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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

## November

### Freedom Is Not Free

by Kelly Strong

I watched the flag pass by one day.  
It fluttered in the breeze.  
A young Marine saluted it,  
and then he stood at ease.  
I looked at him in uniform  
So young, so tall, so proud,  
He'd stand out in any crowd.  
I thought how many men like him  
Had fallen through the years.  
How many died on foreign soil?  
How many mothers' tears?  
How many pilots' planes shot down?  
How many died at sea?  
How many foxholes were soldiers' graves?  
No, freedom isn't free.

I heard the sound of TAPS one night,  
When everything was still  
I listened to the bugler play  
And felt a sudden chill.  
I wondered just how many times  
That TAPS had meant "Amen,"  
When a flag had draped a coffin  
Of a brother or a friend.  
I thought of all the children,  
Of the mothers and the wives,  
Of fathers, sons and husbands  
With interrupted lives.  
I thought about a graveyard  
At the bottom of the sea  
Of unmarked graves in Arlington.  
No, freedom isn't free.

# November 2018 Grantsville Events

- Nov. 1st, Thurs. Gun Raffle
- Nov. 4th, Sun. Daylight Savings Time Begins
- Nov. 5th, Mon. "Healthy Me"
- Nov. 6th, Tues. CLOSED FOR ELECTION DAY
- Nov. 7th, Wed. Choir Practice 10:30-11:30 a.m.  
VETERANS APPRECIATION RECEPTION LUNCH
- Nov. 10th, Sat. Spencer Shopping Trip Depart 8:30 a.m.  
Cost \$8.00 from Center, \$10.00 from Home  
Trip must be paid at time of reservation!
- Nov. 12th, Mon. CLOSED Veterans Day!
- Nov. 13th, Tues. Semi-Annual Health Fair 7:00-10:00 a.m.  
Bible Study 10:15 a.m.  
Planning Committee Meeting 1:30 p.m.
- Nov. 14th, Wed. Choir Practice 10:30-11:00 a.m.  
RHC Bingo 11:00-11:30 a.m.  
"Crafts" 9:30 a.m.
- Nov. 15th, Thurs. Thanksgiving Dinner 11:30 a.m.  
CASH BINGO 12:30 p.m.
- Nov. 16th, Fri. Genesis Bingo 11:00-11:30 a.m.
- Nov. 19th, Mon. Foster Grandparents Meeting 10:00 a.m.
- Nov. 20th, Tues. Bible Study 10:15 a.m.
- Nov. 21st, Wed. Choir Practice 10:30-11:00 a.m.
- Nov. 22nd, Thurs. CENTER WILL BE CLOSED FOR THANKSGIVING
- Nov. 23rd, Fri. CENTER WILL BE CLOSED FOR THANKSGIVING
- Nov. 26th, Mon. CCCOA Board Meeting 2:30 p.m.
- Nov. 27th, Tues. Bible Study 10:15 a.m.
- Nov. 28th, Wed. Covered Dish Birthday Dinner/Musical Entertainment provided  
10:30-11:30 a.m. NO BINGO WILL BE PLAYED TODAY!
- Nov. 30th, Fri. SHIP Rep. Medicare Presentation 10:45 a.m.



Rummy, Yahtzee, Dominos Daily 8:00-11:00am  
Bingo will be played daily from 11:00-11:30am unless otherwise stated.

# November 2018 West Fork Events


- Nov. 1st, Thurs.    Bingo w/ Carol Barr 10:00-10:30 a.m.  
Cards/Games 10:30-11:30 a.m.
- Nov. 5th, Mon.     Games/Cards/Crafts
- Nov. 6th, Tues.    CLOSED FOR ELECTION DAY
- Nov. 8th, Thurs.   Cards/Games 10:30-11:30 a.m.
- Nov. 12th, Mon.    CLOSED Veterans Day!
- Nov. 13th, Tues.    Cards/ Games 10:30 a.m.
- Nov. 15th, Thurs. Cards/Games/Puzzles 10:30-11:30 a.m.  
Thanksgiving Dinner 11:30 a.m.
- Nov. 19th, Mon.    Games/Puzzles/Crafts 10:30-11:30 a.m.
- Nov. 20th, Tues.    Cards/Games 10:30-11:30 a.m.
- Nov. 22nd, Thurs. CLOSED for Thanksgiving
- Nov. 26th, Mon.    Games/Puzzles/Crafts 10:30-11:30 a.m.
- Nov. 27th, Tues.    Birthday Dinner 10:30-11:30 a.m.
- Nov. 29th, Thurs. Cards/Games/Puzzles 10:30-11:30 a.m.



Exercise 9:00-9:30am/Socializing 9:30-10:00am daily/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. Don't forget to look for the needle in this months newsletter.

**Actual needle size**






## October Birthdays

- Judy Powell Nov 3
- Virginia Swart Nov 3
- Ruby Laughlin Nov 4
- Louise Cheesbrew Nov 7
- Sutchai Cottrell Nov 9
- Janet Marks Nov 16
- Robert Groves Nov 18
- Ronald Hosey Nov 20
- Mary Bragg Nov 25
- Hobert Richards Nov 26
- Bruce Schoolcraft Nov 29



**Rev. Carroll McCauley, Joanne Brannon and Joan Auvil celebrating October birthdays!**

## CCCOA Employee

- Rick Poling Nov. 4**
- Jackie Blankenship Nov 7**
- Roberta Wilson Nov 10**
- Barbara Starcher Nov 39**
- Linda Fivecoait Nov 29**



**Special Entertainment: The Village People  
Carol Kanalley, Cindy Cottrell, Anetia Wilson  
& Ellen Shock**



**(Left) Celebrating October Birthdays:  
Betty Ellison  
not pictured Larry Cottrell**

**(Right) Door prize winners at the  
WF costume party.  
Seated is Ruby Laughlin and  
Carolyn Murphy  
Standing: Sue Cottrell and  
Abe Starr.**



**(Left) Halloween Costumes  
Winners:  
Left to Right:  
Wanda Bailey- most unusual  
Sharon Knotts- crowd favorite  
Karen Badgett- weirdest  
Gloria Murphy- prettiest  
Diane Bernier- funniest.  
Ford Wilson-scariest  
Gae Bailey-craziest  
Pat Murphy- most original  
seated Betty Ellison- ugliest.**

# Grantsville News



(Right) Best of Show: Alta Mae Richards

(Left) Prettiest: Debbie Hammons



(Right) Most Original: Geraldine Lamont

(Left) Most Unusual: Ray Tingler



(Right) Silliest: Norma Gumm

(Left) Scariest: Alice Cottrell



## 2018 West Virginia Festival Schedule November & December

11/9-1/6	Oglebay's Winter Festival of Lights- Wheeling
11/17-11/18	Lewisburg Holiday Festival- Lewisburg
11/23-12/16 (weekends)	Christmas in Shepherdstown- Shepherdstown
11/24	Christmas in the Village
12/8	Feast of the Seven Fishes- Fairmont
12/31	Downtown Countdown- Princeton
12/31	Lemon Drop "New Year's Eve Celebration- Bluefield

### Activities in the Area

11/10 & 11/11	LKVCS Holiday Portrait Event Brooksville Baptist Church Call Amanda Randolph 304-354-9528 or Virginia Boggs 304-354-6079 for appointment.
11/29	Game Night @ the CCCOA begins at 6 p.m.
11/30	Cash Bingo @ the CCCOA begins at 6 p.m.
12/6	Movie Night @ the CCCOA begins at 6 p.m.
12/7	EVERGREEN EXPO. begins at 5 p.m.

**• FREE •**

# MOVIE NIGHT

**Thursday, December 6th, 2018**

<p><b>Featured Movie:</b> <b>HOME ALONE</b> Rated: PG</p>	<p><b>CCCOA—105 Market Street</b> Grantsville, WV 26147 @ 6:00 p.m. Free General Admission</p>	<p>Concessions available for a small fee.</p>
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Bring your family and friends for some fun, lots of laughs and time well spent.



# GAME NIGHT

The CCCOA realizes that the holidays can be very lonely, we would like to open our doors for a friends and family game night! Some board games will be available, however we suggest you bring your favorite game to share with others.

**FREE ADMISSION, Refreshments will be available for small fee.**

Thursday, November 29th, 2018

6:00-8:00 p.m.

CCCOA Dining Hall

105 Market Street

Grantsville, WV 26147

**BRING YOUR FAVORITE GAME  
& GET READY FOR SOME FUN!**







# Christmas Cash BINGO

When: November 30th, 2018

Doors Open @ 5:30 pm

Games Begin @ 6:00 pm

Where: CCCOA Dining Hall

Location: 105 Market Street

Grantsville, WV 26147

Open to the public, must be 18yrs of age to play!

Quarter per card, per game!



# *1<sup>st</sup> Annual Evergreen Expo*

## *Coming SOON!*

*The CCCOA would like to open our doors to you for the holidays!*

Throughout the months of November and December, the CCCOA will be scheduling several community events that we would love to see become annual community traditions. One of those events is the ***Evergreen Expo***.

We are now taking reservations for this year's 2018 CCCOA ***Evergreen Expo***, which will feature a collection of Christmas trees decorated by area businesses and organizations. Members of the community will vote on which tree they like best by placing money in designated containers, and the winner of the voting will split the proceeds of the silent auction for all of the trees with CCCOA. Everyone is invited to join in; all that is required is some Christmas spirit and the desire to participate in an uplifting community project that could also benefit your business or organization (or any community organization of your choice)! Simply register with CCCOA, decorate a Christmas tree, and bring it to CCCOA for display and to be viewed and voted upon. More about the event and the trees are detailed in the [2018 Evergreen Expo Guidelines and Entry Form](#).

Tree set up starts November 14th and everything will be in place well before the December 7th festival opening. During this time, the trees will be open for viewing by the public and everyone will be able to place their vote for "Community Favorite" by dropping pennies/monies in a designated voting container set out for each tree. Everyone will also be able to place silent auction bids for the purchase of a decorated tree. All voting and silent auction bids will end at 6:00 p.m. on December 7th, the night of the Annual Christmas Parade in Grantsville. Watch for postings and further details on CCCOA's Facebook page.

Keep in mind that the purpose of your tree is for a chance to raise money for your business, organization or group, so make it look its best! You never know if a silent auction winner is purchasing for personal use or as a gift for someone less fortunate, so please use extra care.

On December 7th at 5 pm, the CCCOA will open its doors to the public for a musical performance. When the performance has concluded, everyone will have one last time to view the Christmas trees, place their vote for "Community Favorite" and place any final silent auction bids at that time. The "Community Favorite" winner will be announced during the parade, and the winner may pick up their half of the silent auction proceeds on Monday, December 10th at the CCCOA. The silent auction winners will be called on Monday and allowed to pick up their trees also.

Thanks for your interest and support; see you at the Center!

# CCCOA EVERGREEN EXPO

## GUIDELINES:

**TREES:** Your group provides the artificial tree (new or gently used) and a sturdy tree stand as well as a tree skirt; the group or designee sets up and decorates the tree. Identify your tree/group with a sign either on or below your tree: if no sign, no voting. Trees may be moved from their original placement if deemed necessary by staff.

**THEME:** Use any theme. No unwrapped candy or food please. We are not responsible for any loss of ornaments.

**APPLICATION DEADLINE:** Please respond with your registration by November 14, 2018: by email to [spoling@cccoa-wv.org](mailto:spoling@cccoa-wv.org) or by mail to P.O. Box 619 Market Street, Grantsville, WV 26147 or by phone 304-354-7017 with your information.

**VOTING:** “Community Favorite” will determine the winning business/organization/group that receives half the proceeds of the silent auction. Voting will be done by dropping money in to the designated voting container set out with the tree. Voting begins from the moment of setup and runs until the night of the parade at 6 p.m..

## DATES & TIMES:

**SET UP:** weekdays 8:00 a.m. to 3:30 p.m. and by appointment.  
We are closed November 22<sup>nd</sup> and November 23<sup>rd</sup> in observation of Thanksgiving.

**EVERGREEN EXPO & CONCERT:** begins at 5:00 p.m. on December 7<sup>th</sup>, at the CCCOA in Grantsville, W.V.. Musical entertainment begins at 5:00 p.m., silent auction will be open for bidding until 6:00 p.m.. The “Community Favorite” and “Silent Auction” winners will be announced and called on Monday, December 10<sup>th</sup>, 2018, as well as announced in the newspaper.

**TAKE DOWN:** You may pick up your winnings the week of December, 10<sup>th</sup> through the 14<sup>th</sup>, 8:00 a.m. to 3:30 p.m..

*Follow us during the festival on Facebook at “Calhoun County Committee on Aging”*

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## ENTRY FORM for the 2018 EVERGREEN EXPO

**ENTRY DEADLINE:** November 14, 2018



Name of Organization \_\_\_\_\_

Name of Contact Person \_\_\_\_\_

Email \_\_\_\_\_

or Phone \_\_\_\_\_

Entry Title or theme \_\_\_\_\_

Description of Entry \_\_\_\_\_

Artificial Tree Size \_\_\_\_\_

# Important Info.

## Upcoming Day Trips!

**Spencer Shopping Trip– Saturday,  
November 10th  
Depart @ 8:30am**

**Trip must be paid for at time of reservation!**

For further details contact Cindy Cottrell  
@ 304-354-7017.

Seating is limited, we ask that you



**Friday, November 30th**

CCCOA Dining Hall  
open to the public!  
Beginning at 6:00pm,  
quarter per card, per game!

**Winner of the WF CCCOA Quilt Raffle is....**

**Megan Winkler**



It's November. It's almost Thanksgiving. So, what am I thankful for? Let's see.

T- the cool weather is here

H- humidity is gone

A-Ants are almost gone

N- no more mice—so far

K- kids live far away- All but one. He says he is a good son

S- snake are gone and only two this year

G- good health so far. Knock on wood

I-I don't have to cook any big meal with just two of us. Woohoo!

V-views from our house and yard are spectacular

I-insects are gone with colder weather

N-now see how much I have to be thankful for. Oh, wait, I still have a G. I know.

G-good friends that I really love and appreciate.

'til next month,

Happy Thanksgiving to all.

~Judy~

# Veterans Appreciation Reception

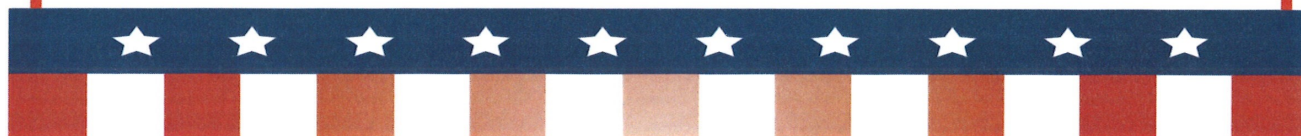


## Veterans Appreciation Reception

You are invited to attend the Veterans  
Appreciation Reception on November 7<sup>th</sup>,  
at 10:30 a.m., in the  
Dining hall of the Grantsville CCCOA.

Reception will begin at 10:30 a.m.,  
Lunch will be served at 11:30 a.m..  
Free of charge to Veterans  
and one guest.

We appreciate your service to our country,  
and we thank you.



SPONSORED BY:  
CALHOUN COUNTY COMMITTEE ON AGING

## 2018 Fall Health Fair

November 13, 2018 ~ 7:00 to 10:00 a.m.  
at the CCCOA in Grantsville , WV

Visit a variety of health care booths, some with free samples.  
Low cost or FREE screenings  
See local media for prices on blood work.  
Lab will be open 7-10 a.m.



CCCOA  
105 Market Street  
P.O. Box 619  
Grantsville, WV 26147  
Phone: 304-354-7017  
Fax: 304-354-6859  
Email:  
rpoling@cccoa-wv.org  
spoling@cccoa-wv.org

Sponsored by Calhoun  
County Committee on Aging  
(CCCOA)

In collaboration with Minnie  
Hamilton Health System and

The WV Bureau of Senior  
Services (BOSS)



November is about giving thanks for what you have and to those who have given of themselves so freely. The CCCOA would like to thank Denzil and Joann Ward for their generous donation for the crafts and for always lending a hand and leading the craft class when needed.

We appreciate all you do!

Thank you from all of us!

## Cranberry Stuffed Turkey Breasts

### Ingredients

- 1 (12 ounce) package herb-seasoned bread stuffing mix
- 2 skinless boneless turkey breasts
- 1 cup chopped pecans
- 2 (8 ounce) packages dried, sweetened cranberries
- 2 tablespoons olive oil
- 6 lettuce leaves

**1/2 cup pecan halves**

### 1 Directions

1. Preheat the oven to 350 degrees F (175 degrees C). Prepare stuffing mix according to package directions. Set aside to cool.
2. With a sharp knife, butterfly breasts open to lay flat. Place each breast between two sheets of waxed paper, and flatten with a mallet. Spread the prepared stuffing to within 1/4 inch of the edge of each breast. Sprinkle each one with chopped pecans and dried cranberries, reserving some of the cranberries for garnish. Roll up tightly in a jellyroll style, starting with the long end. Tuck in ends, and tie in sections with string, about 4 sections around the middle and one running the length of the roll to secure the ends.
3. Heat olive oil in a large cast iron skillet over medium-high heat. Carefully brown rolls on all sides.
4. Place skillet in oven, uncovered. Bake in a preheated 350 degrees F (175 degrees C) oven for 1 hour, or until the internal temperature is at 170 degrees F (78 degrees C) when taken with a meat thermometer.

Do not let these get overly dry.

Allow rolls to set for 15 minutes before removing string, and slicing into 1/2 to 3/4 inch circles. Leave one roll whole, and slice the other for presentation. Stuffing will be spiraled into meat. Present on your prettiest platter on a bed of curly lettuce, and garnish by sprinkling with the remaining 1/2 cup pecan halves and the reserved dried cranberries.





**Kerby Tours is offering the following trips:**

November 12-17, 2018

Myrtle Beach

Will be leaving from: 4401 Camden Ave.  
Parkersburg, WV 26101

Per person rates:   Single: \$975.00  
                              Double: \$715.00  
                              Triple: \$629.00  
                              Quad: \$586.00

Includes Transportation, 3 shows (Shopping at Hamrick's, Calabash, Barefoot Landing, Tanger Outlets, Walmart and more, Entertainment, The Legends, Alabama Theater, Carolina Theater and plenty of beach time), 3 dinners (Giant Crab, Smokehouse BBQ and Thoroughbred's), hot breakfasts, 5 nights lodging (Beach Cove Resort), luggage handling and taxes.

For more info and booking please call 304-464-4353

**Kerby Tours is offering the following trips:**

December 3-7, 2018

Pigeon Forge

Will be leaving from: 4401 Camden Ave.  
Parkersburg, WV 26101

Per person rates:   Single: \$870.00  
                              Double: \$620.00  
                              Triple: \$540.00  
                              Quad: \$495.00

Includes Transportation, Hot Breakfast, entertainment and 4 dinners at various places such as The Hatfields & McCoy's Dinner Show, Frizzle Chicken, Apple Farmhouse Grill, Comedy Barn, Smokey Mountain Opry Christmas Show, Biblical Times Dinner Theater. Hotel stay at Apple Valley Comfort Inn., luggage handling, taxes and more.

For more info and booking please call 304-464-4353

### 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 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 Opal Harris,  
In-Home Services Coordinator  
@ 304-354-7017.

Email: [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

# Fun Page



## Thanksgiving Puzzles

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

24 13 22 6      23 10 19 2 17 1      13 2      6 22 6 8 20 23 10 13 2 24



RETUYK     

NEINDR     

FTFSGUIN     

SAEMDH SEAPOTTO     

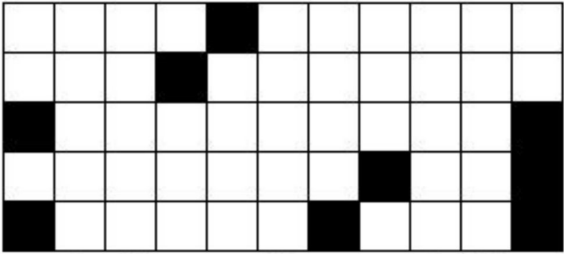
TEWES TOPTAO IEP     

RANERCESRIB     

LAIFYM     

      H       V   G

Unscramble each of the clue words.  
Take the letters that appear in  boxes and unscramble them for the final message.



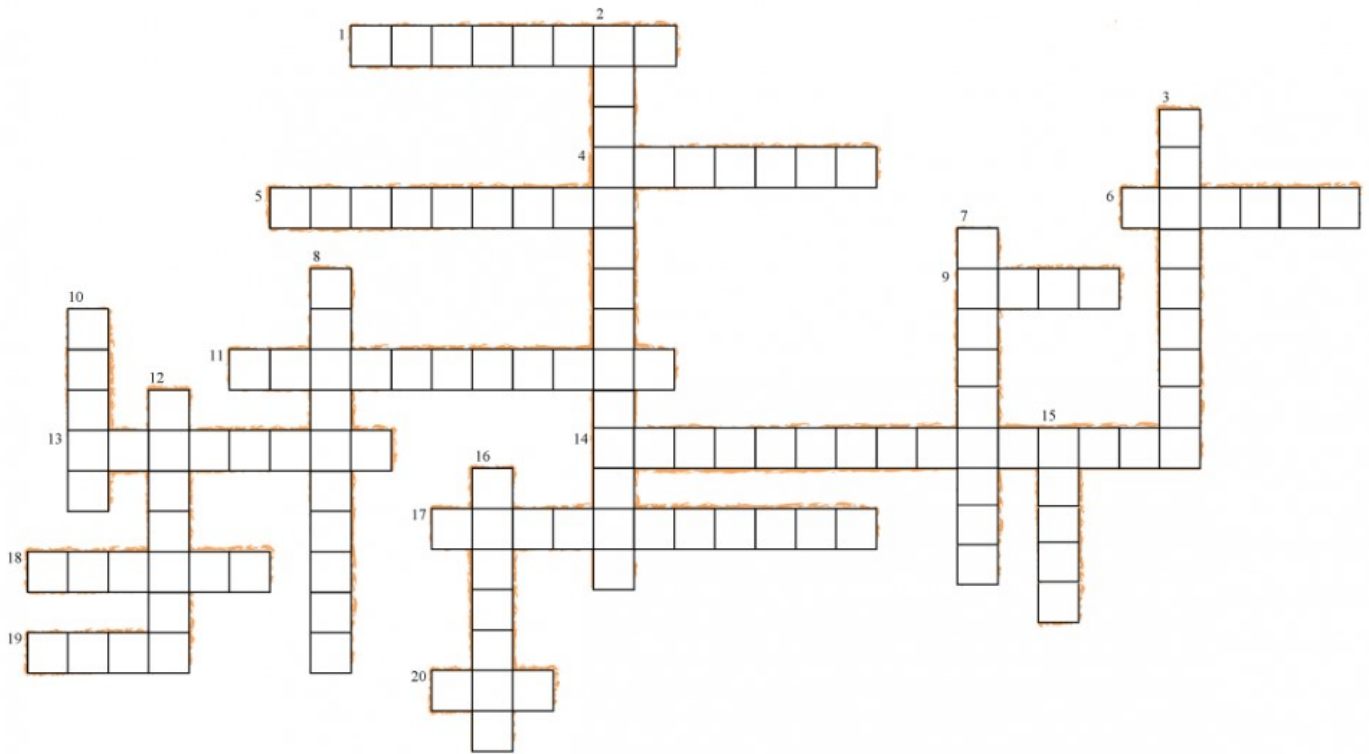
B H      T      O W  
I R E S R K A G S  
A O R E A D I N A K  
F T V E U N H W N Y N  
G L L E I S Y N O N S



PRESENTED BY: DAILY DISH MAGAZINE

# Fun Page

# Give Thanks








## Across

1. What happens when you eat too much turkey.
4. Reaping what was sown.
5. Also called a hot dish in the American Midwest.
6. The people we love and make the best memories with.
9. The best and most important thing we can give everyone.
11. The skin and inside of this vegetable come in many different colors including yellow, orange, red, brown, and purple.
13. Earliest discovered recipe for this was in a Roman cookbook.
14. Day of remembering all of the blessing we have.
17. Small rounds of bread usually enjoyed during supper.
18. Thankfully the eagle became the national bird instead of this bird.
19. Sweet, baby, pop, cob, creamed, and flakes are varieties of this popular starchy plant.

## Down

2. Recipe for this started appearing no later than 1747.
3. Red berry harvested in fall by floating on a bog.
7. Gifts freely and generously given.
8. Haricots verts is a delicious French variety of vegetable.
10. A delightful and delicious celebration banquet.
12. A symbol of harvest time.
15. Comes in many varieties including: brown, cream, mushroom, and even chocolate.
16. A traveler who is on a journey to a holy place.

# 2018 NOVEMBER

MON	TUE	WED	THU	FRI
2% Milk And Margarine Served Daily	 HAPPY Thanksgiving	Menu Subject To Change Without Notice	<b>1</b> Lasagna w/Meat Sauce Vegetables Fruit Garlic Toast	<b>2</b> Pork Chop Corn Broccoli Whole Wheat Bread Juice
<b>5</b> Chili w/Meat & Beans Fruit Salad Peanut Butter Sandwich Crackers	<b>6</b> CLOSED FOR ELECTIONS 	<b>7</b> Baked Steak Mashed Potatoes w/Gravy Green Beans Whole Wheat Roll  Veterans Dinner	<b>8</b> Chicken Patty Potato Casserole Peas Juice Whole Wheat Bun	<b>9</b> Cook's Choice
<b>12</b> CLOSED FOR VETERANS DAY  Veteran's Day	<b>13</b> Hamburger Onion/Mayo/ Ketchup Ranch Potatoes Corn Whole Wheat Bun Juice  Health Fair	<b>14</b> Broccoli Soup Cracker Fruit  "Crafts"	<b>15</b> THANKSGIVING DINNER	<b>16</b> Pizza Butterscotch Pudding Fruit Salad  Genesis Bingo
<b>19</b> Chicken Stir Fry Fruit Garlic Toast Fried Rice  FGP Meeting	<b>20</b> Meat Loaf Mashed Potatoes Gravy Green Beans Roll Juice	<b>21</b> Tomato Soup Pepperoni Roll Crackers Mandarin Oranges	<b>22</b> CENTER CLOSED FOR THANKSGIVING 	<b>23</b> CENTER CLOSED FOR THANKSGIVING 
<b>26</b> Chicken Tenders Cauliflower w/cheese Brussel Sprouts Whole Wheat Bread Juice  Board Meeting	<b>27</b> Beans Kale Onions Cornbread	<b>28</b> Birthday Dinner Cook's Choice	<b>29</b> Hot Dog w/Meat Sauce Onions Coleslaw Fruit Whole Wheat Bun	<b>30</b> Creamed Tomatoes Cubed Potatoes Apples Biscuit  SHIP Pres.

# 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.

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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

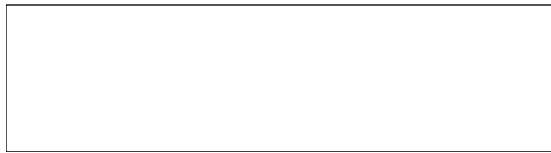


### West Fork Center

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





Calhoun County Committee on Aging  
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Grantsville, WV 21647

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Phone: 304-354-7017  
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Calhoun County Committee on Aging Inc.