



St. Patrick's Day

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CCCOA NEWS

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

March

Dates To Remember

- | | |
|--------------------|--|
| March 3rd, Fri. | Genesis Bingo 11:00-11:30 AM |
| March 9th, Thurs. | Ripley Shopping Trip Depart 8:30 AM |
| March 12th, Sun. | Daylight Savings Time Begins -
Spring Forward 1 Hour! |
| March 13th, Mon. | "Making Easter Wreaths with Hazel" |
| March 14th, Tues. | Planning Committee Meeting 1:30 PM |
| March 16th, Thurs. | Spencer Shopping Trip Depart 8:30AM |
| March 16th, Thurs. | West Fork St. Patrick's Day Party |
| March 17th, Fri. | St. Patrick's Day BIG BINGO 10:30-11:30 AM |
| March 20th, Mon. | FIRST DAY OF SPRING!!!!!!!!!! |
| March 27th, Mon. | Board Meeting 2:30 PM |
| March 29th, Wed. | Covered Dish Birthday Dinner @ Grantsville |
| March 30th, Thurs. | Covered Dish Birthday Dinner @ West Fork |
| March 31st, Fri. | SHIP Counselor Medicare Minutes 10:45-11:00 AM |



March 2017 Grantsville Events

Page 2

CCCOA NEWS

- March 1st, Wed. Choir Practice 10:30-11:00 AM
- March 3rd, Fri. Genesis Bingo 11:00-11:30 AM
- March 6th, Mon. "Healthy Me"
- March 8th, Wed. Choir Practice 10:30-11:00 AM
- March 9th, Thurs. Ripley Shopping Trip Depart 8:30 AM
Cost \$10 from Center, \$12 from Home
TRIP MUST BE PAID AT TIME OF RESERVATION
- March 12th, Sun. Daylight Savings Time Begins
Spring Forward 1 Hour!
- March 13th, Mon. "Making Easter Wreaths with Hazel"
9:30-11:00 AM
Class limited to 12 people
- March 14th, Tues. Planning Committee Meeting 1:30 PM
- March 15th, Wed. Choir Practice 10:30-11:00 AM
- March 16th, Thurs. Spencer Shopping Trip Depart 8:30AM
Cost \$8 from Center, \$10 from Home
TRIP MUST BE PAID AT TIME OF RESERVATION
- March 17th, Fri. St. Patrick's Day BIG BINGO 10:30-11:30 AM
WEAR YOUR GREEN & TRY YOUR LUCK
Refreshments available
- March 20th, Mon. FIRST DAY OF SPRING!!!!!!!!!!
- March 22nd, Wed. Choir Practice 10:30-11:00 AM
- March 27th, Mon. Board Meeting 2:30 PM
- March 29th, Wed. Covered Dish Birthday Dinner
Musical Entertainment 10:30-11:30 AM
NO BINGO WILL BE PLAYED TODAY!
- March 31st, Fri. SHIP Counselor Medicare Minutes 10:45-11:00 AM

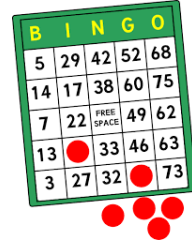


Yahtzee & Rummy will be played daily from 8:00 - 11:00 a.m.
Bingo will be played daily from 11:00 - 11:30 am unless otherwise stated.

March 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 months needle was
on page 7.
Actual needle size



March Birthdays

- Loretta Sanger - Mar 1
- Carl Volkwein - Mar 2
- Martha Harris - Mar 4
- Sally Hashman - Mar 4
- Patty Sims - Mar 4
- Melody McDonald - Mar 7
- Paul Messersmith - Mar 8
- Karen Hollinger - Mar 9
- Sherrie Carter - Mar 10
- Doug Stull - Mar 11
- Patricia Knicley - Mar 18
- Dorothy Lynch - Mar 18
- Geraldine Lamont - Mar 19
- Eva Marks - Mar 20
- Sharon Knotts - Mar 21
- Gary Stiltner - Mar 21
- Leon McDonald - Mar 22
- Robert Bonar - Mar 25
- Ernest Siers - Mar 26



Happy
 BirthDay

CCCOA Employees



- Linda Peggs Mar 10th
- Marty Park Mar 17th
- Samantha Cowan Mar 17
- Jessica Bell Mar 26

Celebrating February Birthdays
at the Grantsville CCCOA:

Standing: Amber Blair
 Seated: Wanda Carpenter & Joann Ward

Birthday Dinner Entertainment
at the Grantsville CCCOA:

The CCCOA Choir & Rick Poling



CCCOA 2017 Grantsville Sweethearts
Ilene Compton & Norma Gumm

The 1st Tuesday of each month a group of seniors have been meeting at Pike Street Lanes in Parkersburg at 10:00 a.m.. Anyone interested in joining them please contact Ray or Hazel Tingler.



Celebrating February Birthdays
Dalton Hicks



We would like to wish
Walter Davisson
the very of best of luck in his
future endeavors. We hope that he
will be back to visit, as he will be
truly missed.



Pat Murphy and Gae Bailey
preparing snacks.

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.

Safe and Effective Workout Tips of Seniors

As you move through middle age and begin to approach your senior years, it becomes clear that your physical strength, stamina and flexibility are not exactly what they used to be. Luckily, Paula Stephens, a wellness coach and personal trainer of PaulaStephensWellness.com, and Mike Clancy, a nutrition and fitness expert of MikeClancyTraining.com, have plenty of tips perfect for seniors looking to stay in shape.

What are some of the specific benefits for seniors who decide to stay active and develop an exercise routine that suits their lifestyle? How can working out help seniors who are living with common age-related conditions like chronic back pain, arthritis or osteoporosis remain healthy?

PS: One of the greatest benefits of exercise for seniors is that more and more research is showing active seniors maintain and improve cognitive function better than those who are sedentary. There is a significant decrease in dementia, depression and other mental health conditions when seniors engage in regular physical activity. Seniors who stay active and make exercise a priority have also shown a decrease in the incidence of heart disease - especially subsequent events for those who have already had one heart related incident and then go on to maintain a healthy lifestyle. Bone density, strength and flexibility are all maintained and increased through a proper exercise program.

Seniors who are already dealing with common age-related conditions such as back pain or arthritis can better manage those conditions and minimize the use of prescription drugs by adhering to a consistent workout program three to five days a week. Exercise will also slow the progression of some of these issues.

What are general precautions that seniors should keep in mind before deciding to commit to a workout plan? Is there an age where it is no longer safe to work out, or does it generally depend on someone's overall physical condition?

MC: Before committing to a workout plan, seniors are encouraged to consult with their doctor.

Exercise is a stress on the body (though the stress causes positive reactions). Seniors want to make sure they begin a workout routine at a slow, manageable pace that caters to their current physical conditions and activity level. It is best for seniors to first speak with doctor and consult with an exercise professional before beginning a regular workout routine.

One of the beauties of exercise is that there is no age limit. Many seniors take up regular exercise late in life and see measurable changes to their health and general well-being. Since exercise constantly improves our physical, emotional, and psychological states, working out is encouraged for everyone at any and every point of their lives.

What are the ideal workouts for seniors who want to focus on keeping themselves healthy, managing their weight and boosting energy levels? Should there be a focus on cardio as well as weight training?

PS: For everyone the ideal workout is the one you are mostly to stick to. Aerobic exercise such as walking, swimming, group fitness classes or biking will be the best for heart health and calorie burn to help with weight maintenance. Being sure to add activities that are weight bearing, such as walking, will help maintain bone density. Aerobic exercise will also boost mood and energy levels! Most importantly, do activities that you enjoy at an intensity that allows you to be slightly breathless, but able to carry on a conversation - a six to seven out of a one to 10 scale. For someone looking to do strength training, maintain good form and a safe weight load. If short on time work the bigger muscles of the legs, chest and back.

<http://blog.cybexintl.com/post/bid118377Safe-and-Effective-Workout-Tips-for-Seniors>

Do you believe in coincidence (or as my mom always said “coinky dinky”) or fate? Me, I’m a fatalist. I believe that what happens was meant to happen.

For instance, was it fate or coincidence that somebody burned our house down in Littleton, West Virginia so I would end up in Five Forks with a house that I always wanted in the country with acres of land?

What was it that led me to Lisa Minney so she could give me not only a great friend but a chance to do what I always wanted to do- write? That friendship also led me to amazing people at the Calhoun Chronicle.

What was it that led me to the senior center the very day that the newsletters were handed out? I picked one up for the first time ever and in the newsletter was a request from a “chick” named Opal who was asking for writers. Ta Da! Here I am many years later with my senior center buddies.

What was it that led me to Helen Jordan -one of the most amazing women that I have ever met? Interestingly, Helen’s daughter, Patty, had a birthday of 2/24 –the exact same date as my youngest son. Patty had a baby named Michelle which also happens to be Helen’s best bud’s name. (Except that Michele is with only one L.)

I also found out that one of the dedicated hard working employees at the recycle center is a 2/24 kid also.

I just learned a few days ago that my mail carrier has a birthday on the 23rd of February. She is the very best carrier and person. She is pretty and funny and smart and has the same birthday as my oldest son. Hmmmm!!

But here’s the kicker. The only Saturday that we could get a minister to marry Frank and me in June was on the 30th--which just happened to be my parents’ wedding anniversary. Frank had seven sisters and one brother living when we got married. One of his older sisters has a birthday on 2/28 like my oldest son and one of his younger sisters has a birthday on August 18, same as mine, and she was born in 1935- the same as me.

Now I don’t know what you call all of this, but to me it couldn’t possibly be all coincidences. Personally, I would call it fate...a really good fate.

Happy St. Patrick’s Day!!

Judy



Mint Chocolate Chip Cheesecake Brownies

Ingredients:

Sally's Fudge Brownies

1/2 cup salted butter
8 ounces coarsely chopped semi-sweet chocolate
1 and 1/4 cups sugar
3 large eggs
1 teaspoon vanilla extract
3/4 cup all-purpose flour
1/4 teaspoon salt

Mint Cheesecake Layer

8 ounces cream cheese, softened
1/4 cup sugar
1 egg yolk
1/4 teaspoon peppermint extract
2 drops liquid or gel green food coloring



Directions:

Adjust the oven rack to the lower third position and preheat the oven to 350°F. Line the bottom and sides of an 11 x 7 inch baking pan with aluminum foil, leaving an overhang on all sides. Set aside. Set out 8 ounces of cream cheese for the cheesecake layer and allow to soften as you prepare the brownies.

Make the brownies first: Melt butter and semi-sweet chocolate in a medium saucepan on medium heat, stirring constantly (about 6 minutes). Remove from heat and let cool to room temperature (about 15 minutes). You may also stick the chocolate/butter mixture into the refrigerator to cool to room temperature quicker.


Stir sugar into cooled chocolate/butter mixture until combined. Add in the eggs one at a time, whisking until smooth after each addition. Whisk in the vanilla. Gently fold in the flour and salt. Pour batter into prepared pan, reserving 1/4 cup of batter.

Make the cheesecake swirl: With a hand-held mixer on medium speed, beat the softened cream cheese, 1/4 cup sugar, egg yolk, 1/4 teaspoon peppermint extract, and 2 drops of food coloring in a medium bowl until completely smooth - about 1 minute. Manually stir in the mini chocolate chips. Dollop spoonfuls of the cream cheese mixture on top of the prepared brownie batter. Cover with the last 1/4 cup of brownie batter. Glide a knife through the layers, creating a swirl pattern. Add more mini chocolate chips on top, if desired.

Bake brownies for 30-35 minutes, or until a toothpick comes out almost clean. Check them at the 30 minute mark to be sure. Allow brownies to cool completely before cutting into squares. Brownies stay fresh stored in the refrigerator for 1 week.



March 2017

Monday	Tuesday	Wednesday	Thursday	Friday
 <i>St. Patrick's Day</i>	<p>Menu Subject To Change Without Notice</p>	<p>1 Creamed Tomatoes Boiled Potatoes Biscuit Juice</p>	<p>2 BBQ Rib Sandwich w/ onions Lima Beans Fruit</p>	<p>3 Lasagna Coleslaw Fruit Texas Toast</p>
<p>6 Pinto Beans Onion Brussel Sprouts Applesauce Cornbread</p>	<p>7 Chicken Tenders Macaroni & Cheese Kale Juice Whole Wheat Bread</p>	<p>8 Cheesy Potato Soup Crackers Blueberry Cobbler</p>	<p>9 BBQ Pork Coleslaw Fruit Bun</p>	<p>10 Pizza Burger Scalloped Potatoes Whole Wheat Bun Banana Pudding</p>
<p>13 Baked Steak AuGratin Potatoes Peas & Carrots Juice Whole Wheat Roll</p> <p style="text-align: center;">Crafts w/ Hazel</p>	<p>14 Turkey Split Mashed Potatoes Carrots Whole Wheat Bread Juice</p> <p style="text-align: center;">Planning Committee</p>	<p>15 Hot Dog w/ Sauce Baked Beans Fruit Whole Wheat Bun</p>	<p>16 Vegetable Soup Crackers Brownie Fruit</p> <p style="text-align: center;">Spencer Shopping Trip Foster Grandparents</p>	<p>17 Hamburger Lettuce/Onion Mayo Tater Tots Jell-o w/fruit Whole Wheat Bun</p>
<p>20 Chicken Patty w/ Mayo Ranch Potatoes Broccoli Pudding Whole Wheat Bun</p> <p style="text-align: center;">1st Day of Spring</p>	<p>21 Chili w/ Meat & Beans Waldorf Salad Crackers Brownie</p>	<p>22 Stuffed Peppers Mashed Potatoes Green Beans Roll Juice</p>	<p>23 Fish Sandwich w/bun Peas Fruit</p>	<p>24 Chicken & Pasta Steamed Vegetables Jell-O Garlic Bread</p>
<p>27 Pork Chop Dressing Brussel Sprouts Juice Whole Wheat Bread</p> <p style="text-align: center;">Board Meeting</p>	<p>28 Sausage Gravy w/Potatoes Apple Crisp Biscuit</p>	<p>29 Cook's Choice</p> <p style="text-align: center;">Grantsville B-Day Dinner</p>	<p>30 Tomato Soup Pepperoni Rolls Fruit</p> <p style="text-align: center;">West Fork Birthday Dinner</p>	

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

St. Patrick's Day Word Search



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

GOLD
LEPRECHAUN
PATRICK

GREEN
POT
CLOVER

SHAMROCK
LUCK
IRISH

MARCH
EMERALD
WISH

RAINBOW
IRELAND
MAGIC

THE LUCK of the Irish

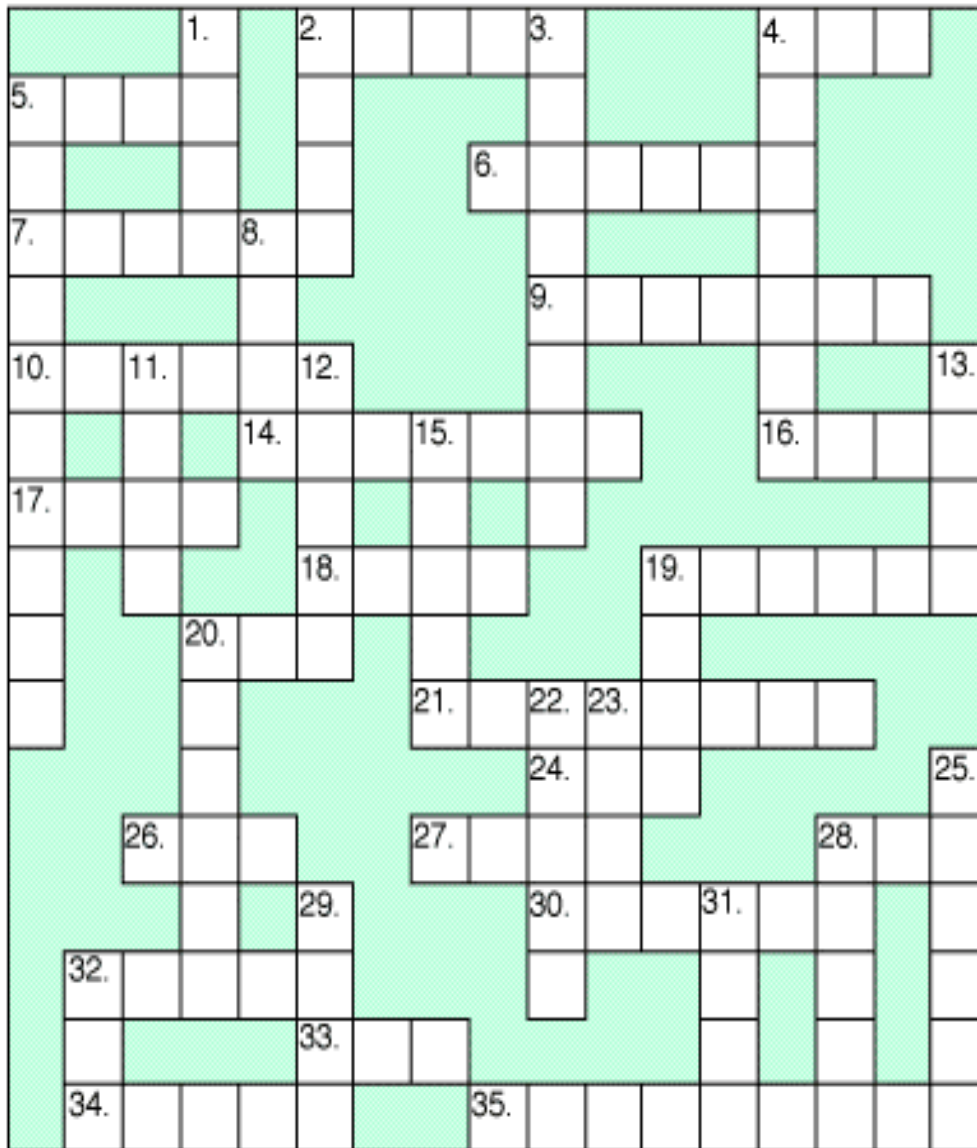
Match the LUCKY Irish symbols with what they are believed to be LUCKY for!

01. Associated with new life and the coming of Spring, this good luck charm ensures a speedy escape from danger.
02. In the mid 1800s, youth leaving Ireland for America, placed this in their pockets as a way of bringing "Irish Luck" to their new home.
03. Wearing these helps prevent the temptation of fairies to steal a couple away to a magical land.
04. Believed to bring wisdom and spiritual fulfillment, and to create a connection between heaven and earth.
05. Believed to have the power to protect homes from fire and families from misfortune and hunger.
06. Worn in the shoe on the wedding day, it will bring good luck and blessings to the new couple.
07. Possessing one of these will give the owner good luck in all he does and witchcraft will have no power over him.
08. Those lucky enough to catch one, will have a lifetime of fortune and prosperity.
09. Considered lucky because they were made by blacksmiths, who themselves were often thought to have magical powers.
10. To touch it with your lips can bring good luck as well as the gift of eloquence and flattery.
11. This oldest symbol of Ireland is thought to have magical powers and is seen today on coins, the Presidential flag, and official seals.
12. Carrying one of these in your pocket brings good luck at cards as well as good luck and favor in life.
13. Worn as a symbol of love, friendship, and loyalty, this good luck symbol was created by a 16th Century Irishman named Richard Joyce.
14. A symbol of purity that hides and protects brides from evil spirits and fairies who would want to steal them.
15. With the exception of Fridays, this is believed to bring lifelong joy and prosperity.

- ___ Harp
- ___ 4-Leaf Shamrock
- ___ Five pence
- ___ Leprechaun
- ___ Marrying in April
- ___ Horseshoes
- ___ Blarney Stone
- ___ Crooked Pin
- ___ Rabbit's Foot
- ___ Wedding Veil
- ___ Claddagh Ring
- ___ St. Brigid's Cross
- ___ Lucky Irish Penny
- ___ Celtic Tree of Life
- ___ Old Shoes



Crossword



Down

- 1. Body covering?
- 2. Heal
- 3. 3 leaved clover
- 4. St. Patrick was a missionary there
- 5. Mystical being
- 8. Short form for corporal
- 11. Actor's part
- 12. _____ Patrick
- 13. X marks the _____
- 15. Peels of fruits
- 19. Layer
- 20. Procession or march
- 22. To arrive at a final destination
- 23. Walkway
- 25. Wrist or ankle injury
- 28. Household task
- 29. Measurement
- 31. Destroy
- 32. Valuable stone

Across

- 2. Loose change
- 4. Pens need this
- 5. Good _____
- 6. Conditional release
- 7. King's son
- 9. Let go
- 10. Mistakes
- 14. Saint _____
- 16. Let fall, rain _____
- 17. Give aid
- 18. Number less than 10
- 19. Leprechaun's head wear
- 20. _____ of gold
- 21. St. Patrick rid Ireland of these
- 24. Hearing organ
- 26. Opposite of good
- 27. One of the food groups
- 28. Drink container
- 30. God's house
- 32. St. Patrick's Day colour
- 33. Feline
- 34. St. Patrick's month
- 35. St. Patrick's day #



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

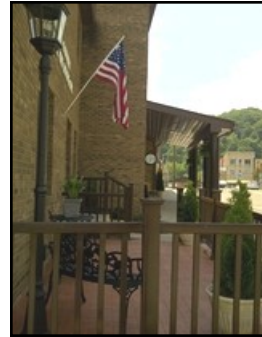
And much more, Contact CCCOA to learn what is available for you.

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:
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