

# 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**



Today, I choose to live with gratitude for  
the love that fills my heart,  
the peace that rests within my spirit,  
and the voice of hope that says  
all things are possible.

Adventures In Nonsense

## November Birthday Club

Ronald Sampson 1st

Keith Smith 1st

Clyde Todd 6th

Mitchell Moore 7th

Doris Whipkey 7th

Mark Conrad 8th

Aaron Bennett 9th

Sutchai Cottrell 9th

Guy Boggs 16th

Paula Roberts 17th

Marie Wilson 17th

Donna Goff 22nd

Mary Bragg 25th

Linda Sampson 25th

Kathy Barr 26th

Archie Buckner 27th

Sandra Morrison 28th

Carol Johnson 29th

## Employees

Rick Poling 4th

Jackie Blankenship 7th

Shelley Lynch 23rd

Linda Fivecoait 29th

## 14 Surprising Facts You Never Knew About Thanksgiving

From the origin of T.V. dinners to the sounds that turkeys really make, there's more to this holiday than meets the eye.

By Leah Silverman and Katie Robinson Published: Oct 19, 2023

For most of us, Thanksgiving is a celebration of family, friends, and food; a moment to give a nod to all of the good things in our lives. And yes, to double up on mashed potatoes. But the real history of Thanksgiving is a bit more complicated than Turkey Trots and pumpkin pies—in fact, it has many layers of spectacle, entrepreneurial spirit, economic recovery, and, naturally, feasting. If you've ever found yourself wondering why we celebrate Thanksgiving, or where some of our seemingly obscure Thanksgiving traditions come from, read on.

A woman named Sarah Josepha Hale lobbied Congress for years to make Thanksgiving an official holiday.

If it wasn't for this determined woman, Thanksgiving wouldn't exist today. Hale's allegiance to Thanksgiving began in 1827 and was based in national pride; she hoped to make it “permanently, an American custom and institution.” It wasn't until 1863 that President Lincoln finally declared Thanksgiving a national holiday. Seeing as the President did this in throws of the Civil War, Thanksgiving is considered by some to be an attempt on behalf of the president to bring some peace back to the country.

Continued on page... 6 & 7

**CCCOA- Bingo played daily at 10:45am unless otherwise stated. Cards played daily from 8:00am– 10:00am, games, puzzle table, pool table, cornhole, darts, wii, exercise room, library, craft room, BINGO and more available.**

**CASH BINGO DATES Oct. 30th, Nov. 13th & 20th beginning @ 10:45am**

## Local Events

- Oct. 31st CCCOA Halloween Party!
- Oct. 31st Calhoun County Library presents Trivia Night at the CCCOA beginning @ 6pm
- Nov 1st Alice's Attic Music Friday Night 6:00pm
- Nov. 5th CLOSED for ELECTION DAY!
- Nov. 6th Veterans Day Dinner at the CCCOA beginning @ 10:30am
- Nov. 9th Band Booster Bingo– Doors open @ 5pm, Games @ 6pm
- Nov. 9th Jeff Dunham Tour, 5:00 – 7:00pm @ Charleston Coliseum & Convention Center
- Nov. 11th CLOSED for VETERANS DAY!
- Nov. 28th & 29th CLOSED for THANKSGIVING!

### ANNOUNCEMENTS:

- **October 30th & November 13th & 20th – QUARTER BINGO @ the Grantsville CCCOA @ 10:45am**
- **1st & 3rd Saturday of the month– Lions Club Bingo @ the Lions Club beginning @ 6:00 pm**

Congregate meal programs provide healthy meals served in group settings. They aim to keep older adults healthy and independent, offer opportunities for social engagement, and connect people with other supports and services. If you have been on the fence about attending the CCCOA for lunch, we encourage you to give it a try. If you would like to bring someone with you, that is not 60 yrs or older, they are also welcome. We encourage all ages to attend and partake in the activities offered.

Meals are served at 11:30am, right after Bingo!

### Suggested Donation Scale for Meals

Individual Monthly Income	Suggested Donation
\$700 or less	\$1.25 per meal
\$701 to \$800	\$1.50 per meal
\$801 to \$900	\$1.75 per meal
\$901 or above	\$2.00 per meal

[Guests under 60 years of age: \$6.00 per meal]

[Guests under 60, accompanying a senior: \$4.00 per meal]



When: Oct. 30th, Nov. 13th & 20th

Where: CCCOA Dining Hall

Games Begin @ 10:45 am

Location: 105 Market Street

Grantsville, WV 26147

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

Quarter per card, per game!

You win half the pot on every game!

**REFRESHMENTS AVAILABLE**

**Lunch will be served at 11:30 am**

Available for the regular cost of a meal! If you plan to eat please let the kitchen know when you get to the center or call ahead of time,

304-354-7017x 114!

## LEVY COST

The total assessed value of all taxable properties in Calhoun County is broken down by different property classes as follows:

Class I: \$0.00  
Class II: \$107,660,362  
Class III: \$396,969,846  
Class IV: \$10,011,688  
Aggregate: \$513,641,896

## WHAT WILL IT COST?

The proposed extra levy rate, in cents for every one hundred dollars of property value, for each property class is as follows:

Class I: \$0.0497  
Class II: \$0.0994  
Class III: \$0.1988  
Class IV: \$0.1988

The additional levy will apply to the fiscal years starting on July 1 of 2025.

## #SUCCESSFORALL

The Calhoun County Board of Education has voted to run an excess levy on November 5th to provide excess funds to support the students of Calhoun County.

CALHOUN  
BOARD OF  
EDUCATION



"Calhoun County Schools working together to provide students with limitless possibilities."



# Information on the Levy

## **Instructional**

The levy will provide funding to include staffing for, but not limited to, additional curriculum and instructionally related programs for summer school

Approximate annual amount of \$170,000.00

## **Extra-curricular Support**

The levy will provide for the support of extra-curricular (including athletic teams, band, music activities, theater activities, academic competitions, and afterschool programs), curricular and/or academic (including but not limited to field trips, academic competitions) transportation for students in grades Pre-K -12.

Approximate annual amount of \$36,000.00

## **Maintenance, Improvements, and Equipment**

The levy will provide funding for, but not limited to, playground equipment at Calhoun Middle High School; improvement and maintenance of county-wide athletic facilities; improvements required by local, state, and federal agencies to ensure safe and efficient operation of facilities; custodial and maintenance supplies and equipment; and other related expenses.

Approximate annual amount of \$208,667.00

## **Safety and Security**

The levy will provide funding for, but not limited to, School Nurse, Preventative Resource Officer, and Technology Systems Specialist.

Approximate annual amount of \$200,000.00

## **Supplement Salaries**

The levy will provide a supplement to the salaries of all professional and service staff.

Approximate annual amount of \$161,000.00

## **Art**

The levy will provide funding for an Art Cart for students at Pleasant Hill and Arnoldsburg Elementary.

Approximate annual amount of \$75,000.00

Originally, Thanksgiving may not have been celebrated in November at all.

There isn't clear historical information on the actual date of the first Thanksgiving, but some historians have suggested it may have taken place in mid-October. President Lincoln assigned the holiday to fall on the last Thursday in November, possibly to coincide with the date the Pilgrims first landed the Mayflower in New England.

In 1939, President Franklin D. Roosevelt moved Thanksgiving one week earlier.

Roosevelt hoped that a lengthened holiday shopping season would increase spending and alleviate the effects of the Great Depression. This resulted in two consecutive years of conflicting Thanksgiving Day celebrations, as some states refused to recognize the change.

By 1941, FDR gave in and signed a bill making the fourth Thursday in November the official date for Thanksgiving nationwide, regardless of whether it's the last Thursday of the month or not.

The first Macy's Thanksgiving Day Parade in 1924 featured animals from the Central Park Zoo.

Though the parade stretched just two blocks, New York City went all out for what newspapers called "a marathon of mirth." Notably, however, there were none of the balloons the parade is known for today. Instead, there were live bears, elephants, camels, and monkeys from the Central Park Zoo. There were also floats with puppets, celebrities, bands, costumed Macy's employees, and of course, Santa Claus.

Thanksgiving leftovers led to the first ever TV dinner.

In 1953, food corporation Swanson overestimated how much turkey would be consumed on Thanksgiving and had to get creative with 260 tons of leftover poultry. Using 5,000 aluminum trays and an assembly line of hand-packers, they created a Thanksgiving-inspired meal with the aforementioned turkey, cornbread dressing, gravy, peas, and sweet potatoes. The dish was sold for a grand total of 98 cents, and in the first full year of production, they sold ten million of them, birthing the prepackaged frozen meal industry.

Benjamin Franklin was very pro-turkey.

It wasn't so much that Franklin thought the bird was delicious, but more so that he admired the animal's qualities. Surprisingly, Franklin thought the turkey should be the United States' official bird rather than the bald eagle.

"I wish the bald eagle had not been chosen as the representative of our country; his is a bird of bad moral character," he once wrote. Apparently, Franklin noted that the turkey was a "much more respectable bird."

The menu for the first Thanksgiving in Plymouth in 1621 likely included lobster, seal, and swans.

No, turkey did not RSVP to the first Thanksgiving in 1621. The feast between Pilgrims and the Wampanoag Native Americans lasted for three days, during which both parties contributed to the meal. Though there are few records of the actual menu, it is known that the Pilgrims hunted for local fowl (swans included) and the Wampanoag brought five deer. It's thought that lobster and seal were likely involved, due to their availability in the area.

Pumpkin pie has been beloved for a long, long time—although, it isn't America's favorite pie.

Records show that people have been cooking up pumpkin pies since the 1600s! Pumpkins were likely at the first Thanksgiving, although probably not in pie form. The dessert has been an important part of Thanksgiving meals since the 1700s—one Connecticut town even postponed the holiday in 1705 due to a molasses shortage that prevented people from making pies. However, The American Pie Council is putting an end to the pumpkin vs. apple pie debate. According to their research, apple pies are America's favorite, with pumpkin coming in second place.

The "pardoning" of a turkey has become an annual White House tradition... but no one's quite sure who started it.

According to the White House Historical Association, there are records of presidents granting turkeys a reprieve from the table going back as far as Abraham Lincoln, though it was far from a regular occurrence. In 1963, JFK sent the gobbler he'd been gifted back to the farm to "keep him going," while birds under the Nixon and Carter administrations went off to petting zoos and children's farms. Ronald Reagan is credited with making the practice a standing tradition, although it was George HW Bush who cemented the ceremony, saying in 1989, "Let me assure you, and this fine tom turkey, that he will not end up on anyone's dinner table, not this guy—he's granted a Presidential pardon as of right now."

Thanksgiving Day football games began in the 1870s.

Turkey Day football began long before the country could watch the sport on TV. In fact, football wasn't even a professional sport when the Thanksgiving game tradition took hold. In 1876, Yale played Princeton in the first ever Thanksgiving Day football match. At that point, the sport was still evolving from a rugby hybrid into the game we know today. Games stayed on the college and high school level for nearly fifty years. Eventually, when the National Football League was founded in 1920, it began hosting as many as six Thanksgiving matches every year.

Female turkeys don't gobble.

We humans gobble down dinner, and our feathered turkey friends just plain gobble, right? Not quite. Only male turkeys make the well-known "gobble, gobble" sound that has come to be associated with the holiday. In fact, male turkeys are even known as "gobblers." Females make other noises, such as purring and cackling.

The day after Thanksgiving is especially busy for plumbers.

This sounds like the beginning of a crude joke, but it's true. According to plumbing company Roto-Rooter, the day after Thanksgiving is "far and away the busiest day of the year." The company warns to be extra careful with turkey grease, potato peels, rice, and stuffing, as they are sure to clog your drain or overwork your garbage disposal.

There's a very dark side to the day's history.

While we take the day to celebrate all that we have and all that this land provides, it's important to remember that millions of Native Americans died because of European colonization and that life for indigenous people was permanently changed by the arrival of the English. The last Thursday of November is honored by many as a "National Day of Mourning." Consider taking a moment of reflection this Thanksgiving to recognize that the stories we learned as children weren't exactly accurate representations of how many of us came to call this nation home.

The British don't officially celebrate Thanksgiving, but they do celebrate "Brits-giving."

Oh yes, it's a real thing. The British increasingly embrace the American tradition to celebrate gratitude and national pride. But it wouldn't be a truly British tribute without their own unique take on the holiday. Hence, the origination of "Brits-giving." Whatever they want to call the compassionate tradition, we're happy to welcome them to our table.





OCTOBER 31, 2024

# CALHOUN LIBRARY TRIVIA NIGHT

6PM @ CCCOA SENIOR CENTER

**6 ROUNDS OF HALLOWEEN, HORROR, ALL THINGS SPOOKY!**

**TEAMS OF UP TO 6 PEOPLE**  
**COME IN COSTUME FOR EXTRA POINTS**  
 REFRESHMENTS WILL BE SERVED  
 CHECK OUR FACEBOOK PAGE FOR UPDATES

## CALHOUN FRN/FSC BABY SHOWER

November 1, 2024  
 RSVP by October 18th  
 10:00am  
 rsvp with link  
 304-354-7177  
 calhounfrn@gmail.com

# CMHS Marching Band

**Come out and show your support!**

**Black Walnut Festival Band Competition**  
 Saturday, October 12 @ 5:30 pm  
 Roane County High School, Spencer

**BINGO**  
 Saturday, November 9 @ 6:00 pm  
 CMHS, Mt Zion

**Westfall Christmas Tree Farm**  
 Pre-Tagging Dates: 11/17 & 11/23

**Opening Sale Day: November 30th**

**Hours: 9 am - Dark**

**All Trees \$40**

White Pine      Norway Spruce

**Call/Text: 304. 373. 4020**

Can't wait to see you at the farm!



# Cedar Creek State Park's 5th Annual Christmas Lights Celebration

**December 13-14 and 20-21, 2024**  
**5:30pm-9:30pm**

Cedar Creek State Park, 2947 Cedar Creek Road, Glenville, WV 26351

## Christmas Lights

Drive throughout the Cedar Creek State Park campground to enjoy festive light displays!

Live Christmas music by  
Dr. Jason Barr!

All individuals, groups, and businesses are invited to **set up or sponsor** a display! Send us a message by **email or Facebook** to register or donate today!

Email: [cedarcreekfoundation@gmail.com](mailto:cedarcreekfoundation@gmail.com)

Facebook: [Cedar Creek State Park Foundation](https://www.facebook.com/CedarCreekStateParkFoundation)



## Pictures with Santa

December 14 & 21  
2:00pm-5:00pm  
Recreation Building

Turn your picture  
into a magnet for \$8!



## Christmas Shopping

General Store:  
12:00pm-9:00pm

Log Cabin  
5:00pm-9:30pm

Hot Chocolate and  
Coffee available  
for \$1!

THE CALHOUN CABARET PRESENTS

# TRUTH, TEA LEAVES, AND MISFORTUNE

1920S GYPSY TEA ROOM

"TAKE A SIP IF YOU DARE.  
IT'S DELICIOUS, BUT THE NIGHT IS  
YOUNG."



## WHEN?

NOVEMBER 2ND:  
DOORS OPEN AT 6PM, DINNER  
SERVED AT 6:30PM

NOVEMBER 3RD:  
DOORS OPEN AT 12:30PM, LUNCH  
SERVED AT 1PM

## WHERE?

ARNOLDSBURG  
COMMUNITY  
BUILDING

## WHAT?

DANCE  
SINGING  
THEATRE  
SPOOKY MYSTERY DINNER  
COSTUME CONTEST  
RAFFLE  
FUN FOR ALL AGES!



"I'D SAY MISFORTUNE IS IN THE TEA  
LEAVES, BUT SOMETHING TELLS ME MY  
LUCK IS ABOUT TO CHANGE."

## MENU

TEA WILL BE SERVED AS  
GUESTS ARRIVE  
PULLED PORK OR CHICKEN  
SANDWICH

COLESLAW  
BAKED BEANS  
MACARONI AND CHEESE  
PIE

## CONTEST &

## RAFFLE

WEAR YOUR BEST 1920S THEMED COSTUME TO BE ENTERED  
INTO A DRAWING FOR A PRIZE!

A BASKET FULL OF FALL/HALLOWEEN GOODIES WILL BE  
RAFFLED OFF ON SATURDAY AND SUNDAY

RAFFLE TICKET PRICES:  
\$1 EACH OR 6 TICKETS FOR \$5





# VETERANS DAY CELEBRATION

You are invited to attend the Veterans Day  
Celebration on November 6th, at 10:30 a.m..  
The Celebration will take place 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.

Please call 304-354-7017 to RSVP.

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





# CCCOA CHRISTMAS CRAFT & VENDER EVENT

Saturday, December 7th, 2024

Time: 9:00am ~ 4:00pm

Location: CCCOA (Grantsville Senior Center)

Address: 105 Market St. Grantsville, WV 26147

Crafts, Vendors, Raffles, Food, Drinks & more!

Breakfast and Lunch will be available!

If you would like to reserve a table, you may do so by calling  
304-354-7017 x106

8' & 10" table rental space available, \$10.00 per table  
and a donation item for the raffle.

Space is on a first come first serve basis.





### 1. Hamstring Curls

- Stand with feet slightly apart.
- The knee of your support leg should be slightly bent.
- Slowly bend your knee, bringing your heel toward your buttocks.
- Only bend your knee, stand tall.
- Hold for 2 seconds and return to start position.
- Repeat using other leg.



### 2. Small Squats

- Stand with your feet slightly wider than shoulder width apart.
- Slowly push your buttocks back while bending your knees.
- Hold for 2 seconds and return to start position.
- Keep your chest and head up.
- This is a small squat so don't bend too far.



### 3. Back Leg Raise

- Stand with feet slightly apart.
- The knee of your support leg should be slightly bent.
- Slowly raise one leg back, keeping your back straight.
- Hold for 2 seconds and return to start position.
- Repeat using other leg.



### 4. Side Leg Raise

- Stand with feet together.
- The knee of your support leg should be slightly bent.
- Slowly lift one leg out to the side, keep back straight and tall.
- Keep foot pointed forward.
- Hold for 2 seconds and return to start position.
- Repeat using other leg.

## Pickled Cherry Tomatoes, Red Onions, and Cucumbers

### Ingredients:

- 1 pint cherry tomatoes
- 1/2 red onion, sliced thin
- 1/2 cucumber, sliced thin
- 1 cup white vinegar
- 1/2 cup water
- 1/4 cup sugar
- 1 teaspoon salt
- 1/2 teaspoon dried oregano
- 1/4 teaspoon red pepper flakes
- 1/4 cup fresh dill, chopped

### Directions:

1. Prepare the Vegetables: Rinse and dry the cherry tomatoes, red onion, and cucumber. Slice the red onion and cucumber into thin pieces.
2. Make the Pickling Liquid: In a small saucepan, mix together the white vinegar, water, sugar, salt, oregano, and red pepper flakes. Heat it over medium heat until it boils, stirring until the sugar and salt dissolve.
3. Combine Vegetables and Liquid: In a jar or container, place the cherry tomatoes, sliced red onion, and cucumber. Pour the hot pickling liquid over them, ensuring all the veggies are covered.
4. Add the Dill: Stir in the chopped fresh dill for extra flavor.
5. Seal and Refrigerate: Close the jar or container tightly and place it in the fridge for at least 2 hours, or up to 2 weeks. The longer they sit, the tastier they become!
6. Serve: Enjoy your Pickled Cherry Tomatoes, Red Onions, and Cucumbers as a tasty treat or side dish.



## Asparagus Stuffed Chicken Breast Recipe

### INGREDIENTS:

- 4 Skinless boneless chicken breasts about 1 1/2 lb.
- 1 Tsp Italian seasoning mix
- 1 Tsp Garlic Powder
- 1 Tsp Smoked Paprika
- Sea salt and pepper
- 12 Asparagus stalks end trimmed
- 1 oz Sun-dried Tomatoes chopped
- 4 slices Mozzarella Cheese
- 1 Tbsp Olive Oil

### INSTRUCTIONS:

Preheat your oven to 400 F.

Place the chicken on a clean chopping board and sprinkle with Italian seasoning, garlic powder, paprika, salt, and pepper.

Start cutting each one lengthwise to create the pockets. Be careful not to cut all the way through.

Add 3 sprigs of asparagus and a couple of pieces of sun-dried tomatoes to a mozzarella slice, then roll it to hold them inside. Stuff the chicken breasts with it.

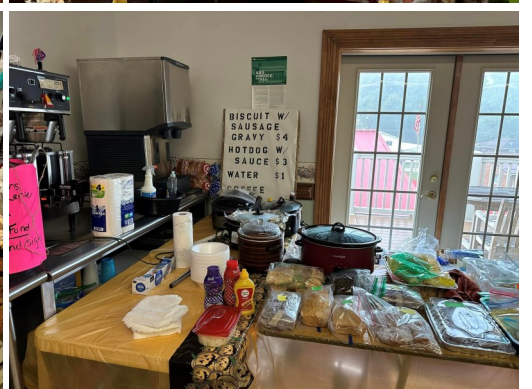
Close the pocket with a toothpick. Heat oil in a large and cast-iron skillet over medium-high heat.

Add the chicken and sear it until nicely golden brown, about 3-5 minutes per side.

Bake the chicken for 15-20 minutes, or until it is cooked through and no longer pink in the inside. Enjoy!





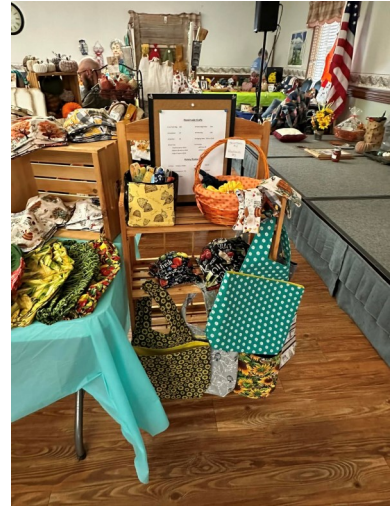




The Fall Into Fall Craft & Vendor Event was held October 5th at the Grantsville CCCOA from 9am-4pm. Here are some pictures from the start of the event, minus a few vendors that hadn't set up yet.

We hope that you will join us December 7th, from 9am-4pm, for the Christmas Craft & Vendor Event.

If you would like to be a vendor call 304-354-7017 x106 for more information.



Celebrating September Birthdays

Pictured to the right: Marsha Morris, Diane Bernier, guest Adaline Murphy, Bob Park, and Alice Cottrell

**Happy Birthday**

Wishing you an amazing year filled with love and joy!

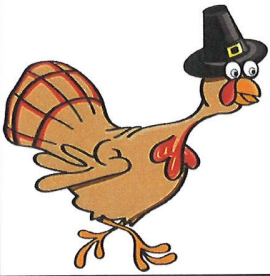
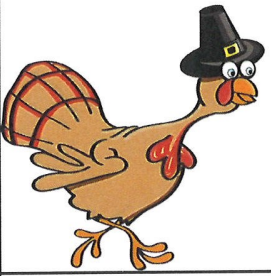









# Calhoun County Committee on Aging November 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2% Milk And Margarine Served Daily</p>		<p>Menu Subject To Change Without Notice</p>		<p>1 Chicken Patty Mayo Carrots Coleslaw Fruit Ww Bread</p>
<p>4 Fish Slaw Greens Fruit Ww bread</p>	<p>5 <b>Center CLOSED Election Day VOTE</b></p>	<p>6 Bake Steak Gravy onions Mashed Potatoes Green Beans Fruit Ww roll</p>	<p>7 Chili w/Meat &amp; Beans Cheese Salad Applesauce Ww Crackers</p>	<p>8 Lasagna Lettuce Pea Salad Fruit Ww Roll</p>
<p>11 <b>Center CLOSED</b></p> 	<p>12 Chicken ww pasta Stem vegetables Fruit Ww bread</p>	<p>13 Hamburger Patty on Ww Roll Lettuce/onion French Fries Fruit</p>	<p>14 Fish Peas and carrots Apple juice Ww bun</p>	<p>15 Pinto Beans W/Ham Mixed Greens Beets Fruit Ww Cornbread</p>
<p>18 Chicken Tenders Macaroni &amp; Cheese Mustard Greens Fruit Ww bun</p>	<p>19 Spaghetti w/ Meat Sauce Steamed Vegetables Applesauce WW Roll</p>	<p>20 Broccoli Soup Cheese Salad Fruit Ww crackers</p>	<p>21 Turkey Dressing Mashed Potatoes Green beans Ww Roll Pumpkin Pie</p>	<p>22 Rib sandwich Carrots Fruit Onions Ww bun</p>
<p>25 Baked Beans &amp; wieners Cauliflower Broccoli Fruit Cornbread</p>	<p>26 Baked Pork Chop Mashed Potatoes Greens Fruit Ww Bread</p>	<p>27 Calico Beans Kale Fruit Onions Ww Cornbread</p>	<p>28 <b>Center CLOSED</b></p> 	<p>29 <b>Center CLOSED</b></p> 

Executive Director: Rick Poling

Board of Directors

Roger Jarvis— President

Pamela Gainer— Vice-President

Dottie Rader— Secretary

Janet Gherke— Treasurer

Dorothy McCauley

Martha Haymaker



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

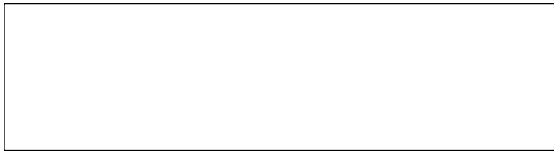
Hours: 9:00am - 2:00pm

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

