

Calhoun County Committee on Aging

PO Box 619, Grantsville, WV 26147

105 Market Street, Grantsville, WV

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



BLESSED IS THE ONE WHO TRUSTS IN THE LORD,
WHOSE CONFIDENCE IS IN HIM.
THEY WILL BE LIKE A TREE PLANTED BY THE WATER
THAT SENDS OUT ITS ROOTS BY THE STREAM.
IT DOES NOT FEAR WHEN HEAT COMES;
ITS LEAVES ARE ALWAYS GREEN.
IT HAS NO WORRIES IN A YEAR OF DROUGHT
AND NEVER FAILS TO BEAR FRUIT.

Jeremiah 17: 7-8

September Birthday Club

Starling Holbert 5th

Patty Moore 7th

John Sampson 7th

Bytha Kendall 8th

Geneva Nicholson 8th

Richard Starcher 11th

Netta Norman 15th

Carolyn Moore 16th

Diane Bernier 17th

Frances, McCumbers 18th

Mark Yopp 20th

Deana Staley 21st

Frank Wilson 23rd

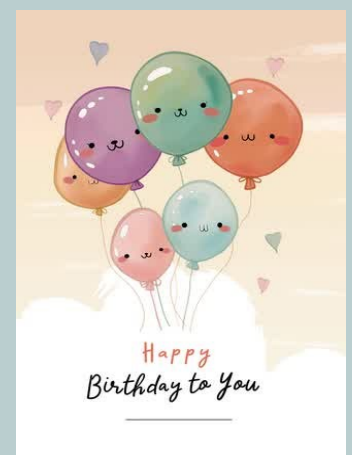
Bob Park 30th

Employees

Esther Wilson 5th

Janet Gherke 27th

Martha Haymaker



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

Sept. 3rd	Story Time at the Calhoun County Library @ 11:00 am
Sept. 5th	Calhoun High School Homecoming Dance @ 7pm
Sept. 7th	CLOSED IN OBSERVANCE OF LABOR DAY!
Sept. 10th	SINGO Night @ the CCCOA hosted by the Calhoun County Library beginning at 6pm
Sept. 12th	Starling's Live Music @ the CCCOA Food @5pm, Music @ 5:30pm
Sept. 15th	Story Time at the Calhoun County Library @ 1:30 pm
Sept. 24th	Trivia Night @ the CCCOA sponsored by the Calhoun County Library beginning at 6pm
Oct. 2nd & 3rd	Grand Opening of the Avalon. (Old High School in Grantsville). Car Show and other events TBA
Oct. 31st	Spooky Resource Fair—Block Party

Mountaineer Food Bank Days—

11/10 @ the DHHR—10-11:30am



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

Saturday, September 12th @ the CCCOA

Join us for fellowship, amazing food and great music!

— 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.



REMINISCENCE

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. ♥

2026 CALHOUN RED DEVILS



8/28/26 GILMER

9/4/26 RICHWOOD

9/11/26 @ WIRT

9/18/26 @ VAN

9/25/26 BYE WEEK

10/2/26 @ WEIRTON MADONNA

10/9/26 WAHAMA

10/16/26 @ VALLEY WETZEL

10/23/26 ST MARYS

10/30/26 @ WEBSTER

11/6/26 RITCHIE

CHS VOLLEYBALL



ONE TEAM. ONE GOAL.

AUGUST

- 24th- Tri @Doddridge w/ Lincoln 6pm
- 25th- @ Ritchie (JV/V) 6pm
- 31st- @Webster (JV/V) 6pm

SEPTEMBER

- 1st- Tri @ Hannan w/ Tolsia 6pm (V only)
- 9th- @Braxton (JV/V) 6pm
- 10th- @ Wirt (JV/V) 6pm
- 14th- St. Marys (JV) 5pm & Tri w/ St. Marys & Braxton 6pm
- 17th- @Wahama (JV/V) 6pm
- 22nd- Tri w/ Van & Notre Dame 5:30pm (V only)
- 23rd- Roane (JV/V) 6pm
- 29th- Gilmer (JV/V) 5:30pm

OCTOBER

- 3rd- Tri @Van w/ St. Joe
- 7th- @ Clay (JV/V) 6pm
- 10th- Quad @GSU
- 15th- LKC Tri TBD
- 17th- LKC Night of Champions TBD
- 20th- @Roane (JV/V) 6pm
- 23rd- Hannan 6pm
- SENIOR NIGHT**
- 28th- Regionals TBD



CHS VOLLEYBALL

CALHOUN HIGH SCHOOL

CMS VOLLEYBALL

AUGUST

- 27TH- WEBSTER 6PM
- 29TH- @ NEW MARTINSVILLE 11AM

SEPTEMBER

- 2ND- GILMER 6PM
- 3RD- TYLER 6PM
- 7TH- @ RITCHIE 6PM
- 9TH- DODDRIDGE 6PM
- 14TH- @ SPENCER 6PM
- 19TH- NEW MARTINSVILLE 11AM
- 23RD- @ GILMER 6PM
- 24TH- @ PLEASANTS 6PM
- 26TH- (QUAD) WIRT, SPENCER & PLEASANTS 11AM
- 28TH- @ TYLER 6PM
- 30TH- @ WEBSTER 6PM



OCTOBER

- 3RD- @ TYLER "PINK" TOURNAMENT TBA
- 5TH- @ DODDRIDGE 6PM
- 6TH- @ WIRT 6PM
- 8TH- RITCHIE 6PM (8TH GRADE NIGHT)
- 10TH- LKC GAMES (WIRT COUNTY) TBA



GO CMS!



Calhoun Middle High School is proud to announce our
2026 High School Cheerleaders.

We appreciate their dedication, school spirit, and commitment to supporting
our students and athletic programs throughout the upcoming year. We look
forward to a successful and exciting season.

Front Row L-R: Amera Hosey, Addison Laughlin, Madison Jones,
Morgan Ferrell, Raeonna Stamper

Middle Row L-R: Ellie Hall, Karlee Nelson, Addison Collins, Natalie Miller,
Alayna Wolford

Last Row L-R: Camry Parsons, Aleeya Hosey, Kaleigha Morris,
Kelbie Johnson, Caylee Cottrill, Caydence Moss



CROSS COUNTRY SEASON IS HERE!

Calhoun Middle High School is proud to announce our
2026 Cross Country Team.

Good luck to all of our runners as they kick off the 2026 season. Run strong,
compete hard, and most importantly—have fun!

They've been putting in the miles, climbing the hills, pushing through the
heat, and working hard to get ready.

Let's go, Calhoun!

Beef Stew with Root Vegetables

Hearty Beef Stew with Carrots, Potatoes, and Parsnips

Ingredients:

2 pounds beef chuck, cut into 1-inch cubes
2 tablespoons olive oil
1 large onion, chopped
3 cloves garlic, minced
4 cups beef broth
1 cup red wine (optional)
2 tablespoons tomato paste
4 carrots, peeled and cut into 1-inch pieces
3 potatoes, peeled and cut into 1-inch cubes
2 parsnips, peeled and cut into 1-inch pieces
2 bay leaves
1 teaspoon dried thyme
Salt and freshly ground black pepper to taste
2 tablespoons fresh parsley, chopped (for garnish)



Directions:

In a large pot or Dutch oven, heat olive oil over medium-high heat. Add beef cubes and brown on all sides. Remove beef and set aside.

In the same pot, add chopped onion and minced garlic. Sauté until translucent.

Return beef to the pot. Add beef broth, red wine (if using), and tomato paste. Stir to combine.

Add carrots, potatoes, parsnips, bay leaves, and dried thyme. Season with salt and pepper.

Bring to a boil, then reduce heat to low. Cover and simmer for 2 hours, or until beef and vegetables are tender.

Remove bay leaves. Adjust seasoning if necessary.

Garnish with chopped fresh parsley before serving.

Prep Time: 20 minutes | Cooking Time: 2 hours 20 minutes | Total Time: 2 hours 40 minutes



10-MINUTE DAILY MOBILITY ROUTINE

FOR ADULTS OVER 65



BEGINNER FRIENDLY



LOW IMPACT & SAFE



FULL BODY MOVEMENT



DO IT DAILY
FEEL BETTER



Improve joint mobility



Reduce stiffness



Support balance & posture



Move more comfortably

IMPORTANT REMINDERS

- ✓ Move slowly and with control.
- ✓ Stay in a pain-free range.
- ✓ Use a sturdy chair if needed.
- ✓ Breathe throughout each movement.
- ✓ Consistency is more important than intensity.



1 POSTURE SETUP & BREATHING

0:00 – 1:30



- Sit or stand tall.
- Inhale deeply through nose.
- Exhale slowly through mouth.



Benefits
Relaxes body, improves posture awareness and prepares joints.

TIP: Comfortable movement is the goal.

2 NECK MOBILITY

1:30 – 2:15



- Slow neck turns.
- Gentle chin tucks.
- Slight up/down movement.



Benefits
Reduces stiffness, improves mobility and relieves tension.

TIP: No forcing or fast movements.

3 SHOULDER & ARM MOBILITY

2:15 – 3:15



- Shoulder rolls.
- Arm circles.
- Gentle arm reaches.



Benefits
Improves circulation, reduces tightness and supports posture.

TIP: Smooth, gentle motion.

4 SIDE STRETCH & UPPER BACK MOBILITY

3:15 – 4:15



- Side stretch one arm overhead and lean gently.
- Gentle upper back rounding.



Benefits
Improves spinal flexibility, opens rib cage and reduces stiffness.

TIP: Keep movements slow and controlled.

5 SEATED OR STANDING MARCHING

4:15 – 5:15



- March in place slowly.
- Lift knees only as comfortable.
- Keep breathing steady.



Benefits
Increases circulation, wakes up hips and improves coordination.

TIP: Small steps are perfectly okay.

6 HIP MOBILITY MOVEMENTS

5:15 – 6:15



- Gentle knee lifts.
- Seated leg openings.
- Hip circles (if standing).



Benefits
Improves walking comfort, supports balance and loosens hips.

TIP: Go at your own pace.

7 KNEE & LEG MOBILITY

6:15 – 7:15



- Knee extensions.
- Gentle mini bends.
- Seated leg reaches.



Benefits
Supports joint movement, improves circulation and walking confidence.

TIP: Small range of motion is enough.

8 ANKLE & FOOT MOBILITY

7:15 – 8:15



- Ankle circles.
- Toe taps.
- Heel raises.



Benefits
Improves stability, supports balance and helps prevent stiffness.

TIP: Strong ankles help prevent falls.

9 FULL BODY GENTLE FLOW

8:15 – 9:15



- Reach arms overhead.
- Gentle side stretch.
- Breathe deeply and relax.



Benefits
Connects full-body movement, improves coordination and encourages relaxation.

TIP: Move with your breath.

10 RELAXED COOLDOWN

9:15 – 10:00



- Slow breathing.
- Relax shoulders.
- Reset posture.



Benefits
Calm the body, reduces tension and promotes daily well-being.

TIP: Take a moment to feel good.

WHY DAILY MOBILITY MATTERS



Helps you move more easily every day



Supports balance, posture and independence



Improves flexibility and joint comfort



Boosts energy and overall well-being

BEST PRACTICES



- ✓ Do this routine every day.
- ✓ Listen to your body.
- ✓ Hydrate throughout the day.
- ✓ Quality movement > quantity.

WHEN TO DO THIS ROUTINE



Morning
Wake up



Midday
Refresh



Evening
Wind down



Anytime
You need it



Small daily movements lead to big changes. *You've got this!* Stay mobile. Stay independent. Stay strong.



AI Generated

FYI EVERYONE!!!

I was at Wendy's recently, I heard a guy ask for his senior discount. The girl at the register apologized and charged him less. When I asked the man what the discount was, he told me that seniors over age 55 ...get 10% off everything on the menu, every day. **(But you need to ASK for your discount.)**

This incident prompted me to do some research, and I came across a list of restaurants, supermarkets, department stores, travel deals and other types of offers giving various discounts with different age requirements. I was surprised to see how many there are and how some of them start as young as 50.

This list may not only be useful for you, but also friends and family, too.

Dunkin Donuts gives FREE coffee to people over 55. If you're paying for a cup every day, you might want to start getting it FREE.

YOU must ASK for your discount!

RESTAURANTS:

Applebee's: 15% off w/Golden Apple Card (60+)

Arby's: 10% off (55 +)

Ben & Jerry's: 10% off (60+)

Bennigan's: discount varies by location (60+)

Bob's Big Boy: discount varies by location (60+)

Boston Market: 10% off (65+)

Burger King: 10% off (60+)

Chick-Fil-A: 10% off or free small drink or coffee (55+)

Chili's: 10% off (55+)

CiCi's Pizza: 10% off (60+)

Denny's: 10% off, 20% off for AARP members (55 +)

Dunkin' Donuts: 10% off or free coffee (55+)

Einstein's Bagels: 10% off baker's dozen of bagels (60+)

Fuddrucker's: 10% off any senior platter (55+)

Gatti's Pizza: 10% off (60+)

Golden Corral: 10% off (60+)

Hardee's: \$0.33 beverages everyday (65+)

IHOP: 10% off (55+)

Jack in the Box: up to 20% off (55+)

KFC: free small drink with any meal (55+)

Krispy Kreme: 10% off (50+)

Long John Silver's: various discounts at locations (55+)

McDonald's: discounts on coffee everyday (55+)

Mrs. Fields: 10% off at participating locations (60+)



Shoney's: 10% off

Sonic: 10% off or free beverage (60+)

Steak 'n Shake: 10% off every Monday & Tuesday (50+)

Subway: 10% off (60+)

Sweet Tomatoes: 10% off (62+)

Taco Bell : 5% off; free beverages for seniors (65+)

TCBY: 10% off (55+)

Tea Room Cafe: 10% off (50+)

Village Inn: 10% off (60+)

Waffle House: 10% off every Monday (60+)

Wendy's: 10% off (55 +)

Whataburger: 10% off (62+)

White Castle: 10% off (62+)

RETAIL & APPAREL:

Banana Republic: 30% off (50 +)

Bealls: 20% off first Tuesday of each month (50 +)

Belk's: 15% off first Tuesday of every month (55 +)

Big Lots: 30% off

Bon-Ton Department Stores: 15% off on senior discount days (55 +)

C.J. Banks: 10% off every Wednesday (50+)

Clarks : 10% off (62+)

Dress Barn: 20% off (55+)

Goodwill: 10% off one day a week (date varies by location)

Hallmark: 10% off one day a week (date varies by location)

Kmart: 40% off (Wednesdays only) (50+)

Kohl's: 15% off (60+)

Michael's: 10% off everyday (55+)

Modell's Sporting Goods: 30% off

Rite Aid: 10% off on Tuesdays & 10% off prescriptions

Ross Stores: 10% off every Tuesday (55+)

Salvation Army Thrift Stores: up to 50% off (55+)

Stein Mart: 20% off red dot/clearance items first Monday of every month (55 +)

Walgreens: 20% off eligible regular-price items on Senior Day (first Tuesday of the month) for loyalty members 55+.



GROCERY:

Albertson's: 10% off first Wednesday of each month (55 +)

American Discount Stores: 10% off every Monday (50 +)

Compare Foods Supermarket: 10% off every Wednesday (60+)

DeCicco Family Markets: 5% off every Wednesday (60+)

Food Lion: 60% off every Monday (60+)

Fry's Supermarket: free Fry's VIP Club Membership & 10% off every Monday (55 +)

Great Valu Food Store: 5% off every Tuesday (60+)

Gristedes Supermarket: 10% off every Tuesday (60+)

Harris Teeter: 5% off every Tuesday (60+)

Hy-Vee: 5% off one day a week (date varies by location)

Kroger: 10% off (date varies by location)

Morton Williams Supermarket: 5% off every Tuesday (60+)

The Plant Shed: 10% off every Tuesday (50 +)

Publix: 15% off every Wednesday (55 +)

Rogers Marketplace: 5% off every Thursday (60+)

Uncle Guiseppe's Marketplace: 15% off (62+)



TRAVEL:

Airlines:

Alaska Airlines: 50% off (65+)

American Airlines: various discounts for 50% off non-peak periods (Tuesdays - Thursdays) (62+)and up (call before booking for discount)

Continental Airlines: no initiation fee for Continental Presidents Club & special fares for select destinations

Southwest Airlines: various discounts for ages 65 and up (call before booking for discount)

United Airlines: various discounts for ages 65 and up (call before booking for discount)

U.S. Airways: various discounts for ages 65 and up (call before booking for discount)

Rail:

Amtrak: 15% off (62+)

Bus:

Greyhound: 15% off (62+)

Trailways Transportation System: various discounts for ages 50+

Car Rental:

Alamo Car Rental: up to 25% off for AARP members

Avis: up to 25% off for AARP members



Avis: up to 25% off for AARP members

Budget Rental Cars: 40% off; up to 50% off for AARP members (50+)

Dollar Rent-A-Car: 10% off (50+) Enterprise Rent-A-Car: 5% off for AARP members Hertz: up to 25% off for AARP members

National Rent-A-Car: up to 30% off for AARP members

Overnight Accommodations:

Holiday Inn: 20-40% off depending on location (62+)

Best Western: 40% off (55+)

Cambria Suites: 20%-30% off (60+)

Waldorf Astoria - NYC \$5,000 off nightly rate for Presidential Suite (55 +)

Clarion Motels: 20%-30% off (60+)

Comfort Inn: 20%-30% off (60+)

Comfort Suites: 20%-30% off (60+)

Econo Lodge: 40% off (60+)

Hampton Inns & Suites: 40% off when booked 72 hours in advance

Hyatt Hotels: 25%-50% off (62+)

InterContinental Hotels Group: various discounts at all hotels (65+)

Mainstay Suites: 10% off with Mature Traveler's Discount (50+); 20%-30% off (60+)

Marriott Hotels: 25% off (62+)

Motel 6: Stay Free Sunday nights (60+)

Myrtle Beach Resort: 30% off (55 +)

Quality Inn: 40%-50% off (60+)

Rodeway Inn: 20%-30% off (60+)

Sleep Inn: 40% off (60+)

ACTIVITIES & ENTERTAINMENT:

AMC Theaters: up to 30% off (55 +)

Bally Total Fitness: \$100 off memberships (62+)

Busch Gardens Tampa, FL: \$13 off one-day tickets (50 +)

Carmike Cinemas: 35% off (65+)

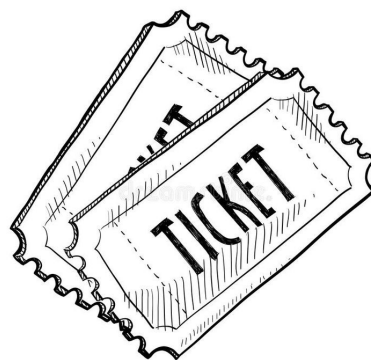
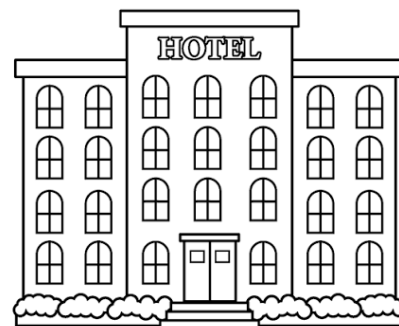
Cinemark/Century Theaters: up to 35% off

Massage Envy - NYC 20% off all "Happy Endings" (62 +)

U.S. National Parks: \$10 lifetime pass; 50% off additional services including camping (62+)

Regal Cinemas: 50% off Ripley's Believe it or Not: @ off one-day ticket (55 +)

SeaWorld, Orlando , FL : \$3 off one-day tickets (50 +)



CELL PHONE DISCOUNTS :

AT&T: Special Senior Nation 200 Plan \$19.99/month (65+)

Jitterbug: \$10/month cell phone service (50 +)

Verizon Wireless: Verizon Nationwide 65 Plus Plan \$29.99/month (65+).

MISCELLANEOUS:

Great Clips: \$8 off hair cuts (60+)

Supercuts: \$8 off haircuts (60+)

NOW, go out there and claim your discounts!! Remember YOU must ASK for discount - no ask, no discount.

I Know everyone knows someone over 50 please pass the one on!!!



FOOTBALL

— WORD SEARCH —

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

WORD LIST



BALL	END ZONE	KICKOFF	SCORE
BLITZ	EXTRA POINT	OFFENSE	TACKLE
CENTER	HALFTIME	OVERTIME	TEAM
DEFENSE	HELMET	PENALTY	TICKETS
DOWN	HUDDLE	SAFETY	YARDS



I SPY AUTUMN!



Find and color all the different AUTUMN items! Can you find the tropical leaf?



5



5



7



7



6



5



6



8



4



5

Calhoun County Committee on Aging

September 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Fish Broccoli onions French fries Fruit salad Whole Wheat Bun	2 Spaghetti w/tomato and Meat Sauce stem vegetables Ww bread Fruit	3 Italian Sausage Kraut Brussel Sprouts Fruit Whole Wheat Bun	4 Beef Macaroni Tomato sauce carrots Ww bread fruit
7 CLOSED FOR LABOR DAY	8 Chicken tenders Peas cauliflower Fruit Whole Wheat Bread	9 Cream tomatoes Cube potatoes Sausage Ww Biscuit Fruit	10 Hamburger on Whole Wheat Bun Red Tomato, onion, Potatoes Banana pudding	11 Cream Chicken Over ww biscuit Peas and carrots Mashed potatoes Fruit
14 Pork chops Mashed potatoes Greens Fruit Ww bread	15 Kraut w/ wieners Potatoes beets Peaches Ww Corn Bread	15 Chili w/onions Green peppers Ww crackers Fruit Peanut butter	17 Chicken patty onions Peas and carrots Orange Pineapple Gelatin Whole Wheat Bread	18 White Beans w/Ham Mustard greens Onions Ww Cornbread Fruit
21 Chicken salad Sandwich Ww bun Vegetable pasta salad Peaches	22 Pork BBQ Slaw w/carrots Baked beans w/onions Ww bun Tomato Juice	23 Cook's Choice	24 Pinto Beans Onions Turnip Greens Applesauce Ww Cornbread	25 Fish Green beans salad Fruit Whole Wheat Bun
28 AI Steak Mashed Potatoes Gravy w/onion Peas Fruit salad Whole Wheat roll	29 Hot dogs Meat sauce Slaw w/carrots onions Apple sauce Ww bun	30 Bake Steak Mashed Potatoes Gravy w/onions Beets Whole Wheat Roll Fruit	Menu Subject To Change Without Notice	2% Milk & Margarine Served Daily

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

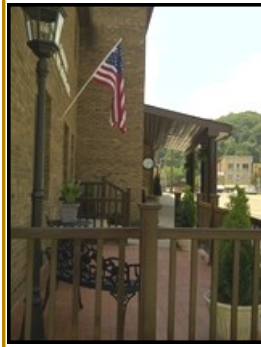
Phone: 304.354.7017

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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

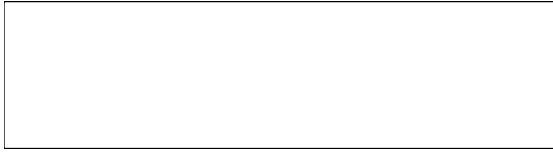
Minnora, WV 25261

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



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