

Calhoun County Committee on Aging
PO Box 619, Grantsville, WV 26147
105 Market Street, Grantsville, WV
Phone: 304-354-7017 Fax: 304-354-6859

Interesting September Facts...

September is known as the harvest month. To farmers or people with gardens it will come as no surprise that September is known as harvest month. It is the most common month to till your grain, collect the fruits of your labor and start selling it to others. No wonder the farmer's markets are always so packed in September!

A full moon in September is known as the corn moon or harvest moon. Corn is at its highest in September, and the harvest is set to begin. Plants ready to harvest in September include apples, raspberries, onions and green beans.

Two interesting Zodiac signs. If you were born in September, you will be represented in the Zodiac by either Virgo (September 1st-22nd) or Libra (September 23rd-30th).

Virgos are represented by the virgin and are known to be practical and analytical. Libras are represented by the scales and are known to be balanced and diplomatic.

The days are equal. In the northern hemisphere, September 22nd is the fall equinox. This means that the day and night hours are roughly the same. From here on out the daylight hours will begin to get shorter.

In the southern hemisphere, September 22nd is the spring equinox. This means the daylight hours will begin to get longer.

Hot off the presses... the first newspaper in the United States was published on September 25th, 1690 in Boston. The newspaper was called "Publick Occurrences Both Foreign and Domestick". That's quite the mouthful for a newspaper! The paper was short-lived however, as the ruling British disagreed with its contents.

Sapphire is the official birthstone of September. Most often known for its blue color, sapphires can also be pink, orange, yellow or green. The common sapphire is blue due to high contents of titanium and iron.

Flowers of love... the birth flowers that represent September are forget-me-not, morning glory and aster. The forget-me-not is said to represent love and memories.

The morning glory represents unrequited love. The aster? You guessed it... love. We're thinking September may take over from February as being the most love-obsessed month.

September

Birthday Club

Irene Lynch 4th
Starling Holbert 5th
Esther Wilson 5th
Richard Hosey 7th
Rosemary Jones 7th
Patty Moore 7th
Geneva Nicholson 8th
Curtis Helmic 11th
Richard Starcher 11th
Carolyn Moore 16th
Diane Bernier 17th
Betty Allen 19th
Sandra Marshall 19th
Ralph Campbell 21st
Doris Wilkerson 24th
Bob Park 31st

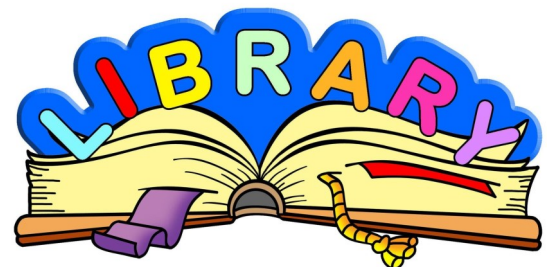
Employees

Amanda Moneypenney
3rd
Patti Hicks 13
Launa Butler 14th



ACTIVITIES

There is something for everyone. Quilting every Tuesday, Bible Study every Thursday @ 10:00am. Bingo, Crafts, Fitness Room, Board Games, Cards, Puzzle Table, Darts, Cornhole, Billiards, Wii Games, Library and more offered daily. Most importantly.... FELLOWSHIP!



Local Events

September 1st	CHS Football game, TBA, @ CHS, begins at 7:00pm
September 1st	Circle S Farms in Arnoldsburg opens—hours on opening day are 10am-6pm; call (304) 655-8503 for questions or to find out hours of operation.
September 2nd	ALUMNI FOOTBALL GAME, Saturday, 7pm – 9pm, at the Old High School
September 2nd	10am-4pm, Classic Plastics Toy Expo September Show @ Parkersburg Art Center
September 9th	Mud Bog- 11am – 4pm@ Upper Westfork Park
September 12th	Donkey basketball; 6:30pm – 8:30pm; Gilmer Co. High School \$10.00 at the door
September 15th & 16th	Cedar Creek Fall Fest, 6-8pm on the 15th, 10-5 on the 16th
September 21st	Trivia Night at the CCCOA hosted by the Calhoun Library, 6pm
September 26th	MOVHD Shot Clinic at the Grantsville CCCOA @ 10:00-11:00am 11:00am, COVID Booster and Flu shots.
September 28th-30th	Molasses Festival
October 7th	3rd Annual Fall Festival, 10am – 10pm, Old High School (Calhoun County Community Center) Kids Zone, youth archery vendors, antique car show, cornhole, food, & live music.
October 12th-14th	Black Walnut Festival
October 20th	CHS Homecoming Football Game @ 7:30pm

Any Day's a Picnic Chicken Salad

Onion and pickle relish spice up a traditional chicken salad.

Ingredients 2 1/2 cups chicken breast (cooked, diced) 1/2 cup celery (chopped) 1/4 cup onion (chopped) 3 packages pickle relish (2 tablespoons) 1/2 cup mayonnaise (light)

Directions: 1. Wash hands with soap and water. 2. Combine all ingredients. 3. Refrigerate until ready to serve. 4. Use within 1-2 days. Chicken salad does not freeze well.



Just missed the August deadline , but I'll share my story and get everyone caught up!

August Soapbox

Everybody knows that I hate summer but not this summer. At least not up until the last week of July. It was so cool at night all through June and 3 weeks of July that I didn't even turn my air conditioner on but one time. I was gone all day and couldn't leave my doors open and my 2 ceiling fans on. My upstairs is hot, but my downstairs is cool. I live on a hill, so I have a breeze almost all the time. But, the last week of July was a scorcher so on went the air conditioner and up goes the electric bill. I've got two tomato plants that a friend gave me, and they are both growing. One has a small tomato on it. Yay!!

I bought some gourds last fall for decoration on my porch and got some seeds out of one of them. I planted a few and a vine is growing. We'll see if I get gourds. No, I have not seen a snake around here for over two years. Wahoo!!! But, so far, this year I have caught four mice. Again, one more upstairs and the last one downstairs. I am busy killing ants. They are endless. I still have two cats, Gizzy and Frank. I now have a mama groundhog and two babies. There were three but one disappeared. I have two "possums" one large and one small. I also have a mam raccoon and sometimes four kids and sometimes three. But the best news is that I still have Harvey (my adorable, midget sized, orangey-brown, loveable rabbit). He comes to me when I call him. My cats don't even do that.

September Soapbox

Fall

It's September and fall is almost here.
It starts my very favorite time of year.
I like fall, winter, Christmas and snow.
Because there's no heat, humidity and grass to mow.
In fall skies are blue and air is crisp and clear.
Listen carefully and winter winds you will hear.
Clouds will appear and the skies will turn gray.
That means that snow is on the way.
So, Fall is on its way just over the hill.
Can't wait because of summer- I've had my fill.



'til next month

~Judy~

!! New Books @ the Calhoun Public Library!!

ADULT FICTION

Dead Fall by: Brad Thor
Everyone Here is Lying by: Shari Lapena
Robert Ludlum's The Bourne Defiance by:
Secrets in the Dark by: Heather Graham
Gone Tonight by: Sarah Pekkanen
Happiness by: Danielle Steel
None of This is True by: Lisa Jewell
The Keeper of Hidden Books by: Madeline
Martin
Out of Nowhere by: Sandra Brown
Tom Lake by: Ann Patchett
The Little Village of Book Lovers by: Nina
George

The Paris Daughter by: Kristin Harmel

NON-FICTION

Tasmanian Devils by: Ruth Bjorklund
I Survived: Nature Attacks! by: Lauren Tar-
shis
Swiss Army Knife Whittling Book by: Chris
Lubkemann
Stuff Kids Should Know
Sometimes I Just Stutter by: Eelco de Geus
Advice to Those Who Stutter
Self-Therapy for the Stutterer by: Malcolm
Fraser
If Your Child Stutters: A Guide for Parents
Stuttering and Your Child
Do You Stutter: A Guide for Teens
Unlock Your Menopause Type by: Heather
Hirsch

INSPIRATIONAL

Finding Us by: Tracie Peterson
Countdown by: Lynette Eason
Letters of Comfort by: Wanda E. Brunstetter
The Heart's Bidding by: Kelly Irvin

JUVENILE FICTION

Pugs of the Frozen North by: Philip Reeve
The Water Horse by: Dick King-Smith
The Creature of the Pines by: Adam Gidwitz
Fury of the Dragon Goddess by: Sarwat
Chadda

YOUNG ADULT FICTION

Love & War by: Melissa De La Cruz
Danger and Other Unknown Risks by: Ryan
North
Kaguya-Sama Love is War Books 1-5 by: Aka
Akasaka

House of Roots and Ruin by: Erin A. Craig

BIOGRAPHY

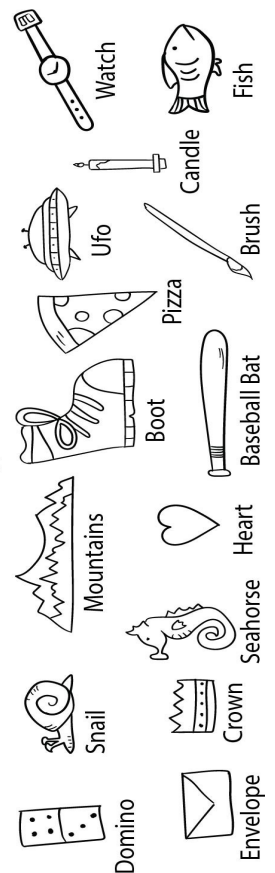
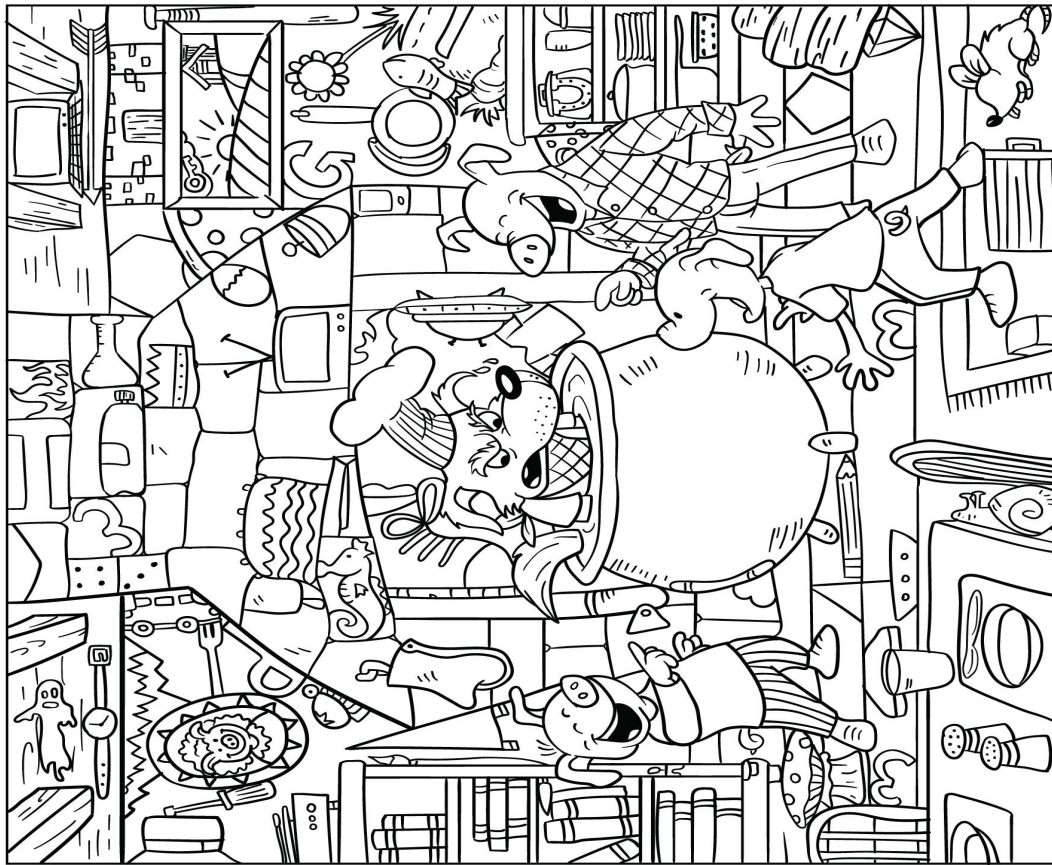
I Am Oprah Winfrey by: Brad Meltzer

CHILDREN'S

Mama's Kisses by: Kate McMullan
Love Monster and the Scary Something by:
Rachel Bright
Pirate Pups
The Boo Crew Needs You! by: Vicky Fang
How to Spook a Ghost by: Sue Fliess
Back to School, Backpack! by: Simon Rich
I Will Read to You by: Gideon Sterer

Three Little Pigs Hidden Objects

Can you find the 15 hidden items?



Jerk Chicken Breast

- 6 skinless, boneless chicken breast halves (about 2 pounds total)
- 4 teaspoons Jamaican jerk seasoning
- 8 cloves garlic, minced
- 2 teaspoons snipped fresh thyme or 1/2 teaspoon dried thyme, crushed
- 2 teaspoons finely shredded lemon peel
- 2 tablespoons lemon juice
- Olive oil cooking spray or 2 teaspoons olive oil
- Lemon wedges

Jerk Seasoning

- 1 Tablespoon dried thyme leaves
- 1 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cloves
- 1 teaspoon garlic powder
- 1 teaspoon cayenne pepper

Place a chicken breast half between sheets of plastic wrap; pound with the flat side of a meat mallet until an even 1/2 inch thickness. Repeat with remaining chicken. In a small bowl, combine jerk seasoning, garlic, thyme and lemon peel. Brush chicken breasts with lemon juice. Sprinkle garlic mixture evenly over chicken breasts; rub in with your fingers. Place chicken in a resealable plastic bag; seal bag. Chill in the refrigerator for 30 minutes to 24 hours. Lightly coat chicken with olive oil cooking spray or brush lightly with olive oil.

Under Broiler: Preheat broiler. Place chicken on the unheated rack of a foil-lined broiler pan. Broil 3 to 4 inches from heat for 6 to 10 minutes or until chicken is tender and no longer pink, turning once halfway through broiling.

On the Grill: Place chicken on grill rack of an uncovered grill directly over medium heat. Grill for 6 to 10 minutes or until chicken is tender and no longer pink, turning once halfway through grilling.

CALHOUN FRM/FSC

Want to pay your utilities Local?

WE CAN HELP - STOP BY TO USE BILL PAY

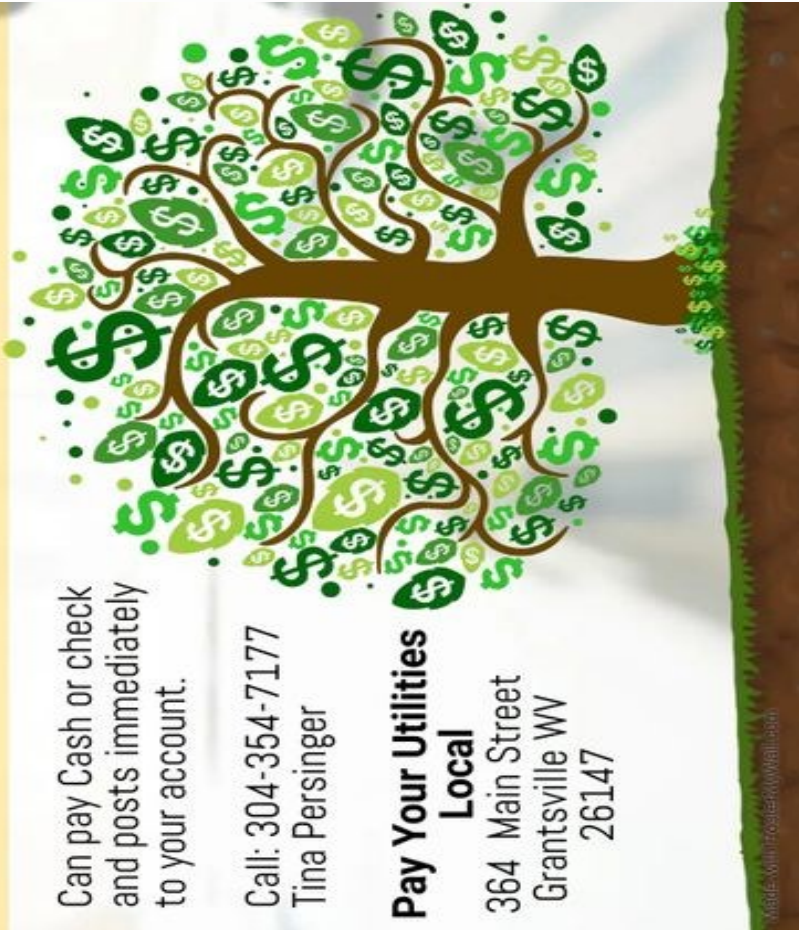
- * Mon Power * Mountainer Gas * AT&T
- * Dominion Gas * Frontier * Waste Management

Can pay Cash or check and posts immediately to your account.

Call: 304-354-7177
Tina Persinger

**Pay Your Utilities
Local**

364 Main Street
Grantsville WV
26147



Calhoun Library

Presents
WV Humanities Council
History Alive!

Nellie Bly

September 9, 2023 @ 2pm

Check our Facebook Page for updates
Call or message with any questions



20 Wheelchair / Seated Exercises for the Elderly



1. Neck stretch (up, down, side to side)



2. Neck rotation



3. Shoulder shrug



4. Seated arm raise



5. Lower back stretch



6. Arms forward and back stretch



7. Side stretch



8. Seated crunches



9. Arm curls



10. Punches



(Right punch)



(Left punch)



11. Chest fly



12. Hamstring stretch



13. Ankle stretch



14. Ankle circles



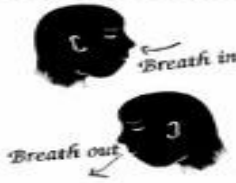
15. Progressive marching



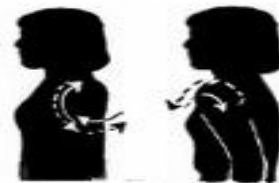
16. Knee lifts



17. Hand exercise



18. Breathing exercise



19. Shoulder circles



20. Seated leg lifts

Mix it Up Bingo

Friday, September 8th, 2023

20 games for \$20

6:00 pm

Doors open at 5:00 pm *Early bird drawing*

Arnoldsburg Community Building
Sponsored by: CCCOA Minnora Site

Concessions Will Be Sold

20 games, raffles, 50/50 drawings, Silent Auction,
Door Prizes

All baskets and bags will be filled 😊

Selection of Longaberger baskets, case knives, & Thirty-One bags

**Proceeds will go to Minnora CCCOA
Site for future projects.**

For More information call 304-655-8805

Unique Needs of People Ages 60+

Unique Needs of People Ages 60+

Enjoy a variety of foods from each food group to help reduce the risk of developing chronic diseases such as high blood pressure, diabetes, hypertension, and heart disease.

Choose foods with little to no added sugar, saturated fats, and sodium.

Get enough protein during your day to maintain muscle mass.

Focus on the nutrients you need, including potassium, calcium, vitamin D, dietary fiber, and vitamin B12.

With age, you may lose some of your sense of thirst. Drink water often. Low- or fat-free milk, including lactose-free options or fortified soy beverage and 100% juice can also help you stay hydrated. Limit beverages that have lots of added sugar or salt.

Maintain a healthy weight or prevent additional weight gain by following a healthy dietary pattern and adopting an active lifestyle.

Learn how much to eat from all five food groups and find out how many calories you need each day to help you maintain energy using the MyPlate Plan.

Try to prevent foodborne illness (food poisoning) by keeping food safe. Learn more about the four steps to safer food choices—Clean, Separate, Cook, and Chill—at FoodSafety.gov.

Nutrition Tips for Ages 60+

Eating habits change throughout the life span. Learn how the foods and drinks you choose each day help you meet daily nutrient needs, maintain a healthy body weight, and reduce the risk of chronic disease.

Eat seafood, dairy or fortified soy alternatives, beans, peas, and lentils to help maintain muscle mass.

Add fruits and vegetables to your meals and snacks. If slicing and chopping is a challenge, choose frozen, canned, or ready-to-eat options.

Turn eating into a social event. Meals are more enjoyable when you eat with others. Invite friends to join you or take part in a potluck at least twice a week. Some community centers and places of worship offer meals that are shared with others. There are many ways to make mealtimes pleasing.

The body's ability to absorb vitamin B12 can decrease with age. Taking certain medicines can also lower absorption. Eating enough protein and fortified foods can help the body get the vitamin B12 it needs. Speak with your healthcare provider to learn if you should take supplements and what is right for you.

If you use or are thinking about taking dietary supplements, talk about this with your healthcare provider to learn what is right for you. This includes nutrition supplement drinks, which can have added sugars. The My Dietary Supplement and Medicine Record can help you track your supplement and medicine use.

Be Active

Being physically active can help you stay strong and independent. For older adults, regular physical activity supports several health benefits, including brain function, balance, and bone strength.

Try to get at least 150 minutes (or two and a half hours) of moderate activity per week. Moderate means any activity that gets your heart beating faster.

Do activities that make your muscles work harder than usual at least two days of the week.

Calcium and Vitamin D

The nutrients in dairy are important for all ages. Include foods like low-fat or fat-free dairy milk or yogurt. Need an alternative? Try lactose-free dairy milk or yogurt that's low-fat or fat-free. You can also try fortified soy versions.

Protein and Vitamin B12

Keep seafood on hand. Canned seafood, such as salmon, tuna, or crab, is quick to prepare and enjoy. Canned items also store well.

Sodium/Salt

Look for cue words. Items that are "pickled," "brined," or "cured" tend to be high in sodium. Include these foods in your meals sparingly.

Dietary Fiber

Start your meal with veggies. If you start your meal with a salad or eat your vegetables first, you will feel full sooner and ensure that you get valuable vegetable nutrients.

Healthy Eating

Try a twist on a dish. Substitute unsweetened applesauce for butter when baking or use low-fat milk when a recipe calls for cream. Experiment with low-salt herbs and spices.

Added Sugars

Satisfy your sweet tooth. Indulge in a naturally sweet dessert – fruit! Enjoy a fresh fruit salad., baked apples with cinnamon, or a piece of fruit right out of the fridge.

Fats

Choose your sauce. Pick sauces made from vegetables like marinara, rather than cream or butter sauces to limit calories from saturated fat. You can ask for them on the side or for the dish to be prepared with less or no sauce.

Beverages

Perk up plain water or seltzer water with lemon, lime, or orange slices. Maybe even add some fresh mint leaves or a few fresh or frozen berries.

Dairy/Fortified Soy Alternatives

Move to low-fat or fat-free dairy milk or yogurt, lactose-free dairy or fortified soy versions.

Grains

Instead of sandwich bread, try a whole-grain pita, tortillas, naan or other whole-grain flatbread, sliced breads, or rolls.

Appetizers

Crab Rangoon Dip \$8.99
Fresh Fried Shrimp with Crab meat, cream cheese, mozzarella, chives & sweet chili

Loaded Fries or Nachos \$8.99
Topped with your choice of cheddar & bacon, Chicken, Pork or Taco Meat & Cheese, Salsa, Sour cream & Jalapeños.

Ultimate Quesadilla \$8.99
Steak, Chicken, filled with Cheddar, 3 Pepper mix, Onions & topped with Salsa, Sour cream and Jalapeños.

Bone In or Out Wings \$8.99
6 Crispy Deep fried wings tossed in your choice of Mild, Medium, Hot, BBQ, Sweet Chili, Teriyaki, Garlic Parm, General Tso. Add chopped garlic .50

Jalapeños Poppers \$5.99
6 Jalapeños stuffed with cream cheese breaded & deep fried & served with ranch.

Southwest Egg Rolls \$5.99
4 seasoned chicken spinach whole black beans whole kernel corn red bell pepper and pepper jack cheese.

Mozzarella Cheese Sticks \$4.99
4 cheese sticks deep fried and served Marinara sauce.

Onion Petals \$4.99
Breaded & deep fried petal of onions served with our special sauce.

Breaded Mushrooms \$4.99
Breaded & deep whole mushrooms served with our special sauce.

Blue Plate Specials

The Ribeye Steak \$16.99
8 Oz or 12 oz add \$4. Topped with sautéed onion and mushrooms served with a loaded baked potato, Bread stick and salad bar.

The Country Chicken \$15.99
Grilled or Deep fried 8oz chicken breast Served with a loaded baked potato, Bread stick and salad bar.

The Fish and Shrimp \$15.99
Grilled or Deep fried 2 large pieces of Alaskan white fish or 1 lg piece & 6 shrimp, or 12 shrimp served with a fries, hush puppies, cole slaw. Substitute salad bar for \$2.49.

The Meatloaf Platter \$15.99
Your own personal loaf served with Garlic mashed potatoes and beef gravy, vegetable of day, Breadstick & salad bar.

The Country Ribs \$15.99
Country Style Ribs smoked and grilled in our tasty BBQ sauce served with loaded baked potato, Bread stick & salad bar.

The Baked Lasagne \$15.99
Layers of pasta, with 3 cheese, Beef, sauce topped with more cheese and baked. served with Bread sticks.

The Endless Salad Bar \$10.99
Add 8 oz Ribeye \$6 or Chicken \$5 with unlimited trips to the salad bar. A great low carb option.

Taco Salad \$8.99
Served in deep fried Tortilla bowl with taco meat or chicken, lettuce, Tomatoes, onions, Jalapeños, Salsa & Sour cream.

Soup of The Day \$5.99
Bread bowl add \$4

Dinners served from 2-7:30

Sandwiches

The Arnoldsburger \$7.99
Jumbo 1/2 Lb. of Ground lean beef fixed your way! Classic, Mushroom & Swiss or Patty melt. Add bacon \$1.25.

The Calhoun Chicken \$7.99
Generous Chicken Breast fixed your way! Crispy, Grilled Teriyaki, Classic, Buffalo, BBQ. Add bacon \$1.25.

The Big Whaler \$7.99
Alaskan White 8 oz fish Deep fried or grilled with your choice of toppings.

The Country BBQ \$7.99
Smoked tender pork with our house BBQ sauce with Cole slaw.

The Ultimate B.L.T. \$7.99
6 slices of smoked bacon on Texas Toast with mayo, Tomatoes and Lettuce.

The Famous Philly \$10.99
Steak or Chicken, 3 Peppers mix, Onions, Mushrooms, Mozzarella, on a Fresh baked Italian Sub.

The Hot Italian Sub \$10.99
Ham, Pepperoni, Hard salami, Chopped Lettuce, Tomatoes, Onions, Peppers toss in Italian on a Fresh baked Italian Sub.

The Pizza Sub \$10.99
3 Topping with pizza sauce & Mozzarella on a Fresh baked Italian Sub.

The Meatball Parm Sub \$10.99
Homemade Meatballs with sauce & Mozzarella baked on a Fresh baked Sub.

The Cold Cut Sub \$10.99
Choice of any or all Ham, Turkey, Salami, Bacon, with your choice of fresh veggies & toppings.

Add Fries & Bottomless drink for \$5 Shake up grade \$2

Desserts

Our Signature Pie of the day. \$4.99
topped a la mode with your favorite ice cream drizzled with warm Caramel, whipped cream & cherry.

The Banana Split \$7.99

The Hot Fudge Brownie Sundae \$5.99

Big scoop Sundae \$4.99

Waffle Cone or Bowl Ice Cream \$3.99

Fresh bake Jumbo Cookie \$1.49

White chocolate macadamia nut, Chocolate chip, Oatmeal raisin. Dozen \$9.99 Must be ordered day before.

Shakes or Ice Coffee \$3.99

Scoop of ice cream \$1.99

Kids Cone \$1.99

Early Bird Dinner 2-4 pm get 10% discount on Dinners. Senior Citizens & Community Service workers 10% all the time.

Pizza

Traditional 1 topping 16 inch Pizza \$12.99 Additional toppings \$2
Pepperoni, Italian Sausage, Ham, Hard Salami, Bacon, Bell peppers, Black olives, Onions, Mushrooms, Banana peppers, Tomato, Pineapple. Extra Cheese \$3

Specialty Pizza \$16.99

Supreme
Pepperoni, Sausage, Ham, Onions, Peppers, Mushrooms, Black olives.

Veggie Lovers
Tomatoes, Onions, 3 Pepper mix, Mushrooms. Black olives.

Meat Lovers
All meats, Pepperoni, Sausage, Ham, Bacon.

BBQ Pork
BBQ sauce, Shredded smoked pork, Red onions, Mozzarella.

Philly Steak or Chicken
Steak or Chicken, 3 Pepper mix, Onions, Ranch, Mozzarella.

Mexican
Refried Beans, Taco Beef, Onions, Mozzarella, Salsa, Sour cream, Jalapeños.

Buffalo Chicken
Buffalo style chicken grilled or fried, Franks Hot sauce, Red onions, Mozzarella.

Cheesy Bread \$5.99/\$8.99
Fresh baked garlic bread topped with lots of Mozzarella and Parmesan cheese.

Crusts are made fresh daily and are on first come basis please order early.

Buffets

ALL YOU CAN EAT Buffet \$16.99

Friday

Fish & Shrimp Buffet
Fish & Shrimp (Types Varies)
Fries or Potatoes, Hush puppies, Veggies, Cheddar garlic biscuits

Saturday

Ribeye 8 Oz Special
12 oz (Add \$4)
Add sautéed onion & mushrooms \$2
Loaded baked potato & Bread sticks.

Sunday Italian Buffet

Spaghetti, Baked Lasagna, Fettuccini Alfredo, Meatballs, Chicken Cutlets or Eggplant, Bread Sticks, vegetable.

All Buffets come with Salad bar, Free Drinks, Free dessert.
Items may Vary from week to week depending on supply & Demand.

Deals

\$14.99 Family To go Specials

- 4- 1/4 lb. Cheesburgers.
- 4- BBQ Pork with slaw.
- 4- Chicken Sandwiches.
- 4- Fish Sandwiches.
- 6- Loaded Hotdogs.
- 2- Lg pepperoni pizza.
- 12- Bone in or out Wings.
- 1- Lg pepperoni and 6 wings.
- 4- Pizza Breads with 3 toppings.
- 4- Large Fries or 4- Onion Petal.

Available anytime for call in and pick up @ drive thru 304-655-8052

The Arnoldsburger Cafe

Full Menu starts Sept. 1st.

New Items may be unavailable till that time.

Thanks for your business. Pick up window open
11AM-7:30PM.

Dining Room Open daily 11AM-7PM.

304-655-8052

Early Bird Dinner 2-4 pm get 10% discount on Dinners. Senior Citizens & Community Service workers 10% all the time.

Water Stretch Classes

The ultimate aquatic workout program for students of all fitness levels.

The body's buoyancy and feeling of weightlessness in the water allows for a unique exercise that engages the body's core.

Uses the natural resistance of the body against the water to improve the body's endurance, lean body mass and flexibility.

Instructor: Kathy Gilbert

If you are interested in this class it will be offered on the 1st and 3rd Monday of the month.

Class will be offered to those 60 and over, or those accompanying someone 60 and over.

The bus will depart the CCCOA at noon and return at approximately 2:45pm. Bus is open to the first 10 that sign up. You are welcome to drive and join the class, however you must pay the membership fee and sign up for the class so we can get a head count.

Water Stretch Classes

1st and 3rd Monday of the Month

One Time Class Membership Fee \$6.00

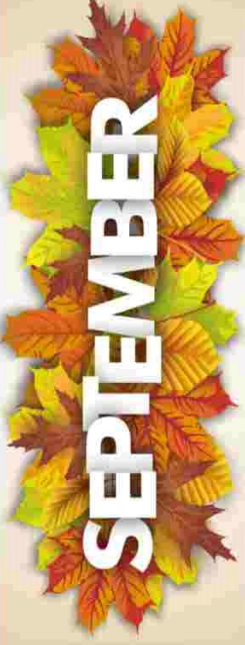
\$5.00 bus fee per trip



Fall Trivia Quiz Answer Key

- What is the first day of fall called?
 - Fall
 - Autumn
 - Autumnal equinox
- What is the full moon which occurs closest to the autumnal equinox called?
 - The Harvest moon
 - The Fall moon
 - The Blue moon
- What does September mean in Latin?
 - Scepter
 - Stars
 - Seven
- What are the 3 Zodiac signs of fall?
 - Libra, Scorpio, Sagittarius
 - Scorpio, Sagittarius, Capricorn
 - Virgo, Libra, Scorpio
- In the Northern Hemisphere, autumn begins in September. When does it begin in the Southern Hemisphere?
 - October
 - March
 - November
- What English Romantic poet wrote the poem "To Autumn"?
 - Oscar Wilde
 - John Milton
 - John Keats
- Before the 16th century, fall was called?
 - Harvest
 - Autumn
 - Close of the year
- According to superstition, catching leaves in autumn brings what?
 - Good luck
 - Bad luck
 - Money
- In what 'autumn' movie can you see Richard Gere and Winona Ryder walking through beautiful fall trees and leaves?
 - A Walk to Remember
 - Autumn in New York
 - October Sky
- What country did Halloween originate from?
 - England
 - Spain
 - Ireland
- According to NASA, autumn is
 - Clear Space Season
 - Aurora Season
 - Clear moon Season
- In what city was the first OktoberFest held?
 - Munich
 - Geneva
 - Paris

September
national days
word search
printable
from Always
the Holidays



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

PATRIOT DAY	PEANUT DAY	VFW DAY
PROPOSAL DAY	GYRO DAY	RHINO DAY
GRATITUDE DAY	CHAI DAY	RESPECT DAY
DEAF DAY	SALAMI DAY	SKYSCRAPER DAY
BATMAN DAY	FAMILY DAY	TV DINNER DAY
SOBER DAY	GREENPEACE DAY	SUDOKU DAY
ALZHEIMERS DAY	SCARF DAY	COFFEE DAY

Start	Something I would like to learn	Favorite movie	Something I do to stay healthy	Favorite sport	Favorite book	Favorite day of the week
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Tell Me About My Favorites and Things About Me

Something I would like to learn

Favorite food	Favorite pizza	Favorite season	Something I am good at	Something I know about elephants	Favorite type of pie	Something that makes me happy
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Something that makes me nervous

a game for 2-4 players
Need: Dice, Counters



Favorite color	Someone I admire	Favorite movie	Something I am proud of	Favorite relative	Something that makes me sad	Favorite fruit
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Each player puts a counter on the start.
Take turns to roll the dice and move.



Favorite ice-cream flavor

Something I know about Africa	Favorite vegetable	Something I like about school	Favorite number	Someone I like to spend time with	Favorite animal	Favorite holiday
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Favorite vacation



Read what is on the space you land on and tell the others about this. Play continues until each player reaches the finish.



Favorite hobby	Favorite television show	Something that makes me angry	Favorite thing to do in summer	Favorite snack	Something I know about penguins	Finish
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West Fork Site

Anita West &
Randy Wilson
celebrate July
Birthdays




Grantsville Lions Club presents the West Fork site with a check for \$100.00 to aid in the purchase of a new flag pole. Special thank you to the Lions Club!

Left to Right: Cheryl Sturms, Randy Wilson, Marty Park & Kim Kerby Marco





WORD BANK:

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OBJS	_____
EERTEABL	_____
KOWRESRIF	_____
ROALB SIUNON	_____
RACEBEBU	_____
PETSMERBE	_____

Calhoun County Committee on Aging

September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2% Milk & Margarine Served Daily	Menu Subject To Change Without Notice			1 Beef Macaroni Tomato sauce Brussel sprouts Ww bread fruit
4 CLOSED FOR LABOR DAY	5 Chicken patty Tomato Peas & Carrots Fruit Whole Wheat Bread	6 Cook's Choice	7 Hamburger on Whole Wheat Bun Red Tomato, onion, Iceberg Lettuce Leaves Potatoes Banana pudding	8 Chicken pasta Stem vegetables Fruit Whole wheat bread
11 AI Steak Mashed Potatoes Gravy Peas Mandarin Oranges Whole Wheat Bread	12 Kraut w/ Italian sausage Potatoes Butter Beans and onion Fruit Ww Corn Bread	13 Cream tomatoes Cube potatoes Sausage Ww Biscuit Fruit	14 Chicken Potatoes Seasoned Vegetables Orange Pineapple Gelatin Whole Wheat Bread	15 White Beans w/Ham Mustard greens Onions Ww Cornbread Fruit
18 Baked Pork Chops Mashed Potatoes Gravy Mustard Greens fruit Whole Wheat Bread	19 Chili w/Meat & Beans Waldorf Salad Apple crisp Ww bread	20 Cook's Choice	21 Pinto Beans Onions Turnip Greens Applesauce Ww Cornbread	22 Fish Peas and Carrots Coleslaw Fruit Whole Wheat Bun
25 Bake Steak Mashed Potatoes Gravy Beets Whole Wheat Roll Fruit	26 Lasagna Raw Vegetable Salad Fruit Whole Wheat Garlic Toast	27 Barbecue Chicken Potatoes Green Beans Apricots Whole Wheat Bun	28 Rib with onion Green Beans Peaches Potatoes Whole Wheat Bun	29 Vegetable Beef Soup Cheese Salad Fruit whole Wheat Bun

Executive Director: Rick Poling

Board of Directors

Roger Jarvis— President

Pamela Gainer— Vice-President

Dottie Rader— Secretary

Launa Butler

Dorothy McCauley

Martha Haymaker

Patti Hicks

Roberta Wilson

Janet Gherke

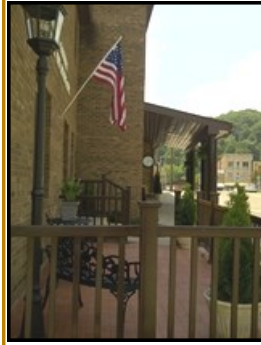


The CCCOA Board of Directors meet the fourth Monday of each month at CCCOA.

Interested citizens are always welcome at board meetings and encouraged to attend.

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.

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



West Fork Site

121 Milo Road

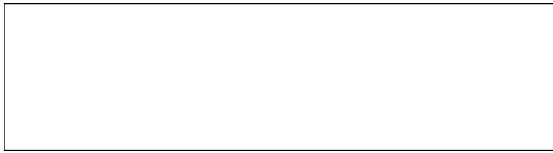
Minnora, WV 25261

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

