



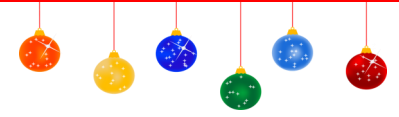
Harrison County Senior Center

Socialize - Exercise - Energize

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



DECEMBER 2019



*Merry Christmas
& Happy New Year*

**This is our last printed publication of
the Newsletter**

**See Page 10 for more information on how to
stay informed on center activities.**

**The Center will be closed for Holiday Break from Monday,
December 23, 2019 through January 1, 2020. We will
resume normal hours on Thursday, January 2, 2020.**

KINLEY CAFÉ MENU 11:30 am - 1:00 pm

Tickets Available at Front Desk

\$6 Members \$7 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	12/2	Chili Soup, Grilled Cheese Sandwich
TUE	12/3	Cooks Choice
WED	12/4	Manwich Sandwich, Vegetable Soup
THU	12/5	Steak, Baked Potato, Vegetable
FRI	12/6	Chicken Pot Pie w/Drop Biscuit, Salad

MON	12/9	Cook's Choice
TUE	12/10	HOLIDAY LUNCHEON IN BALLROOM - \$10
WED	12/11	Cook's Choice
THU	12/12	Cook's Choice
FRI	12/13	Cook's Choice

MON	12/16	Cook's Choice
TUE	12/17	Cook's Choice
WED	12/18	Cook's Choice
THU	12/19	Cook's Choice
FRI	12/20	Cook's Choice

MON	12/23	Center Closed - Holiday Break
TUE	12/24	CENTER CLOSED - Christmas Eve
WED	12/25	CENTER CLOSED - Christmas Day
THU	12/26	Center Closed - Holiday Break
FRI	12/27	Center Closed - Holiday Break

MON	12/30	Center Closed - Holiday Break
TUE	12/31	Center Closed - Holiday Break
WED	1/1	CENTER CLOSED - NEW YEARS DAY
THU	1/2	Cook's Choice
FRI	1/3	Cook's Choice



Member Breakfast a la carte bar

from 8:15am - 9:45am

NO BREAKFAST SERVICE MON. & TUE.

12/9 & 12/10

NO CAFÉ SERVICE 12/10

Beginning December 2019

Meal Prices Will Increase

as Follows:

Lunch Token \$6.00 Member

\$7.00 Non-Member

Breakfast Token \$0.75 each

November was Caregiver Month. Pictures of our caregivers were posted on the bulletin board by Colleen Linger, RN and Barbara Oldaker, In-Home Admin. (Pictured left of board)



This Is Where . . .

We Manage Conditions that Lead to **Pain, Stiffness and Swelling of the Muscles, Joints, and Skin**

UHC Rheumatology Specialists deliver state-of-the-art care to patients with inflammatory musculoskeletal disorders. Management involves the latest and most advanced therapeutic modalities to enhance the care of the patient.

- Rheumatoid Arthritis
- Gout
- Lupus
- Osteoarthritis
- Scleroderma
- Spondylitis
- Vasculitis



UNITED HOSPITAL CENTER 

Bridgeport, WV | We're Part of Something Great | uhcwv.org
wvrheumatology.com | (681) 342-3490



King Soon Goh, MD



Aaradhana Kaul, MD



Gbemisola Olayemi, MD



Jennifer M. Reams, DO

HCSC BOARD ACTIONS

November 21, 2019 Board Actions:

- Board approved finance committee recommendation for Holiday Break from December 23, 2019 through January 1, 2020.
- Board approved finance committee recommendation to approve application for line of credit at MVB bank.
- Board elected new officers for 2020 HCSC Board of Directors to be sworn in at January 23, 2020 meeting. (See page 5 for election results.)

Next Board Meeting: January 23, 2020 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*)

2019 SATELLITE INFORMATION

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

HCSC Board Election Results from November 2019 Annual Meeting

HCSC Elected Board Officers for 2020

And the
Winners
are...

President - Sandra Mossor
Vice President - Harley Jeffries
Secretary - William O'Field
Treasurer - Donna Stuart

Congratulations!

New officers will be sworn in at January 23, 2020 Meeting



Bill O'Field (L) and Beth Fitzgerald (R) congratulate Sandra Mossor on her election as 2020 Board President



Members enjoy making Christmas Cards at the Card Making Class with Donna Stuart



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.

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



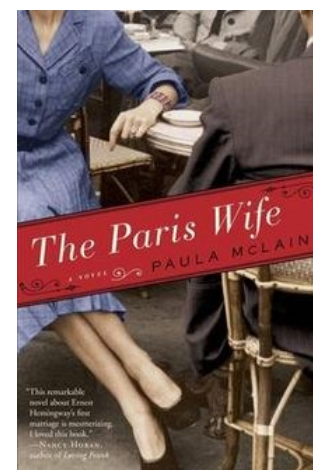
HCSC BOOK CLUB

Now Reading

The Paris Wife
by Paula McLain

Next Meeting
UPDATED

**Wednesday
January
8th
2020**



At 12:45 PM in the Boardroom

**Harrison County Senior Citizens' Center, Inc.
2020 Membership Dues**

**NEW
PRICE
ALERT!**

**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.

2020 MEMBERSHIP CARDS WILL BE AVAILABLE BEGINNING IN JANUARY 2020



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



Lights, Camera, Action!

Find and circle all of the movie related terms that are hidden in the grid. The remaining letters spell a Roger Ebert quotation.



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

ACTOR
ADVENTURE
ANIMATION
BIOGRAPHY
BLACK AND WHITE
CAMERA
CINEMATOGRAPHY
CLASSIC
CLOSEUP
COLOR
COMEDY
COSTUME
DOCUMENTARY
DRAMA
ENDING
EPIC
FAMILY
FANTASY
FILM
HERO
HORROR
MAKEUP
MUSICAL
PLOT
PREQUEL
PROJECTOR
PROP
REEL
REMAKE
RETAKE
ROMANCE
SCENERY
SCIENCE FICTION
SCREEN
SEQUEL
SILENT
SOUNDTRACK
SPECIAL EFFECTS
STAR
STILL
STORYLINE
STUDIO
SUPPORTING ACTRESS
SUSPENSE
THEME
THRILLER
TWIST

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

Seniors on The Go Travel Club Meets on the Second Monday of the Month at 1:00 PM in the HCSC Boardroom - No Dec. Mtg.



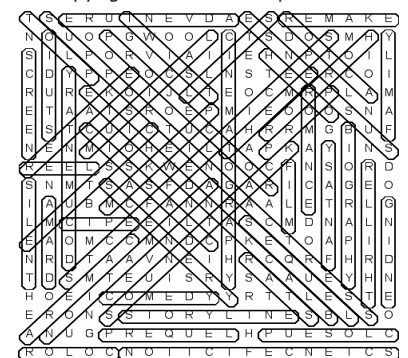
PEPPY'S PET FOOD PANTRY is located at the Progressive Women's Association at 305 Washington Ave. It is open Mon. & Tue. from Noon to 4 PM. The pantry helps ensure that pet owners in need have proper nutrition and necessities for their special member of the family. The pantry also needs pet supply donations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

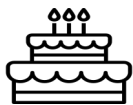
HIDDEN MESSAGE:

**NO GOOD
MOVIE IS TOO
LONG AND NO
BAD MOVIE IS
SHORT
ENOUGH**

PUZZLE SOLUTION

Copyright © 2019 www.puzzles.ca





MEMBER DECEMBER BIRTHDAYS



Day Name

1 Irene Fogg
1 Patricia J Marks
1 Patricia Murphy
1 Brenda Williams
2 Rebecca A Oldaker
2 Carolyn Romine
2 Beverly A Smith
2 Norma J Stire
3 Pamela R Adams
3 Michael Ball
3 Bill Davisson
3 Jean Dixon
3 Mary Lancaster
3 Linda Maul
3 Debra McIntyre
3 Kevin Reeves
4 Karen Burkhammer
4 Leslie Campbell
4 Nella Gribble
5 Donna Bragg
5 Diane Clutter
5 Pearl Covey
5 Mike Exline
5 Daniel Riddle
6 Marilyn Albright
6 Michael Knight
6 Terry Layfield

Day Name

7 Carol Blake
7 Mark Seckman
9 Linda Carnes
9 Nancy Marks
9 Carolyn Thayer
10 Bob Burns
10 Ruth Ann Jeffries
10 Robin Paugh
10 Lenora Perrine
10 Jean D Travis
11 Don Richards
11 Charles R. Underwood
12 Mildred E Gemondo
12 Jean Hornick
12 Dreama Shaffer
13 Robert Rittenhouse
14 Darrell Bush
14 Nick Gould
14 Rebecca Richards
14 Cheryl Wilhelm
15 Marilyn R Evans
15 Beth Herrod
15 Ron Visokay
16 Cathy Floyd
16 Joseph Spatafore Jr
16 Johnny Warner

Day Name

17 Betty J Monteleone
17 Margaret Sutton
18 William R Powell
19 Donna S Lopez
19 Richard L Mullins
19 Phyllis J Palmer
20 Stella Bedell
20 Frank D Nuzum
20 Linda Seckman
20 Randy Strogon
21 Barb Dawson
21 Vivian Hardman
21 Barry S Stull
22 John Fazio
22 Melvin W Swiger
22 Carla Vernon
23 Bruce Barker
23 Bob Harbert
23 Laura M Mitchell
23 Phylis Nichols
23 Anna B Reed
24 Linn Butcher
24 William F Clutter
24 Fern Oset
24 Gertrude Eve Senchina
24 William Stutler

Day Name

25 Nancy C Hayhurst
25 Linda Holyfield
25 Mary J Tate
26 Eugene Alkire
26 Kevin Baker
26 Carol Trotter
26 Ruth Wetzel
27 David L Greaver
27 Shella Griffin
27 Steve Rogers
27 Donald Stackpole
27 Carla J Wilfong
28 Polly Medina
28 Janice Nicholson
28 Bonnie I Quinn
29 Shirley Holland
29 Janet E McCarthy
29 Donna Murphy
29 Hazel L Rader
31 Helen M Hufford
31 Ruth Jaumot
31 Mary Pat Lake
31 Judith A Maxwell
31 Angelo Moschella

HAPPY BIRTHDAY!

Earlier this year, the Harrison County Board of Directors approved a motion to discontinue the monthly printing of the newsletter due to budgetary constraints. Information will be posted on the center's facebook page and website. (see information below). We will continue our monthly information page with the Shinnston News and Journal on the second Wednesday of the month.

If you would like to join our mailing list for important announcements and news, please go to www.freelists.org/list/infohcsc enter your email address, subscribe, and follow the instructions.

www.facebook.com/HarrisonCountySeniorCitizensCenter



**Download the QR Code Reader on your smart phone
and scan the codes to take you directly to the
facebook or web page.**



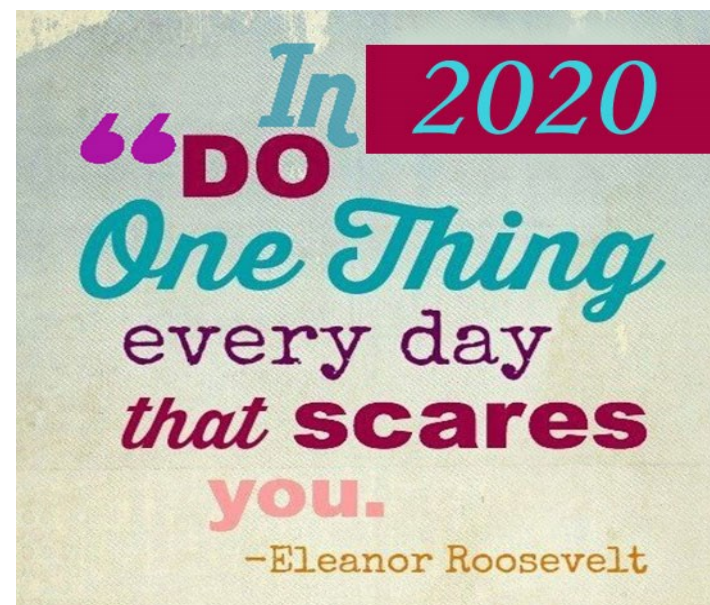
<http://www.hcscwv.org>

Harrison County Senior Center

Socialize - Exercise - Energize



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				



Friday, December 6, 2019

Shinnston Satellite Meeting 10:30am

East View Satellite Meeting 12:00pm

Clarksburg Christmas Parade 6:00 pm

Monday, December 9, 2019

No breakfast service in Café

Travel Club (no Dec. mtg.)

Line Dancing (off-site)

Tuesday, December 10, 2019

No Café service due to Holiday Luncheon

Fitness Room 8:00am

HOLIDAY LUNCHEON in the Ballroom \$10

Doors open at 10:30am

Librarian (at Holiday Luncheon)

Wednesday, December 11, 2019

Johnstown Satellite Meeting 10:00am

Lost Creek Satellite Ceramics & Cards 10:00am

Thursday December 12, 2019

Wallace Satellite Meeting 10:30am

Alzheimer's Support 10:30am

Friday, December 13, 2019

Shinnston Satellite Meeting 10:30am

Lumberport Satellite Meeting 11:00am

East View Satellite Bingo 1:00pm

Spelter Satellite Event (Reservations required) 4:00pm

Saturday & Sunday, December 14-15, 2019

WV Chess Association Senior Open in the Ballroom, Registration Sat. 9:30 am (see page 6)

Monday, December 16, 2019

Bridgeport Satellite 10:30am

Tuesday, December 17, 2019

West Milford/Good Hope Satellite Meeting 10:30am

Mt. Clare Satellite Meeting 11:00am

Wednesday, December 18, 2019

Lost Creek Satellite Ceramics & Cards 10:30am

Stonewall Jackson Coin Club 5:30pm (NEW DATE)

Thursday December 19, 2019

Sewing Group 9:00am

Librarian 11:30am



Friday, December 20, 2019

Shinnston Satellite Meeting 10:30am

East View Satellite Bingo 1:00pm

**December 23 – 27, 2019
Center Closed All Week for Holiday Break**

Monday, December 30, 2019

Center Closed – Holiday Break

Wednesday, January 1, 2020

Center Closed – New Year's Day

Thursday January 2, 2020

Center Reopens After Break

Sardis Satellite Meeting 10:30am

Friday, January 3, 2020

Shinnston Satellite Meeting 10:30am

East View Satellite Bingo 1:00pm



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.

You are never too old
to set another goal or
to dream a new dream.

-C.S. Lewis



IN 2020,
DON'T TELL
PEOPLE YOUR
PLANS. SHOW
THEM YOUR
RESULTS.

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.