

Inside This

- Grantsville Events 2
- West Fork Events 3
- Birthday Page 4
- Grantsville News 5
- West Fork News 6
- Trips 7
- Dying Art 8
- Finished Product 9
- Don't Miss 10
- Crafting 11
- Seniors 12
- Soapbox 13
- Monthly Recipe 14
- Lunch Menu 15
- Program Info. 16
- Program Info. 17
- Fun Page 18
- Fun Page 19
- Fun Page 20
- Business Page 21

CCCOA NEWS

Calhoun County Committee on Aging
 Post Office Box 619
 Grantsville, WV 26147
 Phone: 304-354-7017 Fax: 304-354-6859

April

Dates To Remember

April 3rd, Mon.	"Rise & Rejoice with Erin" 8:00 AM/ "Exercise with Erin" 9-9:30 AM
April 6th, Thurs.	"Rise & Rejoice with Erin" 8:00 AM/ "Exercise with Erin" 9-9:30 AM
April 6th, Thurs.	Flatwoods Shopping Trip Depart 8:30 AM
April 7th, Fri.	Crazy Hat Day 10:30-11:00 AM
April 10th, Mon.	"Rise & Rejoice with Erin" 8:00 AM/ "Exercise with Erin" 9-9:30 AM
April 11th, Tues.	Planning Committee Meeting 1:30 PM
April 12th, Wed.	EASTER DINNER @ Grantsville Site
April 13th, Thurs.	"Rise & Rejoice with Erin" 8:00 AM/ "Exercise with Erin" 9-9:30 AM
April 13th, Thurs.	Spencer Shopping Trip Depart 8:30 AM
April 13th, Thurs.	EASTER DINNER @ West Fork Site
April 14th, Fri.	Center CLOSED for Good Friday
April 17th, Mon.	"Rise & Rejoice with Erin" 8:00 AM/ "Exercise with Erin" 9-9:30 AM
April 19th, Wed.	FGP Meeting 10:00 AM
April 19th, Wed.	Crafts with Hazel 9:30-11:00 AM
April 20th, Thurs.	"Rise & Rejoice with Erin" 8:00 AM/ "Exercise with Erin" 9-9:30 AM
April 20th, Thurs.	Spencer Bowling Trip
April 24th, Mon.	"Rise & Rejoice with Erin" 8:00 AM/ "Exercise with Erin" 9-9:30 AM
April 24th, Mon.	Board Meeting 2:30 PM
April 24th, Mon.	Weigh In For Biggest Loser 9:30 AM @West Fork Site
April 26th, Wed.	Covered Dish Birthday Dinner/Musical Entertainment 10:30-11:30 AM
April 27th, Thurs.	"Rise & Rejoice with Erin" 8:00 AM/ "Exercise with Erin" 9-9:30 AM
April 27th, Thurs.	Covered Dish Birthday Dinner @ West Fork Site 10:30 AM
April 28th, Fri.	SHIP Counselor/Medicare Presentation 10:45 AM



April 2017 Grantsville Events

Page 2

CCCOA NEWS

April 3rd, Mon. "Rise & Rejoice with Erin" 8:00 AM/ "Exercise with Erin" 9-9:30 AM

April 4th, Tues. "Healthy Me"

April 5th, Wed. Choir Practice 10:30-11:00 AM

April 6th, Thurs. "Rise & Rejoice with Erin" 8:00 AM/ "Exercise with Erin" 9-9:30 AM
Flatwoods Shopping Trip Depart 8:30 AM
Cost \$16 from home, \$13 from center
TRIP MUST BE PAID AT TIME OF RESERVATION



April 7th, Fri. Crazy Hat Day 10:30-11:00 AM

April 10th, Mon. "Rise & Rejoice with Erin" 8:00 AM/ "Exercise with Erin" 9-9:30 AM

April 11th, Tues. Planning Committee Meeting 1:30 PM

April 12th, Wed. Attorney General Office 10:30 AM
Choir Practice 10:30-11:00 AM
EASTER DINNER



April 13th, Thurs. "Rise & Rejoice with Erin" 8:00 AM/ "Exercise with Erin" 9-9:30 AM
Spencer Shopping Trip Depart 8:30 AM
Cost \$10 from home, \$8 from center
TRIP MUST BE PAID AT TIME OF RESERVATION

April 14th, Fri. Center CLOSED for Good Friday

April 17th, Mon. "Rise & Rejoice with Erin" 8:00 AM/ "Exercise with Erin" 9-9:30 AM

April 19th, Wed. Choir Practice 10:30-11:00 AM
FGP Meeting 10:00 AM
Crafts with Hazel 9:30-11:00 AM



April 20th, Thurs. "Rise & Rejoice with Erin" 8:00 AM/ "Exercise with Erin" 9-9:30 AM

April 21st, Fri. Hospice Screenings 10:30 AM

April 24th, Mon. "Rise & Rejoice with Erin" 8:00 AM/ "Exercise with Erin" 9-9:30 AM
Board Meeting 2:30 PM



April 26th, Wed. Covered Dish Birthday Dinner/Musical Entertainment 10:30-11:30 AM
BINGO WILL NOT BE PLAYED TODAY!

April 27th, Wed. "Rise & Rejoice with Erin" 8:00 AM/ "Exercise with Erin" 9-9:30 AM

April 28th, Fri. SHIP Counselor/Medicare Presentation 10:45 AM

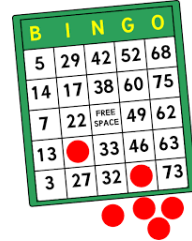


Yahtzee & Rummy will be played daily from 8:00 - 11:00 a.m.
Bingo will be played daily from 11:00 - 11:30 am
unless otherwise stated.

April 2017 West Fork Events



- March 2nd, Thurs. Cards/Line Dancing 10:30-11:30 AM
- March 6th, Mon. Crafts/Cards/Line Dancing 10:30-11:30 AM
- March 7th, Tues. Cards/Line Dancing/Board Games 10:30-11:30 AM
- March 8th, Thurs. Cards/Discuss Raffles & Fundraisers 10:30-11:30 AM
- March 13th, Mon. Crafts/Cards/Line Dancing 10:30-11:30 AM
- March 14th, Tues. Cards/Line Dancing 10:30-11:30 AM
- March 16th, Thurs. St. Patrick's Day Party
- March 20th, Mon. Crafts/Cards/Line Dancing 10:30-11:30 AM
- March 21st, Tues. Cards/Discuss Raffles & Fundraisers 10:30-11:30 AM
- March 23rd, Thurs. Cards/Line Dancing 10:30-11:30 AM
- March 27th, Mon. Crafts/Cards/Line Dancing 10:30-11:30 AM
- March 28th, Tues. Cards/Line Dancing 10:30-11:30 AM
- March 30th, Thurs. Hospice Screenings 10:00-10:30 AM
Entertainment & Birthday Dinner 10:30-11:30 AM



Exercise 9:00 - 9:30 am / Socializing from 9:30-10:00 am daily unless otherwise stated.
Bingo will be played daily from 10:00 - 10:30 am unless otherwise stated.

Find the Needle

Last month we didn't have a needle. However, there is one in this month's issue.
Actual needle size



What famous person was born on March 14?

Lady Gaga

Justin Bieber

Dr. Seuss

Albert Einstein

April Birthdays

- Lynn Phillips April 4
- John Myer April 5
- Verlin Millican April 11
- Zona Parker April 13
- Pennilow Taylor April 13
- Margaret Godbey April 14
- Roy Pursley April 17
- Haymond Conrad April 20
- Odu Miller April 21
- Ronald Hefner April 22
- David Blake April 22
- Barb Roberts April 23
- Evelyn Ebbert April 26
- Frank Wolfram April 27
- Lula Norman April 27
- Eleanor Caltabiano April 27



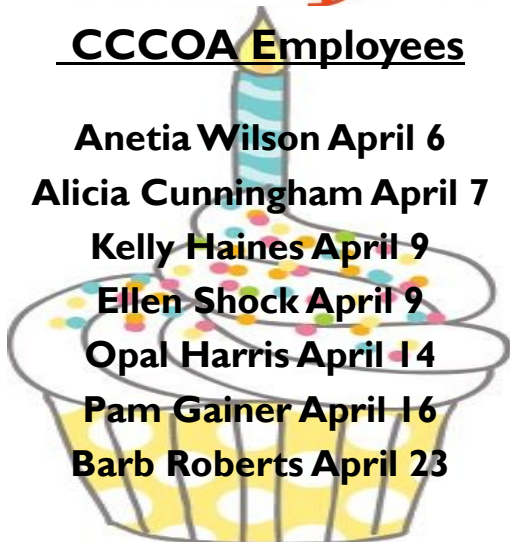
Celebrating February Birthdays at the Grantsville CCCOA:

Standing: Cindy McCartney
 Seated: Bill Barr & Sally Hashman



CCCOA Employees

- Anetia Wilson April 6
- Alicia Cunningham April 7
- Kelly Haines April 9
- Ellen Shock April 9
- Opal Harris April 14
- Pam Gainer April 16
- Barb Roberts April 23



Birthday Dinner Entertainment at the Grantsville CCCOA: Sherry Wade



Wanda Carpenter is the proud winner of the quilt raffle. We would like to thank Joann and Denzil Ward for making and graciously donating the quilt to the CCCOA for raffle.

Sitting: Wanda Carpenter
Standing: Joann Ward



Julia Ray is our Big Bingo Winner for the month of March.

St. Patrick's Day Big Bingo Winners

- | | |
|------------------------|---------------------|
| 1. Geraldine Lamont | 21. Madeline Lamp |
| 2. Kevin Kanalley | 22. French Stump |
| 3. Ray Tingler | 23. Carol Cozart |
| 4. Pearle Johnson | 24. Jeanie Smith |
| 5. Burl Cottrell | |
| 6. Joan Auvil | Special Helpers: |
| 7. Iline Compton | Alta Mae Richards |
| 8. John Myer | Ray & Hazel Tingler |
| 9. Carol Kanalley | Portia Miller |
| 10. Mary Poirer | Patty Little & |
| 11. Portia Miller | Patty Sims |
| 12. Jacky Rogers | |
| 13. Carroll McCauley | |
| 14. Ruth Poorman | |
| 15. Virginia Simmons | |
| 16. Eleanor Caltabiano | |
| 17. Judy Wolfram | |
| 18. Alice Cottrell | |
| 19. Rick Hosey | |
| 20. Sally Hashman | |



Enjoying
St. Patrick's Day!





Celebrating March Birthdays

Marty Park and Sharon Knotts

Not Pictured:
Karen Hollinger
and
Loretta Sanger



Birthday entertainment was provided by Larry Cottrell, Sharon Knotts, and Jim Shields, They did a wonderful job, and the crowd had a great time, singing along.



The Seniors enjoy St. Patrick's Day!

CALHOUN COUNTY COMMITTEE ON AGING PRESENTS

The Ark Encounter & Creation Museum



INCREDIBLE PRICE INCLUDES:

- ◆ Motorcoach transportation
- ◆ 4 nights lodging
- ◆ 8 meals: 4 breakfasts and 4 dinners
- ◆ Admission to the New, Stunning – ARK ENCOUNTER!
- ◆ Admission to the Famous CREATION MUSEUM
- ◆ Exclusive Diamond Tours® Dinner Party with Entertainment
- ◆ Admission to the NEWPORT AQUARIUM
- ◆ Admission to the CINCINNATI ZOO & BOTANICAL GARDENS
- ◆ For more pictures, video and information visit: www.GroupTrips.com/CalhounCounty

\$558 *

5 DAYS 4 NIGHTS

PER PERSON, DOUBLE OCCUPANCY

(Mon - Fri)

September

18 - 22, 2017



View from Inside the Ark Encounter



Visit to the Amazing Creation Museum!



Enjoy a Visit to the Cincinnati Zoo



Incredible Creatures at Newport Aquarium

Departure: Calhoun Senior Center, 105 Market St, Grantsville, WV @ 8 am

Day 1: Depart your group's location in a spacious, video and restroom equipped motorcoach as you head for your destination: The Ark Encounter & Creation Museum! This evening, you will have Dinner and check into your Cincinnati area hotel for a four night stay.

Day 2: Start the day with a Continental Breakfast before the big event you've been waiting for: THE ARK ENCOUNTER! Bigger than imagination, this life-sized Noah's Ark Experience will amaze you. Ark Encounter features a full-size Noah's Ark, built according to the dimensions given in the Bible. Spanning 510 feet long, 85 feet wide, and 51 feet high, this modern engineering marvel amazes visitors young and old. From the moment you turn the corner and the towering Ark comes into view, to the friendly animals in the zoo, or the jaw-dropping exhibits inside the Ark, you'll experience the pages of the Bible like never before. This evening, enjoy Dinner before heading back to your hotel.

Day 3: Start the day with a Continental Breakfast before you head to The Ark Encounter's sister attraction: THE CREATION MUSEUM. Prepare to believe as you explore 75,000 square feet of state-of-the-art exhibits, a high-tech Planetarium, full-size Allosaurus skeleton, stunning botanical gardens, petting zoo, and more. The state-of-the-art Creation Museum allows you to venture through biblical history. Tonight, enjoy an Exclusive Diamond Tours® Dinner Party with Entertainment!

Day 4: Start the day with a Continental Breakfast before heading to one of the TOP Zoo's in the United States – CINCINNATI ZOO & BOTANICAL GARDENS. Witness Mammals, Amphibians, Fish, Birds, Invertebrates, Reptiles, a stunning Garden, and more! Afterwards, you'll head to the famous NEWPORT AQUARIUM: 70 exhibits, 14 galleries, five seamless tunnels totaling over 200 feet in length. Sharks (including a Shark Bridge), Penguins, Gators and Canyon Falls are just part of what you will experience here. This evening, enjoy Dinner before heading back to your hotel.

Day 5: Today, after enjoying a Continental Breakfast, you will depart for home... a perfect time to chat with your friends about all the fun things you've done, the great sights you've seen, and where your next group trip will take you!

ADD PEACE OF MIND TO YOUR TRIP...

With Diamond Tours Exclusive *Travel Confident*® Protection Plan if you have to unexpectedly cancel or cut your plans short. See back for details...

\$75 Due Upon Signing. *Price per person, based on double occupancy. Add \$179 for single occupancy. Final Payment Due: 7/11/2017

FOR INFORMATION & RESERVATIONS CONTACT:

Samantha Cowan @ (304) 354-7017



Fla. Seller of Travel Ref No. ST32973.

The Lost Art of Syrup Making



The process of making sugar water, syrup, is a time consuming process that Pat and Tex Murphy begin in February. In the winter, the maple does not grow, and it stores its sap in its roots. By late spring when the trees begin to produce leaves and flowers, a chemical change will have occurred, the saps stops producing, the farmers call it "buddy." It is only in early spring, usually February through April, when warm days cause the sap to flow up from the roots to the branches to feed new growth and cold nights cause the sap to return to the roots, that the trees can be tapped.

You begin by tapping the trees. A sugar maple is large enough for tapping when it is at least 10 inches in diameter at 2 1/2 to 3 feet up from the ground. No lasting damage is done to a tree in the tapping process. Tapping a tree means you must drill a 1 1/2 inch deep hole in the tree, and tap a spout into the hole to allow the sap (also known as sugar water) to flow into a container.

You must go back to the trees and collect the water and transport it to the intended boiling destination, which most people do daily. It takes approximately 40 to 50 gallons of sap or "sugar water" to make one gallon of maple syrup.

Once you have collected the sugar water you begin the boiling process which takes several hours. As the sugar water boils, water evaporates and it becomes denser and sweeter. When the sugar water reaches a point of continuous bubbling at a temperature of 219 degrees you have pure maple syrup.

The end product is "sweet success".





Pat Murphy cooking pancakes for the seniors, so they can try out her and Tex's homemade maple syrup.





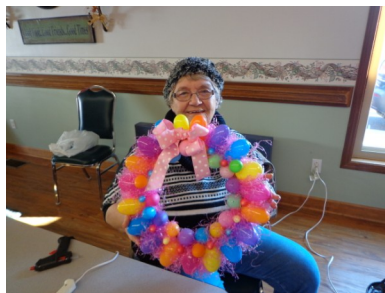
“Rise and Rejoice with Erin” ~ Mondays and Thursdays
8:00 - 9:00 AM

“Exercise with Erin” ~ Mondays and Thursdays
9:00 - 9:30 AM

Crazy Hat Day ~ April 7th

“Crafting with Hazel” ~ 9:30 - 11:00 AM
Wednesday, April 19th

Special thanks to Hazel Tingler for your willingness to teach craft class. It means so much to those who participate and we surely appreciate all your help and dedication. Thank You Hazel!





*It's April. It's Easter
He is Risen.*

*Be grateful for your health.
Be grateful for your family.
Be grateful for your friends.
Be grateful for what you have.
Be grateful because you can just be...
because of Him.*

*Have a joyous Easter.
'til next month,
~I am Judy ~*



Ingredients

Cake

- 1 1/2 cups granulated sugar
- 1 cup vegetable oil
- 3 eggs
- 2 cups Gold Medal™ all-purpose flour
- 2 teaspoons ground cinnamon
- 1 teaspoon baking soda
- 1 teaspoon vanilla
- 1/2 teaspoon salt
- 3 cups shredded carrots (5 medium)
- 1 cup coarsely chopped walnuts

Cream Cheese Frosting

- 1 package (8 oz) cream cheese, softened
- 1/4 cup butter or margarine, softened
- 2 to 3 teaspoons milk
- 1 teaspoon vanilla
- 4 cups powdered sugar
- Nutmeg, if desired

Directions

- 1 Heat oven to 350°F. Grease bottom and sides of one 13x9-inch pan or two 8-inch or 9-inch round pans with shortening; lightly flour. In large bowl, beat granulated sugar, oil and eggs with electric mixer on low speed about 30 seconds or until blended. Add flour, cinnamon, baking soda, 1 teaspoon vanilla and the salt; beat on low speed 1 minute. Stir in carrots and nuts. Pour into pan(s).
- 2 Bake 13x9-inch pan 40 to 45 minutes, round pans 30 to 35 minutes, or until toothpick inserted in center comes out clean. Cool rectangle in pan on cooling rack. Cool rounds 10 minutes; remove from pans to cooling rack. Cool completely, about 1 hour.
- 3 In medium bowl, beat cream cheese, butter, milk and vanilla with electric mixer on low speed until smooth. Gradually beat in powdered sugar, 1 cup at a time, on low speed until smooth and spreadable. Frost 13x9-inch cake or fill and frost round layers with frosting. Sprinkle nutmeg on frosted cake, if desired. Store in refrigerator.



BUNNY POT

DIRECTIONS:


1. Paint pot with white paint. Allow time to dry.
2. Paint circle cheeks.
3. Cut 2 bunny ears.
4. Cut 2 pink insides of ears & glue together.
5. Attach ears to inside front of pot.
6. Cut triangle for nose. Glue in place.
7. Attach google eyes.
8. Draw whiskers & mouth.

SUPPLIES & TOOLS:

- 4" Clay pot
- White acrylic paint
- White foam sheet
- Pink foam sheet
- Google eyes
- Pink acrylic paint
- Black sharpie pen
- Tacky glue



April 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Subject To Change Without Notice				2% Milk and Margarine Served Daily
3 Salisbury Steak Mashed Potatoes w/gravy Peas Roll Juice	4 Pizza Corn Fruit	5 Beans Cubed Potatoes Applesauce Cornbread	6 Fish Broccoli & Cauliflower w/cheese Jell-O Wheat Bread Shopping Trip	7 Vegetable Soup Pineapple Cottage Cheese Salad Cornbread Crazy Hat Day
10 Chili Dog w/Meat Sauce Coleslaw Baked Beans Fruit Whole Wheat Bun	11 Chicken Salad Sandwich Macaroni Salad Fruit Whole Wheat Bread Plan. Comm. Meeting	12 Ham Sweet Potatoe Green Beans Whole Wheat Roll Juice Att. Gen. Rep. Easter Dinner	13 Pork BBQ AuGratin Potatoes Brussel Sprouts Whole Wheat Bun Juice Shopping Trip WF Easter Dinner	14 CENTER CLOSED FOR GOOD FRIDAY
17 Chicken Strips Steamed Veggies Pudding Whole Wheat Bread	18 Sloppy Joe Ranch Potatoes Fruit Whole Wheat Bun	19 Sauer Kraut & Kielbasa Boiled Potatoes Mixed Vegetables Juice Cornbread FGP Meeting & Lunch- eon	20 Baked Steak Mashed Potatoes w/ gravy Green Beans Fruit Whole Wheat Roll WF Bowling Trip	21 Roast Beef Split Mashed Potatoes Green Beans Bread Juice Hospice Screening
24 Chili Waldorf Salad Cornbread Board Meeting	25 Cabbage Roll Mashed Potatoes Corn Fruit Roll	26 Baked Beans & Wieners Peas Fruit Hot Roll	27 Turkey Split Mashed Potatoes Carrots Bread Juice WF B-Day Dinner	28 Chicken Hash Brown Casserole Broccoli Fruit Whole Wheat Bread

Congregate Nutrition Program

Hot, nutritious meals are provided Monday through Friday at 11:30 a.m. at 105 Market Street, Grantsville, WV 26147.

Donation scale is as follows:

60 and over, or disabled

Monthly income \$700.00 or less- \$1.25

\$701.00-\$800.00 - \$1.50

\$801.00 - \$900.00 - \$1.75

\$901.00 and above - \$2.00

Under 60 yrs of age \$5.25

Homebound residents can receive meals delivered to their home through the Meals on Wheels program.

Please call 304-354-7017 and ask for Cindy Cottrell for more information.

Ensure Program

Pick up times are from 8:00 am to 3:00 pm

Please call 304-354-7017 and ask for Cindy Cottrell, to check availability of flavors and quantity.



Fitness Room

The CCCOA has a wonderful fitness room available to those 60 and older, or disabled.

Hours of operation

Monday - Friday

8:00 am -2:30 pm



If you would be interested in volunteering to teach an exercise class, please call 304-354-7017.

EMPLOYMENT OPPORTUNITY

Are you a caring individual searching for a position in the health care industry?

The CCCOA is accepting applications for our in-home care programs. You must be 18 years of age to apply, have reliable transportation, and be able to pass a state and federal background check. We provide CPR/First Aid Training, OSHA, HIPPA, Elder Abuse, and various other in-home care training for our caregivers.

Inquiries please call 304-354-7017, and ask for Angela Yoak or Opal Harris.



Do you need assistance in your own home?

The Calhoun County Senior Center has several programs to provide in-home services including: Lighthouse, Respite, Medicaid Waiver, Personal Care, Veterans and Private Pay.

Our In-Home Personal Care Programs provide hands-on services to those whom are medically and financially eligible. Determination of eligibility is based on the completion of a medical assessment. Once guidelines are reviewed and eligibility is determined, the client will be provided with a personal care provider.

Our staff is dedicated to our clients' well-being and to keeping them healthy and in their home for as long as possible. Aides are trained in CPR, and First Aid, and it is mandatory that our caregivers attend classes for continuing health education.

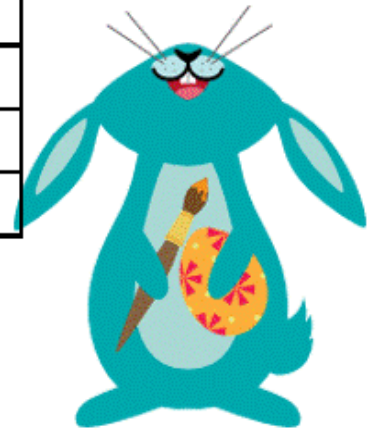
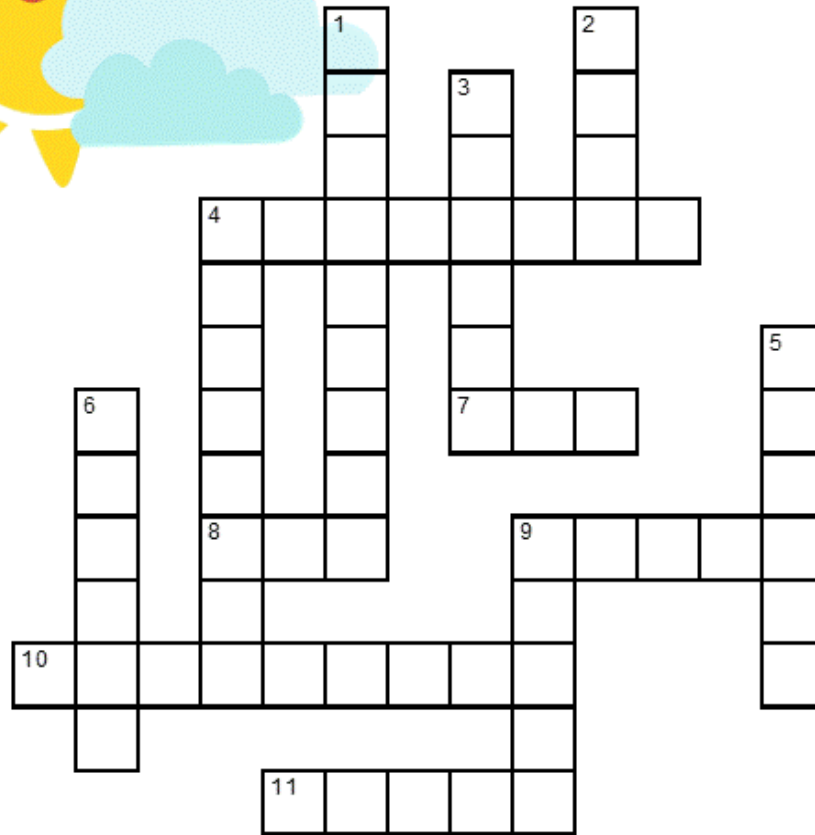
In addition, all our aides receive a state-to-state background check and fingerprinting check.

If you or a friend or loved one are in need of services, please give us a call. We are here to be at your service. Do not hesitate to ask questions about eligibility or guidelines.

For more information and assistance please call Angela Yoak, In-Home Services Supervisor, or Opal Harris, In-Home Services Coordinator
@ 304-354-7017.

Email: ayoak@cccoa-wv.org or oharris@cccoa-wv.org or stop by the
Calhoun County Committee on Aging
located at
105 Market Street, Grantsville, WV 26147

Easter Crossword



ACROSS

4. You might do this to eggs for Easter
7. A hen makes this
8. Used to color eggs
9. The hen's baby
10. Colorful candy you might find in an Easter basket
11. Peter Cottontail is one

DOWN

1. Eggs might be made from this
2. Look for eggs
3. Easter Day event
4. Yellow or white spring flower that grows from a bulb
5. What the Easter Bunny brings
6. A pretty hat worn on Easter
9. Don't eat too much of this or you might get a belly ache



EASTER

word scramble

NTNEBO _____

GEGS _____

GSNIRP _____

SRASG _____

YNBUN _____

CTOHC OEAL _____

SORCS _____

KCSHCI _____

YNSUAD _____

FDILDOFA _____

KSTBAE _____

NJBYLELAE _____

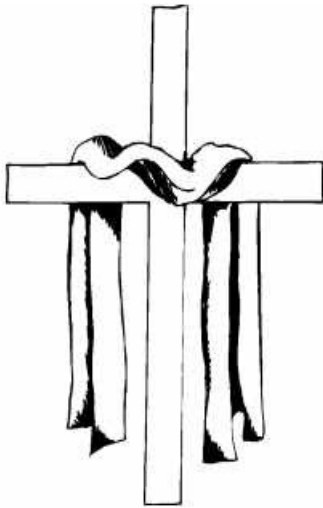
BALM _____

GEG TUNH _____

SFWREOL _____



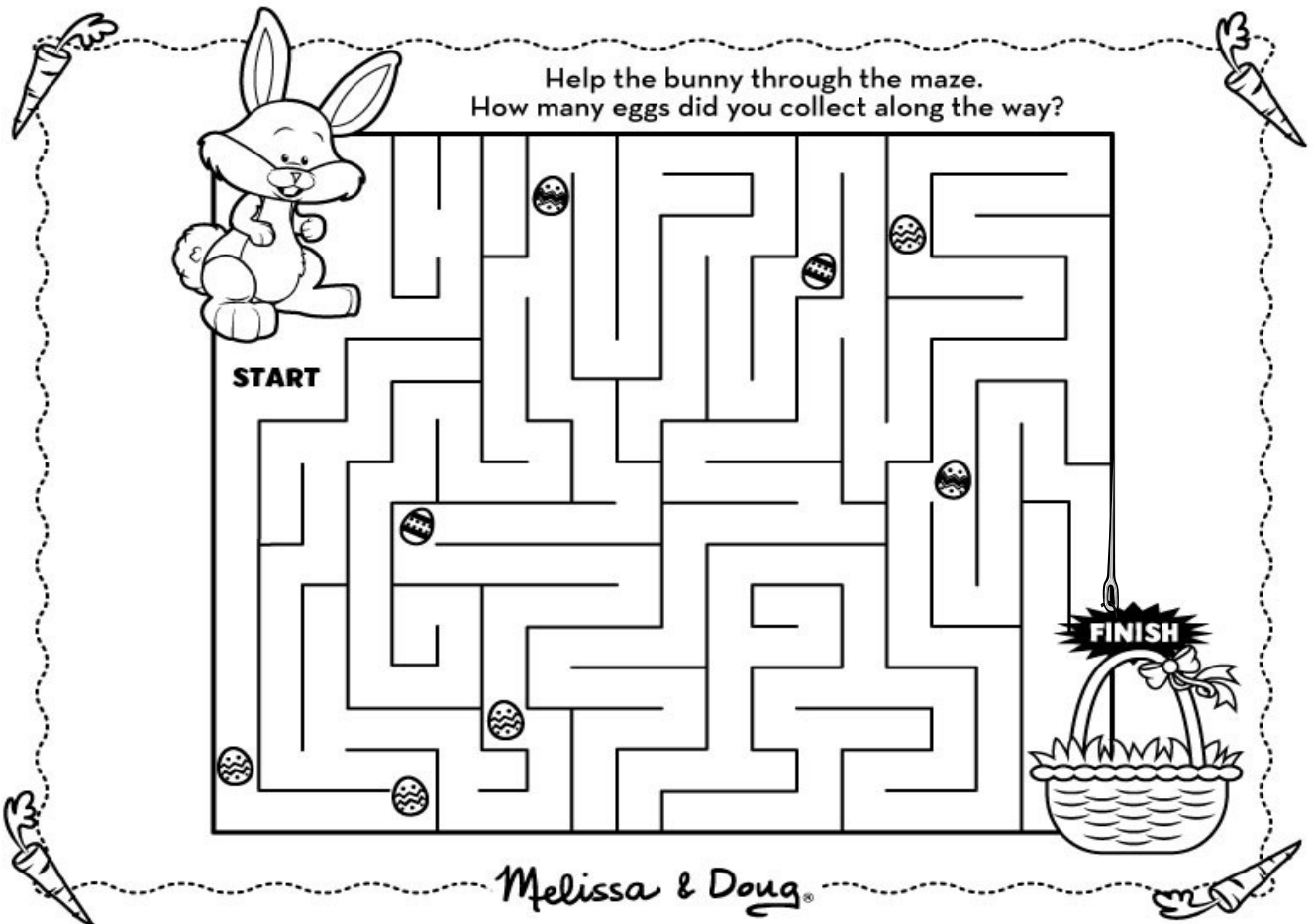
HAPPY EASTER,
HAPPY SPRING,
JOY AND LOVE
IN EVERYTHING



How many Easter eggs can you find?



Help the bunny through the maze.
How many eggs did you collect along the way?



CCCOA Business Page

Executive Director: Rick Poling

Board of Directors

Roger Jarvis— President
 Pamela Gainer— Vice-President
 Dottie Rader— Secretary
 Edward Lawaty— Treasurer
 Launa Butler
 Carroll McCauley
 Barbara Roberts
 Patti Hicks
 Roberta Wilson



The CCCOA Board of Directors meet the fourth Monday of each month at CCCOA. Interested citizens are always welcome at board meetings and encouraged to attend.

Some services provided to Calhoun County Senior Citizens by CCCOA include:

Congregate Meals	Transportation
Meals on Wheels	In-Home Care
Satellite Site Minnora	Medicare Counseling
Trips and Excursions	Book lending Library
Daily Activities	Exercise Room
CCCOA News newsletter	Social Support
Internet Café	Health Fairs

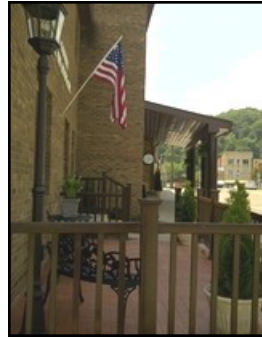
And much more, Contact CCCOA to learn what is available for you.

Grantsville Center
 105 Market Street
 Grantsville, West Virginia 26147

Hours: 7:30am - 3:30pm
 Monday through Friday
 Phone: 304.354.7017
 Fax: 304.354.6859
 Mailing: Post Office Box 619
 Grantsville, WV 26147



CCCOA News, a publication of Calhoun County Committee on Aging, Inc.



The CCCOA News will strive to report and provide accurate information at all times. If any information printed is inaccurate or items omitted we apologize. Corrections will be printed in the next issue as needed.

CCCOA News is published and printed by CCCOA and is printed on the first business day of each month, or as close to that as possible.

Menus published here are prepared by CYGNET Menu Management System.

Projects provided by funding from WV B.O.S.S., North West Area Agency on Aging, CCCOA Inc.

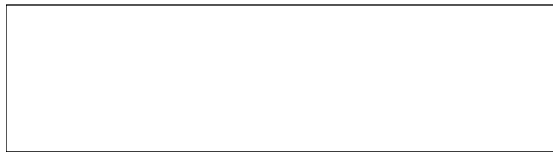
Please direct any questions or comments concerning the CCCOA NEWS to Rick Poling, Executive Director

Calhoun County Committee on Aging (CCCOA), an agency providing services to senior citizens of Calhoun County, WV. CCCOA is committed to serving the Senior Citizens (age 60 and over) of Calhoun County, to providing the highest quality services and to be advocates for the greater good of the people we serve. Services are provided equally and without discrimination to all who qualify for said services.

West Fork Center
 121 Milo Road
 Minnora, West Virginia 25261

Hours: 9:00am - 2:00pm
 Monday, Tuesday, Thursday
 Phone: 304.655.8805
 Fax: 304.354.8805
 Mailing: Post Office Box 619
 Grantsville, WV 26147





Calhoun County Committee on Aging
PO Box 619
Grantsville, WV 21647



To Contact CCCOA:
Phone: 304-354-7017
Fax: 304-354-6859
Email: office@cccoa-wv.org



Calhoun County Committee on Aging Inc.