

CCCOA NEWS

Calhoun County Committee on Aging

PO Box 619, Grantsville, WV 26147

105 Market Street, Grantsville, WV

Phone: 304-354-7017 Fax: 304-354-6859

July 2026

Issue 221

July

Birthday Club

Anita West 1st

Sandy Wilson 2nd

Linda Badgett 3rd

Kevin Kanalley 3rd

Todd Good 4th

Rebecca Lane 6th

Pat Jarvis 7th

Charlotte Dickson 8th

Tim Able 10th

Glenn Knotts 11th

Larry Swisher 11th

Virginia Simmons 13th

Dorothy McCauley 14th

Kenneth Harvey 15th

Effie Wallbrown 15th

Karen McKown 16th

James Sampson 22nd

Linda Crawford 26th

Willadene Poling 26th

Gerald Riddle 26th

Susan Barnes 27th

Crystal Thompson 27th

Nancy Hardman 28th

Barbara Basnett 30th

Carolyn Murphy 30th

Employees

Dorothy McCauley 7th

Mitch Morgan 11th

Doug Gallagher 20th

David Weaver 24th

IS YOUR COUNTY NEXT?

JULY 22, 2026~VALLEY NORTH PROJECT meeting!

Calhoun County Middle-High School @ 4pm-7:30pm

ARE YOU IN:

BERKELEY • HAMPSHIRE • HARDY • JEFFERSON • PRESTON • GRANT • TUCKER
RANDOLPH • BARBOUR • HARRISON • LEWIS • DODDRIDGE • GILMER • UPSHUR
BRAXTON • ROANE • CALHOUN • JACKSON • PUTNAM • KANAWHA

IF SO, YOUR COMMUNITY AND YOUR PROPERTY
COULD BE IMPACTED BY THE PROPOSED
VALLEY NORTH TRANSMISSION PROJECT.



FIND OPEN HOUSE
DATES & LOCATIONS:

[https://vltransmission.com/
valley-north/#open-houses](https://vltransmission.com/valley-north/#open-houses)

WHAT IS VALLEY NORTH?

- Proposed 765-kV transmission line
- Proposed to power data centers in Northern VA
- Would cross 20 WV counties
- Even bigger than MARL line

WHY SHOULD YOU CARE?

- 200 foot towers
- 200 foot right of way
- Permanently alter our land
- Permanently impact property values, scenic views, and quality of life
- Proposed largely to provide power to data center growth in Northern Virginia
- Northern Virginia's economy grows while we pay for it

WHY YOU MUST ACT NOW

Valley Link is holding
public open houses and
gathering input NOW.

**FIND OPEN HOUSE DATES
& LOCATIONS:**

[https://vltransmission.com/
valley-north/#open-houses](https://vltransmission.com/valley-north/#open-houses)

Everyone is welcome!

The Grantsville Site offers the following daily activities:

8:00am—10:00am Cards played daily

Bingo played daily at 10:45am unless otherwise stated.

Games, puzzle table, pool table, cornhole, darts, wii, library, craft room and more available.

MAKE SURE YOU CHECK OUT OUR NEW FITNESS ROOM

OPEN 7AM TO NOON

Monday & Wednesday— Cardio Drumming 9:30am– 10:30am

Tuesday& Friday– Chair Yoga @ 10-10:40am

Local Events

July 11th	Starling's Live Music @ the CCCOA
July 14th	Singo @ the CCCOA sponsored by the Calhoun Library @ 6pm
JULY 22nd	VALLEY NORTH PROJECT meeting at the Calhoun County Middle-High School @ 4pm-7:30pm, there will be a meeting to discuss the concerns of high voltage power lines and towers be installed in West Virginia
July 24th	Red Devil Run 5K– beginning @ 5pm @ the Calhoun County Park
July 30th	Trivia Night @ the CCCOA sponsored by the Calhoun County Library beginning at 6pm
Aug 1st	Ben Jamn Backroad Jam– River Dogz Tavern Show beginning @ 9pm

Mountaineer Food Bank Days– 7/16, & 11/10 @ the DHHR—10-11:30am

CALHOUN MIDDLE/HIGH SCHOOL
— CROSS COUNTRY —

RED DEVIL RUN 5K

FUNDRAISER

FRIDAY, JULY 24TH
RACE BEGINS AT 5:00 PM
CALHOUN COUNTY PARK

COME SUPPORT THE CALHOUN MIDDLE/HIGH SCHOOL CROSS COUNTRY TEAM!

EVENT HIGHLIGHTS

- ✓ Scenic 5K Course
- ✓ Open to All Ages & Skill Levels
- ✓ Support Local Student Athletes
- ✓ Community Fun & Fellowship

REGISTRATION

ONLINE REGISTRATION OR DAY OF RACE REGISTRATION

REGISTRATION FEE: \$25 PER PARTICIPANT

ALL PROCEEDS BENEFIT THE CALHOUN MIDDLE/HIGH SCHOOL CROSS COUNTRY PROGRAM AND HELP PROVIDE EQUIPMENT, TRAVEL EXPENSES, AND TEAM RESOURCES FOR THE UPCOMING SEASON.

FOR MORE INFORMATION
Contact the Calhoun Middle/High School Cross Country Team.

GO RED DEVILS!



Do you have a child under 18 in your home?

Then claim your spot in our Parenting by Design Program (accepting 15)

Parenting by Design is a Monthly 4 part virtual workshop that is designed by you!

Parenting Education path based on your responses to the questionnaire.

Monthly Bonus Rewards for completing your workshop materials.

Call Tina Persinger

304-354-7177

364 Main Street

Grantsville, WV 26147

A person is shown from the chest up, playing a guitar. They are wearing a dark jacket with a floral patch on the left chest. The background is a dark, textured wooden wall. The text is overlaid on this image.

Second Saturday of every month!

Everyone is welcome!

LIVE MUSIC

Doors open @ 4pm

Food available @ 5pm

Music begins @ 5:30pm

**Food & Music are free... however DONATIONS
are greatly appreciated!**

**All proceeds collected from donations and 50/50 drawings
go for the next months LIVE MUSIC PERFORMANCE!**

ROTATING LOCAL ARTISTS

Address: CCCOA (Senior Center) 105 Market Street Grantsville, WV 26147

**This Saturday, July 11th @ the CCCOA
Join us for fellowship, amazing food and great music!**

**Menu for Starlings music... Pulled Pork, Potato Salad, Macaroni Salad,
Broccoli Salad, Coleslaw and Desserts!**



AVAILABLE *Apartments* FOR RENT



SAFE. SUPPORTIVE. SOBER.
A Place to Live. A Path to Thrive.



RECOVERY
FRIENDLY



SUPPORTIVE
COMMUNITY



AFFORDABLE
HOUSING



RESPECT
& DIGNITY



**BUILDING
BRIGHTER
FUTURES
TOGETHER**



RECOVERY IS POSSIBLE. HOME IS THE NEXT STEP.
You're Not Alone. We're Here to Help.



INQUIRE TODAY
LET US HELP YOU FIND A
PLACE TO CALL HOME.

1 bedroom apartments (3) available for rent \$550 utilities included

2 bedroom apartments (1) available for rent \$750 utilities included

3 bedroom apartments

Stop by and complete an application 364 Main Street Grantsville

Call 304-354-7177

Text 304-200-3327

Email calhounfrn@gmail.com

IS YOUR AIR CONDITIONER NOT WORKING?



DRINK WATER
REGULARLY



STAY INDOORS
DURING PEAK
HEAT



CALL CRI TO
SIGN UP FOR
ERRP!

CONTACT US:

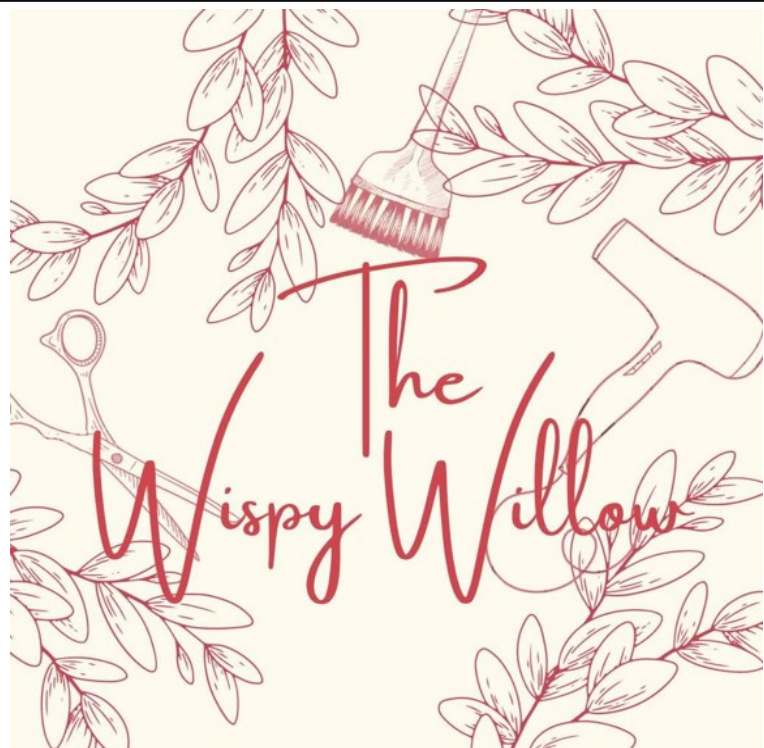
304-354-9265

Is your air conditioner no longer working? You may qualify for help through our Emergency Repair & Replace (ERRP) Program.

To qualify, you must:

- Own your home
- Have a non-working heating/cooling system or only window air conditioners.
- Have someone in the home who is age 60 or older, a child age 5 or younger, or receives Social Security disability benefits.

If you think you may qualify or have questions, please contact Janet Gherke @ (304) 354-9265



11879 S Calhoun Hwy, Arnoldsburg, WV,
United States, 25234

Cosmetologist & Esthetician Services

Keira McKown

(304) 786-4343

Mickaylee Cowan

(304) 531-5869

Price List

CUT

Men, Women, Kids	\$15.00
Cut w/Wash & Style	\$30.00
Beard Trim	\$5.00

COLOR

All over	\$85.00
Root Touch Up	\$55.00
Highlight	\$100.00+
Partial Highlight	\$75.00
Balayage	\$100.00+
Toner Refresh	\$35.00

PERMS | HAIR TREATMENT | WAX

Regular Perm	\$75.00	Eyebrows	\$10.00
Spiral Perm	\$100.00	Lip/Chin	\$8.00
Hair Mask	\$30.00	Combo	\$15.00
Malibu	\$25.00		
Amika Frizz	\$50.00		

REQUIRES PRICING CONSULT

•Updos •Formal •Extensions

SKINCARE MENU

Basic facial	\$45
Vitamin C glow	\$45
Hydrating facial	\$45
LED light therapy	\$50
Facial Add On	\$10

*All treatments include skin
analysis and consultation*

*Coming Soon Hydro-Facial
Treatment!*

SAUNDRA JOHNSON
AQUATIC CENTER

NIGHT
SWIM
Party!



GHOSTBUSTERS



SATURDAY
THE 11TH



7 TO 10



\$5 ADMISSION



WE WILL BE
WATCHING

GHOSTBUSTERS!





FIRE DEPT- TOUR-

PARTICIPATING
DEPARTMENTS:

GRANTSVILLE
VOLUNTEER FIRE
DEPARTMENT

SMITHVILLE
VOLUNTEER FIRE
DEPARTMENT

ELIZABETH
WIRT
VOLUNTEER FIRE
DEPARTMENT

SPENCER ROANE
VOLUNTEER FIRE
DEPARTMENT



OHIO VALLEY
INDIAN MOTORCYCLE



SPONSORED STREET BIKE POKER RUN



SATURDAY

AUGUST 15
10 A.M. - 4 P.M.

**CASH
PRIZES**

1ST - \$250

2ND - \$150

3RD - \$100

DOOR PRIZES TOO!

START & END AT THE

GRANTSVILLE

VOLUNTEER FIRE

DEPARTMENT

341 SOUTH CALHOUN

HIGHWAY

GRANTSVILLE, WV

ENTRY FEE \$25

PROCEEDS GO TO THE GRANTSVILLE

VOLUNTEER FIRE DEPARTMENT

INFORMATION: C. MCCROSKEY (304) 580-1057



— YOU'RE INVITED TO OUR —

GRAND OPENING

— AVALON —

A MULTI-USE ECONOMIC HUB
for Central West Virginia



Friday

OCTOBER 2ND



Saturday

OCTOBER 3RD



VENDORS

Shop local and
discover unique
treasures from
amazing vendors.



LIVE MUSIC

Enjoy live
entertainment
all weekend long!



GOOD FOOD

Savor delicious
food and treats
from local
favorites.



REMINISCE

Take time to look
back, share stories,
and make new
memories.



SOCIALIZE

Reconnect with
old friends and
family and meet
new ones.

Our Community. Our Future. Our Avalon.

A place where opportunity meets tradition—bringing people together
to celebrate the past, present, and future of our region.

COME OUT, CATCH UP, AND BE PART OF SOMETHING SPECIAL!

ALL ARE WELCOME

We can't wait to celebrate with you!

PROUDLY ROOTED IN CENTRAL WEST VIRGINIA.

STRONGER TOGETHER.

Purse BINGO!

Benefiting
ROANE COUNTY
HELPING 
HAND
 — FOOD PANTRY —

July 10th

ROANE COUNTY
 COMMITTEE ON
 AGING BUILDING

DOORS OPEN
5:00 PM

BINGO STARTS
6:00 PM

For each non perishable food item donated
 you will be entered into a special drawing.

Hosted by
ROTARY CLUB OF SPENCER 

All proceeds benefit the Roane County Helping Hand Food Pantry.

GREAT PURSES!
 GREAT PRIZES!
 GREAT CAUSE!

EARLY BIRD TICKET



Admit One

EARLY BIRD
 PRICE

\$20

Thank you for supporting
 our community!

For each non perishable
 food item donated
 you will be entered into
 a special drawing.



119 HIGHLAWN DR
 RIPLEY, WV
 304-786-1202



I-77, EXIT 138, 1 MILE OFF 33 EAST
 ON THE RIGHT
 HOURS: M-SAT 10-5 SUN 12-5



If you're in the Ripley area stop
 by and check this place out.
 They have great food and you can
 spend the day in here looking at
 everything and shopping. New
 and vintage items and a large
 selection of outdoor furniture.



SINGO

MUSIC BINGO

TUESDAY
JULY 14TH
6:00PM - 8:00PM

GRANTSVILLE
SENIOR CENTER

Hosted by
DJ DUSTY

2 ROUNDS

3 WINNERS PER ROUND

6 GAMES TOTAL!

★ 2 ROUNDS • 3 WINNERS PER ROUND • 6 GAMES TOTAL! ★

★ COME FOR THE MUSIC. STAY FOR THE FUN. ★

River Dogz Tavern

FOOD, BEVERAGES, POOL TABLES

FOOD

BEVERAGES

POOL TABLES

FAMILIES WELCOME

252 Mill Street
 Grantsville, WV
 26147

Thanks For Stopping In

Stop by your local River Dogz Tavern on Mill St in Grantsville for some delicious food.
Great atmosphere, friendly staff and fabulous food! Support your local businesses!

252 MILL STREET GRANTSVILLE, WV 26147
681-837-2009

*** ASK ABOUT OUR WEEKLY SPECIALS ***

GOOD STUFF FOR \$6.00:

CHICKEN NUGGETS CHIPS 6 PC - \$6.00

CORN DOGS CHIPS - 2/\$6.00

HOT DOGS CHIPS - 2/\$6.00

BIG BEEF HOT DOG CHIPS - BACON BITS, CHEDDAR CHEESE, BBQ SAUCE - \$6.00

TACOS - HARD OR SOFT SHELL, BEEF, TOMATO, LETTUCE, CHEESE - 2/\$6.00

PIZZA:

12 INCH 3 TOPPING PIZZA - \$10.00

*EXTRA TOPPINGS \$.50 EA - BACON, ONION, EXTRA CHEESE, BANANA PEPPERS, JALAPENOS, MUSHROOMS, BLACK OLIVES, PINEAPPLES, EXTRA PEPPERONI

DESSERTS:

BANANA PUDDING - PUDDING, WHIPPED TOPPING, NILLA WAFER CRUMBS, BANANA SLICES - \$6.00

BROWNIE AND ICE CREAM - BROWNIE, VANILLA ICE CREAM, CHOCOLATE SYRUP, CHERRY - \$6.00

FRIED OREOS 4 PC - OREOS DIPPED IN BATTER, FRIED AND COATED WITH POWDERED SUGAR - \$6.00

*** FRIDAY AND SATURDAY BURGER SPECIAL ***

2 FRESH HAND MADE PATTIES, AMERICAN CHEESE, TOMATO, LETTUCE, MAYO AND PICKLES INCLUDES FRIES \$15.00

HOURS:

WEDNESDAY 4:00 - 10:00 THURSDAY 4:00 - 10:00

FRIDAY 4:00 - 12:00 SATURDAY 4:00 - 12:00

KITCHEN CLOSING 9:45

252 MILL STREET GRANTSVILLE, WV 26147
681-837-2009

River Dogz Tavern

APPETIZERS:

ONION RINGS - \$6.00

MOZZARELLA STICKS 6 PC - \$6.00

FRIES - \$6.00 * CHILI & CHEESE - \$7.00 * LOADED - \$9.00

NACHOS & CHEESE - \$6.00

LOADED NACHOS - TACO MEAT, BEANS, NACHO CHEESE, SHREDDED CHEESE, ONION, JALAPENOS, SOUR CREAM, SALSA - \$9.00

TACO SALAD - TACO MEAT, LETTUCE, TOMATO, ONION, NACHO CHEESE, SHREDDED CHEESE, TORTILLA CHIPS, JALAPENOS, BEANS, SOUR CREAM, SALSA - \$10.00

BURGERS:

BURGERS WITH CHIPS \$10.00 ADD FRIES + \$3.00

WESTERN - BACON, CHEDDAR CHEESE, ONION RING, BBQ SAUCE

AMERICAN - LETTUCE, TOMATO, ONION, AMERICAN CHEESE, MAYO

SPICY - JALAPENOS, PEPPER JACK CHEESE, TOMATO, LETTUCE, SPICY SAUCE

PINEAPPLE - LETTUCE, PINEAPPLE, SWISS CHEESE, TERIYAKI SAUCE

CHICKEN WINGS:

BONELESS 10 PC - \$8.00

BONE IN - \$1.25 EA

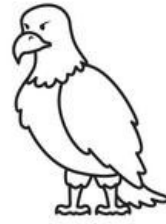
INCLUDES RANCH OR BLUE CHEESE AND CELERY

*TERIYAKI, GARLIC PARM, BUFFALO, HOT, BBQ, RANCH, CHIPOTLE, HONEY MUSTARD, GARLIC, SWEET & SOUR,

DRY - LEMON PEPPER, OLD BAY, GARLIC PARM, TAJIN

Independence Day Word Jumble

Unscramble these words



WORD BANK

AMERICA

CAPITOL

EQUALITY

FREEDOM

HOTDOGS

LIBERTY

PATRIOT

REVOLUTION



USA



P I R T O A T : _____

C I T A P O L : _____

E Q T I U L A Y : _____

R T O O U I V E L N : _____

L B E T I R Y : _____

A M R E C I A : _____

H O D O T G S : _____

F D O E R E M : _____

4TH OF JULY



Name: _____ Date: _____

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

1776

COLONIES

DELEGATES

FREEDOM

GRIEVANCES

INALIENABLE

INDEPENDENCE

JOHN ADAMS

JOHN HANCOCK

LIBERTY

Declaration of Independence



PARCHMENT

PATRIOTS

PHILADELPHIA

PURSUIT

QUILL PEN

REDCOATS

REVOLUTION

SELF-EVIDENT

SOVEREIGNTY

TAXATION

TREASON

TYRANNY



Food Hero for Older Adults

Focus on Strength



Muscle loss is a normal part of aging that can be slowed with regular exercise and healthy foods.

Protein foods work with strength-building exercise to slow the muscle loss of aging.

Beans, lentils and split peas are fiber-rich protein foods that go well in chili or stews.

Canned tuna, salmon, shrimp and mackerel are protein foods that store well and are quick to prepare.

Calcium-rich foods, like dairy products, tofu and some leafy greens, support healthy bones and muscles.

Muscle-strengthening activities build strength by making your muscles work more than they usually do. They are also called weight training or resistance activities. Examples include:



Body weight exercises



Free weight or weight machine exercises



Resistance band exercises



Daily activities

Benefits of Muscle-strengthening Activities

- Make your everyday tasks easier with strong muscles and joints.
- Reduce your risk of falls and injury with better balance and coordination.
- Strengthen your bones and reduce your risk of osteoporosis.
- Improve your sleep, mood and confidence.
- Prevent chronic disease or ease your symptoms.

Strengthen your plate Try this easy and flexible meal idea:

1 cup **cooked meat, beans, eggs or tofu** + 1 cup bite-sized **cooked vegetables** + 1 cup **cooked whole grains**

Mix together and divide between 2 bowls. Season to taste and top with salsa, shredded cheese or plain yogurt. Go to **FoodHero.org** for easy, tasty recipes such as Rice Bowl Southwestern Style



Classics Stay Strong

Talk to your healthcare provider if you have concerns about your ability to do muscle-strengthening exercises.

Remember to warm up before and cool down after activity.

Stay hydrated while moving your body! Have water nearby during exercise.

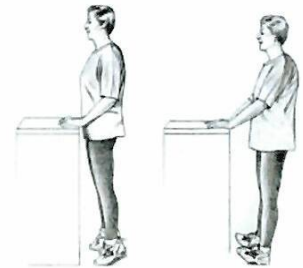
Being active with others can be fun, motivating and increase safety.

Make your own free weights with canned goods, water-filled bottles, or bags of rice or sand.

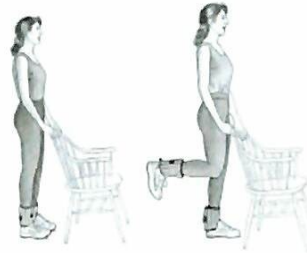
Examples of Strength Exercises



Bent Forward Fly



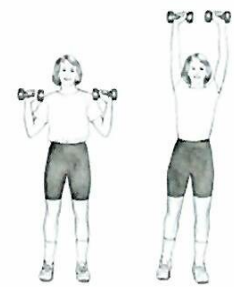
Standing Calf and Toe Raise



Standing Leg Curl



Biceps Curl



Overhead Press



Wide Leg Squat

Illustrations from The StrongPeople™ Program

Tips

- Have a chair nearby for balance or to rest if needed. Many exercises can be done seated.
- A repetition (rep) is one completion of an exercise, such as one leg lift.
- A set is a series of reps done one after the next. For example, 6 leg lifts can be one set of leg lifts.
- Start with 2 sets of 6 reps of each exercise. Rest for 30 to 60 seconds between each set.
- As an exercise becomes easier, you can gradually add reps, sets or weight to make your muscles work more.
- Include exercises for all muscle groups: the legs, hips, back, chest, abdomen, shoulders and arms.

Physical Activity Guidelines for Adults 65+

- Sit less and move more!
- At least **150 minutes a week** of **moderate intensity** activity.
- At least **2 days a week** of activities that **strengthen muscles**.
- Include activities that **improve balance**, such as standing on one foot.



Calhoun County Committee on Aging, Inc.

July 2026



Monday	Tuesday	Wednesday	Thursday	Friday
Menu Subject To Change Without Notice	2% Milk and Margarine Served Daily	1 Cream Tomatoes sausage Potatoes Apples Ww biscuit	2 Sloppy joe Coleslaw Applesauce Ww bun	3 CLOSED 
6 Baked Steak Mashed Potatoes Broccoli, Cauliflower Pineapples Whole Wheat Bread	7 Cold Turkey Sandwich on ww bun Lettuce, tomato, onions Pasta w/vegetables Fruit	8 Fish Mashed Potatoes Green Beans onions Oranges Whole wheat Roll	9 Chicken tenders Mac n Cheese Pears Carrots Whole wheat bread	10 Seasoned Beans Ham Ww Cornbread Cucumbers & Onions Fruit Crisp
13 Tomato sauce beef macaroni Brussel sprouts Fruit Ww roll	14 Beans w/ ham Greens Onions Ww Cornbread Applesauce	15 Taco Salad Whole wheat chips Tomato Lettuce Cheese Brownie fruit	16 Pork Chop Mashed Potatoes w/ gravy Peas Fruit Whole Wheat Bread	17 Italian Sausage Kraut Carrots Juice Ww roll
20 Ribs, Onions, Peppers Ranch Potatoes Peas Whole Wheat Bun Mixed Fruit	21 Chicken Patty Beets Potatoes Fruit Salad w/ oranges Whole wheat bun	22 Pizza Corn Jello with fruit	23 Salisbury Steak w/ Brown Gravy Potatoes Brussel Sprouts Oranges, Pineapples Whole Wheat Bread	24 Lasagna Vegetables Ww Garlic Toast Applesauce
27 Chicken salad sandwich Slaw Onions & Cucumber tomato salad juice Ww bun	28 Calico Beans Kale Peaches Ww Cornbread	29 Hamburger Lettuce/Onion/ Tomato Potatoes Banana Pudding Whole Wheat Bun	30 Chicken pasta stem vegetables Beets Mixed fruit Ww bread	31 Baked Beans & Wieners Buttered Peas Mixed Fruit Whole Wheat Bread

Executive Director: Rick Poling

Board of Directors

Roger Jarvis— President

Pamela Gainer— Vice-President

Dottie Rader— Secretary

Janet Gherke— Treasurer

Dorothy McCauley

Martha Haymaker

Lin Williams

Karen D'Imperio



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

Grantsville Center

105 Market Street

Grantsville, West Virginia 26147

Hours: 7:30am - 3:30pm

Monday through Friday

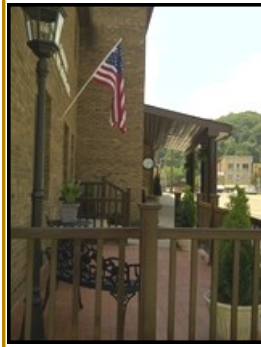
Phone: 304.354.7017

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 Site

121 Milo Road

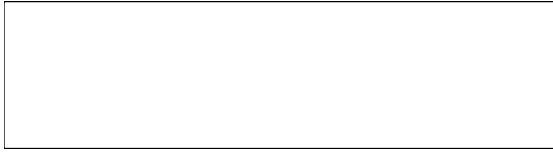
Minnora, WV 25261

Hours: 9:00am - 2:00pm

Monday, Tuesday, Thursday

Phone: 304.655.8805

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



Calhoun County Committee on Aging Inc.