



The Fayette Senior Spotlight

2017 Q3 – August, September, October

Volume 01 – Issue 01

Welcome to the Senior Spotlight

Welcome to the first edition of the Fayette Senior Spotlight, a quarterly newsletter covering topics of interest to our county's beloved elders.

We hope you'll sign up to join us each quarter from now on!

To sign up to receive the Fayette Senior Spotlight free of charge call (304) 755-2385 and speak with Jacob Duchaine.

National Senior Citizens Day

Each year on August 21 the National Senior Citizens Day is observed across the United States.

This day was created as a day to support and honor our seniors and their valuable contributions to our communities.

Check for special discounts and promotions that may be offered at businesses in your area, and join us for an 11:30 AM lunch honoring seniors at Fayette County's various senior centers.

Fayette Senior Centers

Oak Hill Center, *Lunch @ 11:30 AM*

Meadow Bridge Center, *Lunch @ 11:30 AM*

Smithers Center, *Lunch @ Noon*

For more information on meals, call Fayette Senior Programs at 304-465-8484

Monthly Birthday Bash

Near the end of each month, we come together to recognize the birthdays of the seniors in our community!



Birthday guests of honor Timothy Wheeler, Frances Uryga, and Harry Wayne Martin.

This month we celebrated the birthdays of Timothy Wheeler, Frances Uryga, and Harry Wayne Martin, pictured above!

We serve cake and commemorate another year around the sun.



Site Manager Fonda Shockey as well as Suzette Hardy, Anna Thomas, Harry Martin, Frances Uryga, and Timothy Wheeler gathering in celebration!

Is it your birthday this month? Check the activity calendar on page 3 for this month's celebration and stop by to join us!



Cook's Corner

By LuAnn Willis

Blueberry Zucchini Bread

Caregiver support Meetings

Held at Fayette Senior Programs 108 Lewis Street Oak Hill on the 2nd and 4th Monday of every month at 1 PM.

Upcoming meetings include topics like *'Information on Cataracts'* and *'Information on Dry Eyes'*

For more information please call (304) 465-8484

Free Family Movie Night

The Lively Family Amphitheater located on Main Street Oak Hill will be having **FREE** Family Film events throughout the rest of the year! Movies begin at Dusk (usually between 8 and 9 p.m.)

Movie Schedule:

August 5 – Movie: Inside Out

August 13 – Movie: Moana

August 26 – Movie: Lego Batman

September 9 – Movie: Remember the Titans

Other Events:

September 16 – Hank Williams Sr. Tribute

October 28 – Pumpkin House Trunk or Treat, 7 p.m.

December – Christmas with Santa

Services Offered

If you know a senior who could use a meal or a hand, Fayette Senior Programs provides a variety of services including meals, in home care, transportation, and more!

Ingredients

- 3 eggs, slightly beaten
- 1 cup vegetable oil
- 3 teaspoons vanilla extract
- 2 1/4 cups white sugar
- 2 cups shredded zucchini
- 3 cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1 tablespoon ground cinnamon
- 1 pint fresh blueberries

Directions

1. Preheat oven to 350 degrees. Lightly grease 2 loaf pans.

2. In a large bowl, beat together the eggs, oil, vanilla, and sugar. Fold in zucchini. Beat in the flour, salt, baking powder, baking soda, and cinnamon. Gently fold in the blueberries. Transfer to the prepared loaf pans.

Bake 50 minutes in the preheated oven, or until a knife inserted in the center of a loaf comes out clean. Cool 20 minutes in pans, then turn out onto wire rack to cool.

AUGUST 2017

Putnam Aging

Menus meet one-third of dietary guidelines

For home delivered meals call

(304) 755-2385

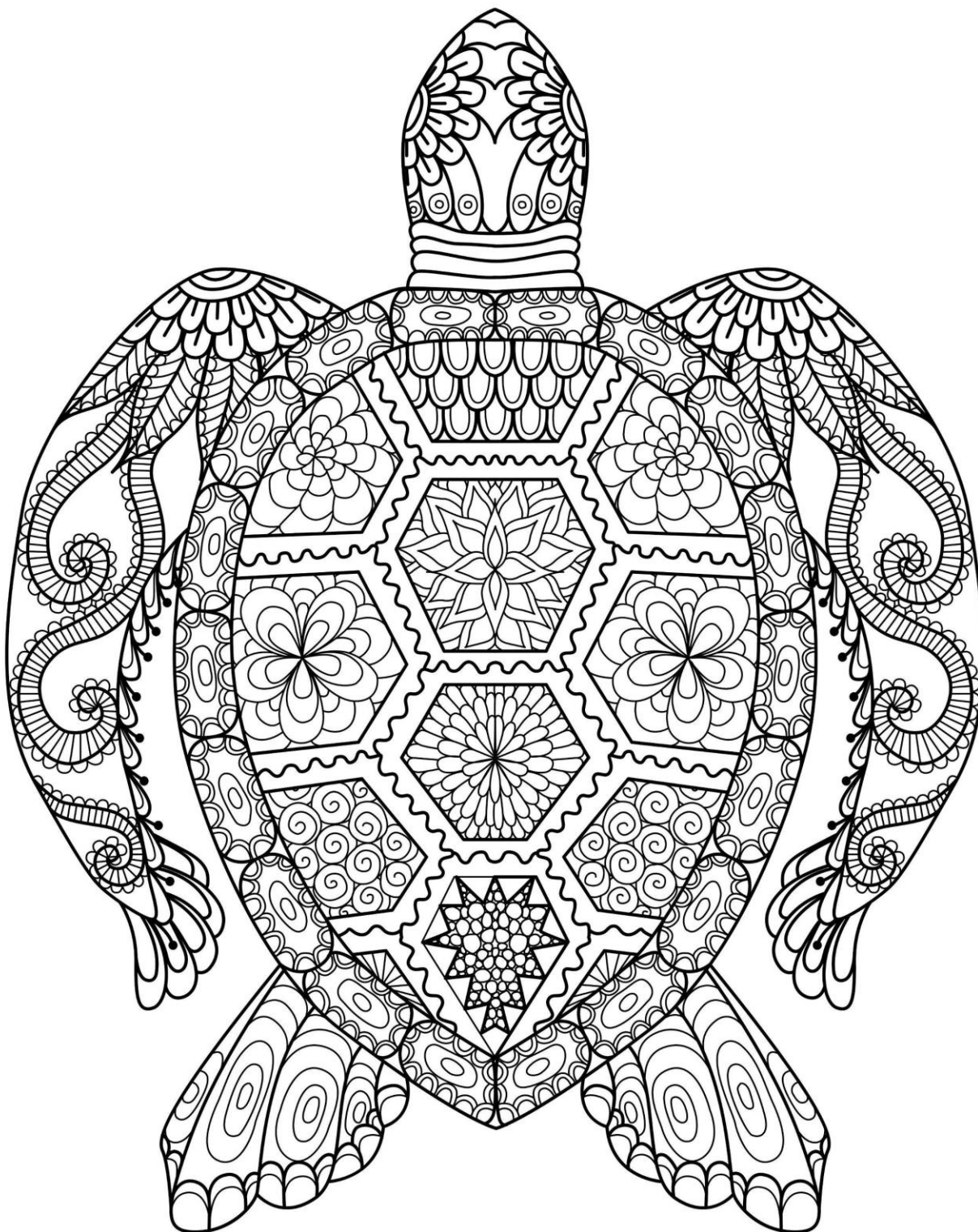
Donation scale:

Under \$600 is \$1.50 Per Meal, \$600-\$800 is \$1.75 per meal, \$800-\$1000 is \$2.50 per meal, \$1000-1200 is \$3.25 per meal, \$1400 is \$4.00 per meal, **Under** the age of 60 \$5.25 per meal

Monday	Tuesday	Wednesday	Thursday	Friday
	1 OVEN BAKED CHICKEN MASHED POTATOES YELLOW SQUASH PEACHES W/W ROLL	2 SALISBURY STEAK WITH GRAVY OVER RICE PEAS APPLESAUCE W/W ROLL	3 OVEN BAKED TALAPIA BUTTERED POTATOES CARROTS PEARS W/W ROLL	4 LASAGNA GARDEN SALAD GARLIC TOAST ORANGE
7 HAMBURGER ON BUN LETTUCE & TOMATO POTATO WEDGES WATERMELON	8 TURKEY A~ LA KING BROCCOLI BISCUIT FRUIT COCKTAIL	9 OVEN BAKED CHICKEN MASHED POTATOES ZUCCHINI & TOMATOES PINEAPPLE W/W ROLL	10 CHICKEN CASSEROLE SPINACH MARINATED BEETS & ONIONS ROLLS & PEACHES	11 BAKED SALMON BAKED POTATOES GREEN BEANS GRAPES W/W ROLLS
14 CHICKEN SALAD ON WHEAT BREAD BROCCOLI SOUP PLUMS	15 SPAGHETTI WITH MEAT SAUCE GARDEN SALAD GARLIC BREAD PEARS	16 WHITE BEANS CORNBREAD CUCUMBERS & ONIONS PINEAPPLE	17 MEATLOAF MASHED POTATOES BROCCOLI W/W ROLLS PEACH CRISP	18 BBQ CHICKEN DILL POTATO SALAD GREEN BEANS WATERMELON W/W ROLL
21 HAMBURGER ON BUN LETTUCE/TOMATO/ONION BAKED BEANS CUCUMBER SALAD PEACHES	22 ROAST PORK BAKED POTATOES BROCCOLI CINNAMON APPLESAUCE BISCUITS	23 LEMON PEPPER TALAPIA OVER RICE STEWED TOMATOES COLESLAW W/W ROLL	24 BEEF VEGETABLE STEW GREEN BEANS CORNBREAD FRESH FRUIT SHERBERT	25 CHICKEN & DUMPLINGS PEAS SIDE SALAD W/W ROLL FRUITED JELLO
28 SALISBURY STEAK & GRAVY MASHED POTATOES CAULIFLOWER & PEAS APRICOTS W/W BREAD	29 SPAGHETTI & MEAT SAUCE ITALIAN VEGETABLES APPLE W/W ROLL	30 BEEF TIPS & GRAVY MASHED POTATOES GREEN BEANS ORANGE W/W ROLL	31 FISH FILLET BLACKKEYED PEAS COLESLAW PEARS W/W ROLL	

Due to the availability of food items, menus are

**subject to change without notice. Thank you for
your Donation**



Activity Schedule

Fayette County

Monday through Friday, each Fayette County senior center offers a nutritious lunch and various games and activities! Any individual aged 60 or older is welcome. Donations appreciated but not required.

Daily (M-F)

Karaoke – Oakhill, Smithers
Puzzle Table – Oakhill, Smithers
Wii Bowling - Oakhill

Monday

Food Pantry Shuttle* - Oakhill

Tuesday

Shopping Shuttle* – Oakhill, Smithers
Mornings | Bingo - Smithers

Wednesday

All Morning | Live Music by Second Time Around – Oakhill
After Lunch | Bingo – Meadowbridge

Thursday

Walmart Shopping Shuttle* – Oakhill
After Lunch | Bingo - Smithers

Friday

Food Pantry Shuttle* - Oakhill

*Call center for shuttle trip signups.

Oak Hill Senior Center

Monthly

2nd & 4th Mondays @ 1 PM
Caregiver Support Meeting

Upcoming Events

- August 21st @ 8 AM – Noon – National Senior Citizens Day
- August 25th @ Lunch – Birthday Celebration
- September 29th @ Lunch – Birthday Celebration
- October 27th @ 11 AM – Lunch Halloween Party

Meadow Bridge Senior Center

Upcoming Events

- August 21st @ 8AM – Noon – National Senior Citizens Day
- August 25th @ Lunch – Birthday Celebration
- September 29th @ Lunch – Birthday Celebration
- October 27th @ 11 AM – Lunch Halloween Party

Smithers Senior Center

Upcoming Events

- August 21st @ 8AM – Noon – National Senior Citizens Day
- August 25th @ Lunch – Birthday Celebration
- September 29th @ Lunch – Birthday Celebration
- October 27th @ 11 AM – Lunch Halloween Party

Oak Hill Senior Center

(304) 465-8484
108 Lewis Street,
Oak Hill, WV 25901

Meadowbridge Senior Center

(304) 484-6199
8910 Sewell Ck. Rd,
Meadow Bridge, WV 25976

Smithers Senior Center

(304) 663-7641
518 Michigan Avenue,
Smithers, WV 25186



108 Lewis Street,
Oak Hill, WV 25901

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Oak Hill, WV 25901

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Facebook.com/
PutnamAgingProgram

WV Bureau of Senior Services

(304) 558-3317

Medicare help line

1-877-987-4463



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