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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**

## May

### Dates To Remember

May 1st, Mon. "Rise & Rejoice with Erin" 9 am/ "Exercise with Erin" 9:30am

May 3rd, Wed. Roane Home Care Bingo 11:00 am

May 4th, Thurs. "Rise & Rejoice with Erin" 9 am/ "Exercise with Erin" 9:30am

May 5th, Fri. "Healthy Me"

May 6th, Sat. Town Wide Yard Sale 8:00 am-4:00pm

May 8th, Mon. "Rise & Rejoice with Erin" 9 am/ "Exercise with Erin" 9:30am

May 9th, Tues. Spring Health Fair 7:00am-11:00am

May 9th, Tues. Planning Committee Meeting 1:30 pm

May 11th, Thurs. "Rise & Rejoice with Erin" 9 am/ "Exercise with Erin" 9:30am

May 11th, Thurs. Shopping Trip Depart 8:30 am  
 TRIP MUST BE PAID AT TIME OF RESERVATION

May 12th, Fri. Mother's Day Dinner

May 15th, Mon. "Rise & Rejoice with Erin" 9 am/ "Exercise with Erin" 9:30am

May 17th, Wed. Crafts with Hazel 9:30 am

May 18th, Thurs. "Rise & Rejoice with Erin" 9 am/ "Exercise with Erin" 9:30am

May 18th, Thurs. Hawks Nest Trip

May 19th, Fri. Cake Baking Contest 10:30 am

May 22nd, Mon. "Rise & Rejoice with Erin" 9 am/ "Exercise with Erin" 9:30am

May 24th, Wed. Manchin Rep. 10:00 am

May 25th, Thurs. "Rise & Rejoice with Erin" 9 am/ "Exercise with Erin" 9:30am

May 26th, Fri. SHIP Counselor 10:45 am/ Genesis Bingo 11:00 am

May 29th, Mon. CENTER CLOSED FOR MEMORIAL DAY

May 31th, Wed. Covered Dish Birthday Dinner @ 11:30 am  
 Musical Entertainment Provided 10:30-11:30 am



May 1st, Mon. "Rise & Rejoice with Erin" 9 am/ "Exercise with Erin" 9:30 am  
May 3rd, Wed. Roane Home Care Bingo 11:00 am  
May 3rd, Wed. Choir Practice 10:30-11:00 am  
May 4th, Thurs. "Rise & Rejoice with Erin" 9 am/ "Exercise with Erin" 9:30 am  
May 5th, Fri. "Healthy Me"  
May 6th, Sat. Town Wide Yard Sale 8:00 am - 4:00pm  
May 8th, Mon. "Rise & Rejoice with Erin" 9 am/ "Exercise with Erin" 9:30 am  
May 9th, Tues. Spring Health Fair 7:00am-10:00am  
May 9th, Tues. Planning Committee Meeting 1:30 pm  
May 11th, Thurs. "Rise & Rejoice with Erin" 9 am/ "Exercise with Erin" 9:30 am  
May 11th, Thurs. Shopping Trip Depart 8:30 am  
TRIP MUST BE PAID AT TIME OF RESERVATION  
May 12th, Fri. Mother's Day Dinner  
May 15th, Mon. "Rise & Rejoice with Erin" 9 am/ "Exercise with Erin" 9:30 am  
May 17th, Wed. Crafts with Hazel 9:30 am  
May 17th, Wed. Choir Practice 10:30-11:00 am  
May 18th, Thurs. "Rise & Rejoice with Erin" 9 am/ "Exercise with Erin" 9:30 am  
May 18th, Thurs. Hawks Nest Trip  
May 19th, Fri. Cake Baking Contest 10:30 am  
May 22nd, Mon. "Rise & Rejoice with Erin" 9 am/ "Exercise with Erin" 9:30 am  
May 22nd, Mon. Board Meeting 2:30 pm  
May 24th, Wed. Manchin Rep. 10:00 am  
May 24th, Wed. Choir Practice 10:30-11:00 am  
May 25th, Thurs. "Rise & Rejoice with Erin" 9 am/ "Exercise with Erin" 9:30 am  
May 26th, Fri. SHIP Counselor 10:45 am/ Genesis Bingo 11:00 am  
May 29th, Mon. CENTER CLOSED FOR MEMORIAL DAY  
May 31st, Wed. Covered Dish Birthday Dinner @ 11:30 am  
May 31st, Wed. Musical Entertainment Provided 10:30-11:30 am  
May 31st, Wed. BINGO WILL NOT BE PLAYED TODAY!



**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.**

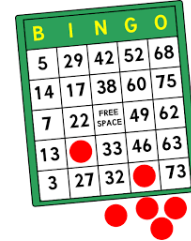


# May 2017 West Fork Events

Issue 122, May 2017

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- May 1st, Mon. Weigh in for Biggest Loser 9:00 am  
Cards/Line Dancing/Crafts 10:30-11:30 am
- May 2nd, Tues. Discuss Raffle and Basket Bingo 9:30 am  
Cards/ Line Dancing 10:30-11:30 am
- May 4th, Thurs. Cards/Cornhole/Horseshoes/Games 10:30-11:30 am
- May 8th, Mon. Weigh in for Biggest Loser 9:00 am  
Cards/Line Dancing/Crafts 10:30-11:30 am
- May 9th, Tues. Cards/Lines Dancing 10:30-11:30 am  
BIG BINGO 10:00am  
Spring Health Fair 7:00 am-10:00 am  
Arnoldsburg-Lab work, Health Care Booths, Prizes, Etc.
- May 11th, Thurs. Cards/Cornhole/Horseshoes/Games 10:30-11:30 AM
- May 15th, Thurs. Weigh in for Biggest Loser 9:00 am  
Cards/Line Dancing/Crafts 10:30-11:30 am  
Mother's Day Celebration
- May 16th, Tues. Cards/Line Dancing 10:30-11:30 AM
- May 18th, Thurs. Bowling Trip
- May 22nd, Mon. Weigh in for Biggest Loser 9:00 am  
Cards/Line Dancing/Crafts 10:30-11:30 am
- May 23rd, Tues. Cards/Line Dancing 10:30-11:30 AM
- May 25th, Thurs. Entertainment/Birthday Dinner 10:30-11:30am
- May 29th, Mon. CENTER CLOSED FOR MEMORIAL DAY
- May 30th, Tues. Cards/Line Dancing 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 the needle  
was on page 18.  
Actual needle size



**Happy Mother's Day !**

## May Birthdays

Velma Barnes May 3  
 Harley Cain May 4  
 Pete Walburn May 5  
 Violet Williams May 8  
 Betty Gibson May 9  
 Linda Lynch May 9  
 Colleen Boggs May 10  
 Karen Badgett May 11  
 Virginia Judy May 11  
 Mollie Cain May 13  
 Ilene Compton May 14  
 Hazel Tingler May 15  
 James Welch May 16  
 Harley Harris May 18  
 Robert Bennett May 18  
 Earnestine Fulks May 18  
 Olen Siers May 25  
 Jeanie Smith May 26  
 Carder Nicholas May 28  
 Kathleen Cash May 30  
 Tex Murphy May 30  
 Betty Wilson May 31

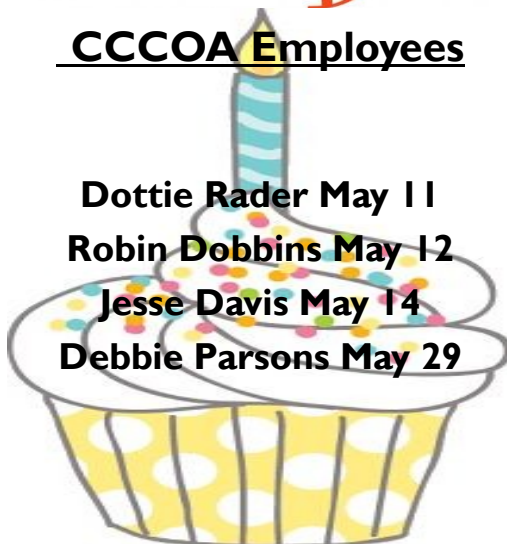


### Celebrating April Birthdays at the Grantsville CCCOA:

(Left to Right) Standing: Roy Pursley & John Myer  
 Seated: Odus Miller, Eleanor Caltabiano, Barb Roberts & Haymond Conrad

Happy  
 Birthday

### CCCOA Employees



Dottie Rader May 11  
 Robin Dobbins May 12  
 Jesse Davis May 14  
 Debbie Parsons May 29



Birthday Entertainment provided by:  
 The CCCOA Choir



Birthday entertainment was provided by Randy Wilson, Sharon Knotts, Jim Shields and Clayton Moore

Not pictured for April Birthday  
Lena Ross.



Their hard work has paid off. The Seniors recently constructed a flower box and they are now enjoying the beautiful signs of spring.



Crazy Hat Day at the West Fork Site:

left to right:

- Ford Wilson, (funniest)
- Betty Ellison (Cutest)
- Karen Badgett (most unusual)
- Pat Murphy (prettiest)
- Gae Bailey (most original)

**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](http://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.

**“Exercise with Erin” ~ Mondays and Thursdays @ 9:30 AM**



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

Health Fair @ Arnoldsburg Community Park ~ 7:00-10:00 am  
Tues. May 9th

Mother’s Day Dinner ~ 11:30 AM  
Fri. May 12th

“Crafting with Hazel” ~ 9:30 AM  
Wed. May 17th

Cake Baking Contest ~ 10:30 AM  
Fri. May 19th

Covered Dish Dinner w/ Entertainment ~ 10:30 AM  
Wed. May 31st

Since I have a few things to complain about this month I have to get the old soapbox out. It's here somewhere. I'll just jump up here and (Oh, yeah like I can really jump.) tell you my first complaint.

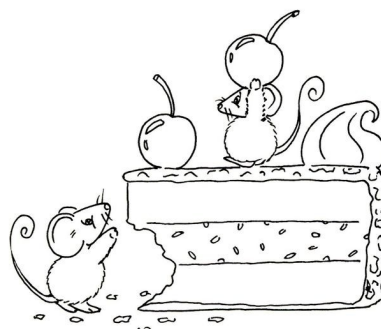
We have an upright freezer in the garage which is down the sidewalk from our house. I took 3 pieces of cake out of the freezer to thaw. They were on a Styrofoam plate covered with tinfoil and sitting in a box on top of the chest potato storing freezer. Imagine my surprise when I went down to the garage in a few days to get my cake and it was gone GONE!! What? I know that I'm old but I would never forget where I put some cake. I looked and looked and all I found was mouse poop!! YUK!! So, although I am a caring person and do believe in sharing I draw the line at sharing my cake with a rodent or two. They are messing with the wrong woman. Don't mess with my cake. The mousetraps are coming out. HA! HA! HA! You are so busted.

Now on to the second complaint- they're back!! They are long and black and one was in my chicken coop. I went in to feed the chickens in the afternoon and to look for eggs. I see one in the bottom nest and I reached for it but there was something black wrapped around it. EW. EW. EW. I touched a snake!! I went in the house and got Frank and the grabber picker upper thingy. After a few tries he did get a grip on it. Of course, it didn't want to come out but finally it came out and came out. It was at least five feet long!! It dropped to the floor and disappeared. If it comes back it will be shot. Oh, boy more holes in the chicken coop. Who needs air conditioner? We make our own.

So, there you go. My two complaints. I'll put the soap box back for you. Summer is coming and so are bugs, sun, full moons, thunderstorms with lightning, heat, snakes, and my favorite- humidity!!

'til next month- Happy Mother's Day to all!

~Judy~





## Old Hens Still Poop

Old Hens may not lay much  
But, don't count them "out"!  
There are plenty of reasons  
For keeping them about.

Old Hens are pets  
Worthy of many hugs  
And pay for their living  
By eating many bugs.

Old Hens make good "broodies"  
Cause they are quite content  
To set on any body's eggs  
Till three weeks are spent.

They make a grand mother  
Cause they are predator wise  
And make Biddies Scurry  
When hawks darken the skies.

Their collagen rich eggs  
Help how we look  
Whether spread on our faces  
Or in what we cook.

If a bit slow,  
We can give them a boost  
Put up a ladder or,  
Lower the roost.

Since they are slow,  
They won't fly the coop,  
But amend soil  
Cause Old Hens still poop.

Submitted by: Linda Crawford



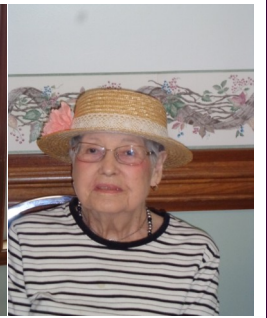
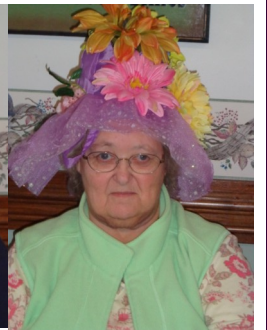
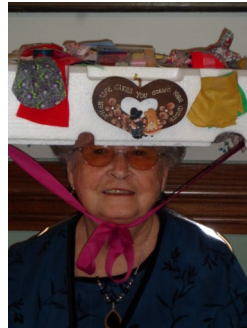
## CRAZY HAT DAY



Participants:

Alta Mae Richards  
Ray Tingler  
Jean Miller  
Norma Gumm

Joan Ward  
Hazel Tingler  
Patty Little  
Eleanor Caltabiano





# May 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>Hot Dog w/Meat Sauce</b> <b>Onion/Ketchup</b> <b>French Fries</b> <b>Fruit</b> <b>Bun</b>	<b>2</b> <b>Chicken Nuggets</b> <b>Hashbrown Casserole</b> <b>Peas</b> <b>Fruit</b> <b>Whole Wheat Bread</b>	<b>3</b> <b>Smothered Steak</b> <b>Mashed Potatoes w/Gravy</b> <b>Green Beans</b> <b>Whole Wheat Roll</b> <b>Juice</b>  Roane Home Care Bingo	<b>4</b> <b>Pinto Beans</b> <b>Kale</b> <b>Applesauce</b> <b>Cornbread</b>	<b>5</b> <b>Sloppy Joe</b> <b>Ranch Potatoes</b> <b>Slaw</b> <b>Whole Wheat Bun</b> <b>Juice</b>  "Healthy Me"
<b>8</b> <b>Hamburger w/bun/onion/pickles</b> <b>French Fries</b> <b>Fruit</b>	<b>9</b> <b>Spaghetti w/meat sauce</b> <b>Lettuce &amp; Pea Salad</b> <b>Roll</b>  Health Fair 7-10AM @ Arnoldsburg Park Planning Comm. Meeting	<b>10</b> <b>Ham Salad</b> <b>Cottage Cheese</b> <b>Peaches</b>	<b>11</b> <b>Fish Sandwich</b> <b>Ranch Potatoes</b> <b>Fruit</b> <b>Whole Wheat Bun</b>  Shopping Trip	<b>12</b> <b>Stuffed Peppers</b> <b>Mashed Potatoes</b> <b>Green Beans</b> <b>Roll</b>  Mother's Day Dinner
<b>15</b> <b>Broccoli Soup</b> <b>Cheese Salad</b> <b>Fruit</b> <b>Whole Wheat Bread</b>	<b>16</b> <b>Calico Beans</b> <b>Brussel Sprouts</b> <b>Cornbread</b> <b>Jell-O</b>	<b>17</b> <b>Pizza</b> <b>Corn</b> <b>Fruit</b>  Crafts with Hazel	<b>18</b> <b>Chicken Pasta &amp; Vegetable</b> <b>Fruit</b> <b>Garlic Toast</b>  Hawks Nest Trip Bowling Trip	<b>19</b> <b>Meatloaf</b> <b>Mashed Potatoes</b> <b>Peas</b> <b>Fruit</b> <b>Whole Wheat Roll</b>  SHIP Counselor Genesis Bingo
<b>22</b> <b>Taco Salad</b> <b>Lettuce &amp; Tomato</b> <b>Banana Pudding</b>  Board Meeting	<b>23</b> <b>Sausage Gravy over Potatoes</b> <b>Biscuit</b> <b>Baked Apples</b>	<b>24</b> <b>Chicken Tenders</b> <b>Mashed Potatoes w/gravy</b> <b>Green Beans</b> <b>Whole Wheat Bread</b> <b>Juice</b>  Manchin Rep.	<b>25</b> <b>Stuffed Shells</b> <b>Italian Vegetables</b> <b>Jello</b> <b>Whole Wheat Roll</b>  West Fork B-Day Dinner	<b>26</b> <b>Cold Ham &amp; Cheese Sandwich</b> <b>w/mayo/pickle/onion</b> <b>Potato Salad</b> <b>Jell-O</b>  SHIP Counselor Genesis Bingo
<b>29</b> <b>CENTER CLOSED FOR MEMORIAL DAY!</b>	<b>30</b> <b>Northern Bean</b> <b>Kale</b> <b>Cornbread</b> <b>Pudding</b>	<b>31</b> <b>Beef Macaroni</b> <b>Peas</b> <b>Fruit</b> <b>Roll</b>  Grant. B-Day Dinner	<b>2% Milk and Margarine Served Daily</b>	<b>Menu Subject To Change Without Notice</b>

## 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](mailto:ayoak@cccoa-wv.org) or [oharris@cccoa-wv.org](mailto:oharris@cccoa-wv.org) or stop by the  
Calhoun County Committee on Aging  
located at  
105 Market Street, Grantsville, WV 26147

## Mother's Day

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

ANNA M JARVIS  
ANNUAL  
BOUQUET  
BREAKFAST IN BED  
CANDY  
CARE  
CARNATION  
CHILDREN  
CHURCH  
CORSAGE  
DAUGHTERS  
DAY OFF  
DINNER OUT

FAMILY  
FLOWERS  
FRIEND  
GIFTS  
GIVING  
HOME  
HONOR  
HUGS  
HUSBAND  
KISSES  
LOVE  
MAMA

MATRON  
MAY  
MOM  
NO DISHES  
NURTURE  
PARENT  
PICNIC  
SECOND SUNDAY  
SONS  
SPECIAL  
SUPPORT  
TRIBUTE

# 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



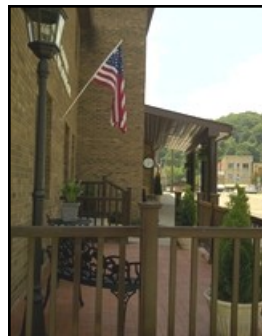
The CCCOA Board of Directors meet the fourth Monday of each month at CCCOA. Interested citizens are always welcome at board meetings and encouraged to attend.

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.*

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.

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



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

