton
7 Dorothy J Kehrер
7 Eva B Kerns
7 Helena Kerns
7 Marilyn Spatafore

DAY NAME

8 Pat Brand
8 Aleta Brosius
8 Mary Moore
9 Rohn Martin
9 John Payne Jr
10 Deborah Bergstrom
10 Candi Henderson
10 Denise Kiser
10 Wanda Truex
11 Ruth Jean Davis
11 Maxine Randolph
11 Martha Vita
12 Phyllis Dye
12 Dorothy Jean Grant
12 Stephen K Hall
12 Wanda L Hickman
12 Bill McAtee
13 John Chipps
13 Carol Hatfield
13 Michael J Labdik
13 Rebecca Steed
13 Patricia A Swiger
14 Ann Davis
14 Tom Floyd
14 Edward Koreski
14 Christina Nielson
14 Lisa Patrick
14 Josephine Robilliard
14 William Sauerwein
15 Katie Boles
15 Mary Lou Cunningham

DAY NAME

15 Lopie Lopez
15 Lora McElroy
15 Marie Williams
16 Janet F Cox
16 Tina L Krugman
16 James Marino
16 Skip Tate
17 Karen L Alexander
17 Ed Gump
17 Judy Luchuck
17 Rebecca S Werner
17 Patricia Ann Wolford
18 Gerry Barnhart
18 Jacob E Creamer
18 Sheila Delaney
18 David Franklin
18 James Gabriel
18 Roxann Shuttleworth
19 Joseph Wayne Hayes
20 Peggy Barnett
20 Carol Sue Brown
20 Sherri Gallo
20 Ronald L Werner
20 Johnnie W Wilson
21 Neva R Green
21 Amy Marple
21 Bill O'Field
21 Sue Simons
21 Cheryl Wilson
22 Nelson Blake
22 Belinda Moore

DAY NAME

22 Ionia Stemple
22 Rosa Lee Williams
22 Mary L Zannino
23 Carol Myers
24 Mike Blackshire
24 Martha Davis
24 Earl Kelley
24 Virginia Lear
24 Sandra S Mossor
25 Diana Barker
25 Vickie Fitts
25 Robert Michael Nelson
26 Elaine Ash
26 Harley McCloud
26 Patty Meinig
26 Sharon Mitchell
26 Russell W Sandy
27 Beverly A Surock
27 Debra Yerkey
28 Jeff Albright
28 Brenda Y Hogue
28 Ester Morgan
28 Brenda J Westfall
28 Bob Wilhelm
29 Kelly Stringham
30 Stephen Bradley
30 Robert Kuick
30 Tammy Moran
30 Buddy Randolph

HAPPY BIRTHDAY!



SENIOR CRAFT WEDNESDAYS

in the Café 10 AM

November 6, 2019 Angel Dishcloth Craft
Sample Craft 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.

Beginning December 2019

**Meal Prices Will Increase
as Follows:**

Lunch Token \$6.00 Member
\$7.00 Non-Member

Breakfast Token \$0.75 each



**Harrison County
Senior Citizens'
Center, Inc.**

**NEW
PRICE
ALERT!**

**2020 Membership Dues
Will increase to
\$10**

One Time Purchase Parking Tag is still \$2.
You only need to buy a new one if you have lost
your old one or are purchasing for the first time.

Nadene Holt's Glazed Pecans

1 or 2 Egg Whites
 1 teaspoon Water
 4 cups Pecan Halves
 ½ cup White Sugar
 ½ teaspoon Cinnamon
 ¼ teaspoon Salt



PECAN

As requested
by Travel Club
Members

Lightly grease a cookie sheet. Beat water and egg whites until frothy, not stiff. Add nuts and stir until well coated. Mix sugar and cinnamon and sprinkle over nuts. Toss to coat and spread evenly on pan. Bake at 250 degrees for one hour, stirring occasionally.



**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
Bingocize - COMING SOON			X		
Line Dancing 3P – 5P	X				



Sunday, November 3, 2019

Daylight Saving Time Ends

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

No breakfast service today

Exercise (in café today)

Shinnston Satellite Meeting 10:30am

Lumberport Satellite Meeting 11:00am

East View Satellite Bingo 1:00pm

Saturday/Sunday November 8-9, 2019

Vendor/Craft Show - Sat. 9am-3pm & Sun. 10am-3pm

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

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

Monday, November 11, 2019

CENTER CLOSED – Veterans Day

Tuesday, November 12, 2019

Wednesday, November 13, 2019

Johnstown Satellite Meeting 10:00am

Lifebridge - Budgeting/Couponing for Seniors 12 Noon

Thursday November 14, 2019

Wallace Satellite Meeting 10:00

Alzheimer's Support Group 10:30am

Friday, November 15, 2019

Shinnston Satellite Meeting 10:30am

Lumberport Satellite Meeting 11:00am

East View Satellite Bingo 1:00pm

Sunday, November 17, 2019

North Central Athletics Cash Bash Bingo Fundraiser,

Doors open 12 noon, Bingo at 1:00pm

Monday, November 18, 2019

Finance Committee Meeting 10:00am

Bridgeport Satellite Meeting 10:30am

Travel Club 1:00pm



Tuesday, November 19, 2019

West Milford/Good Hope 10:30am

Mt. Clare Satellite Meeting 11:00am

Stonewall Jackson Coin Club 5:30pm

Wednesday, November 20, 2019

Lost Creek Satellite Ceramics & Cards 10:00am

Lifebridge - Identity Theft 12 Noon

Thursday, November 21, 2019

Sewing Group Cancelled due to Board Meeting

Board Meeting 9:00am

Satellite Presidents' Mtg 11:00am (Special)

Librarian 11:30am

Spelter Satellite Meeting 12:00pm

Friday, November 22, 2019

Shinnston Satellite Meeting 10:30am

East View Satellite Bingo 1:00pm

Monday, November 25, 2019

No Ceramics This Week

Tuesday, November 26, 2019

Marshville Satellite Meeting 10:30am

Wednesday November 27, 2019

Lost Creek Satellite Cards 10:00am

No Ceramics This Evening

Thursday, November 28, 2019

CENTER CLOSED – Thanksgiving Holiday

Friday, November 29, 2019

CENTER CLOSED – Thanksgiving Holiday

Monday, December 2, 2019

No Breakfast service today

Sewing Group 9:00am

Exercise & Line Dancing Classes in café today

Tuesday, December 3, 2019

No breakfast or lunch in café today due to Holiday Luncheon

Holiday Luncheon Fundraiser in Ballroom \$10

Wednesday, December 4, 2019

Lost Creek Satellite Ceramics and Cards 10:00am

Christmas Card Making Class 2:00pm (50c/card)

Thursday, December 5, 2019

Sardis Satellite Meeting 10:30am

Friday, December 6, 2019

Shinnston Satellite Meeting 10:30am

East View Satellite Meeting 12:00pm



Happy Thanksgiving



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**

**COMING
SOON**

**Being Planned for Wednesdays in the Kinley Café
With sessions before lunch and after lunch.**



"Bingocize® is an evidence-based program that combines a bingo-like game with exercise and health education. The unique addition of bingo addresses many of the barriers to older adults' participation because the game is fun, familiar, and done in a group setting." This program will be part of our Older Americans Act IIID funding and is open to all members. Win prizes, and enjoy fun exercise with the group!

If you would like to donate small prizes (\$1-\$2 items) for this class, please bring them to the director's office. Thank You.



SENIOR CRAFT DAY

**Wednesday, December 4, 2019
2 pm - 4 pm in the Café**

CHRISTMAS CARD MAKING CLASS

With Donna Stuart

50¢ PER CARD (for supplies) SIGN UP AT FRONT DESK

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.