



Senior Life Services
of Morgan County, Inc.

Fall 2025
Volume 3, Issue 3



Last year we served almost 24,000 meals to our seniors. Join in on our annual Nutrition Fundraiser. Every dollar donated will go toward purchasing meal ingredients.

25 Days of Christmas Cash Bash

Prizes

November 21st Kickoff : \$100

Dec. 1 st - \$150	Dec. 16 th - \$150
Dec. 2 nd - \$150	Dec. 17 th - \$150
Dec. 3 rd - \$200	Dec. 18 th - \$150
Dec. 4 th - \$150	Dec. 19 th - \$600
Dec. 5 th - \$350	Dec. 20 th - \$150
Dec. 6 th - \$150	Dec. 21 st - \$200
Dec. 7 th - \$150	Dec. 22 nd - \$250
Dec. 8 th - \$200	Dec. 23 rd - \$300
Dec. 9 th - \$150	Dec. 24 th - \$500
Dec. 10 th - \$250	Dec. 25 th - \$1,500
Dec. 11 th - \$300	
Dec. 12 th - \$750	
Dec. 13 th - \$150	
Dec. 14 th - \$150	
Dec. 15 th - \$200	

Merry Christmas



NAME _____

ADDRESS _____

PHONE _____

Use QR Code to purchase tickets. Type Christmas Cash in memo. Will receive photo proof of ticket.



25 Days of Christmas Cash
Starting Monday, December 1, 2025
Kickoff on Friday, November 21, 2025
Donation: \$20.00 Per Ticket
Only 1500 Tickets Will Be Sold

Senior Life Services
of Morgan County, Inc.
All Proceeds Go To Benefit
Our Nutrition Program
Don't Let Our Seniors Go Hungry

No. 0001

Senior Life Services of Morgan County Menu

November 2025				
Mon	Tue	Wed	Thu	Fri
3 Spaghetti Green Beans Garlic Bread Dessert	4 Roasted Pork Brussel Sprouts Baked Potato Pears	5 Sausage Gravy Biscuit Hash Browns Carrots Peaches	6 Chicken & Rice Soup Grilled Cheese Sandwich Peas Fruit	7 Chicken Patty Sandwich French Fries Broccoli Pineapple
10 Pork & Kraut Mashed Potatoes Succotash Oranges	11 ALL CENTERS CLOSED FOR VETERANS DAY Thank you to all who Served our Nation	12 Chili Cornbread Kale Dessert	13 Beef Stroganoff Green Beans Roll Pineapple	14 Pulled Pork BBQ Tator Tots Cole Slaw Dessert
17 Salisbury Steak Mashed Potatoes Brussel Sprouts Pineapple	18 BBQ Drumsticks Scalloped Potatoes Peas Peaches	19 Stuffed Pepper Casserole Carrots Roll Dessert	20 Hot Dog Baked Beans Macaroni Salad Oranges	21 Thanksgiving Luncheon Tickets Sold in Advance
24 Baked Chicken Roasted Potatoes Peas Dessert	25 Salmon Cakes Mac -n- Cheese Stewed Tomatoes Oranges	26 Meatloaf Scalloped Potatoes Kale Fruit	27 HAPPY THANKSGIVING ALL CENTERS WILL BE CLOSED	28 ALL CENTERS CLOSED FOR THANKSGIVING HOLIDAY

Senior Life Services of Morgan County December 2025 Menu

December 2025				
Mon	Tue	Wed	Thu	Fri
1 Roasted Pork Baked Potato Brussel Sprouts Peaches	2 Chicken Fajita Spanish Rice Corn Oranges	3 Ham & Bean Soup Cornbread Kale Fruit	4 Baked Spaghetti Green Beans Garlic Bread Pineapple	5 Fish Sandwich French Fries Cole Slaw Dessert
8 Sausage Gravy Biscuit Hash Brown Carrots Apples	9 BBQ Drumsticks Roasted Potatoes Brussel Sprouts Dessert	10 Tuna Salad Sandwich Potato Wedges Peas Pineapple	11 Chili Cornbread Kale Peaches	12 Pulled Pork BBQ Tator Tots Macaroni Salad Dessert
15 Italian Soup Grilled Cheese Sandwich Carrots Dessert	16 Pork & Kraut Mashed Potatoes Peas Oranges	17 Beef Stroganoff Green Beans Roll Peaches	18 Hot Dogs Baked Beans Tator Tots Pineapple	19 Christmas Luncheon Ham Sweet Potatoes Green Beans Roll Dessert
22 Pork Burrito Corn Beans & Rice Soup Pineapple	23 Cheeseburger Fries Cole Slaw Oranges	24 Baked Chicken Pot Pie Harvard Beets Dessert	25 MERRY CHRISTMAS ALL CENTERS CLOSED FOR THE HOLIDAY	26 ALL CENTERS CLOSED FOR THE CHRISTMAS HOLIDAY
29 Liver & Onions Mashed Potatoes Peas Peaches	30 Sloppy Joos Wedges Carrots Dessert	31 Lasagna Garlic Bread Green Beans Pears		



Many know Molly Perry around town for her many business ventures like Awaking Boutique & Health Coaching and her non-profit Hill Top Haven WV – Agricenter, but she is a lot more. Ms. Perry is a retired special needs teacher of 25 years (with a Master of Education- Fairmont State University and Qualified Developmental Disabilities Professional- NC State MRDD services). Over time, Molly developed an autoimmune disease, lived with adrenal fatigue and almost daily migraines. She had also observed family members who had developed health issues that could have been prevented with clean eating and exercises. Molly decided to

change everything, so in 2013, she became a Certified Health Coach from the Institute for Integrative Nutrition and a Mindfulness Coach through the Mindful Teacher Certification Program, not only for herself but to help others.

Molly would like to share her story and knowledge with others about being a caregiver for her parents. In 2017, her parents moved in with her due to health issues. Her father was diagnosed with Alzheimer's Disease and her mother had some health issues herself. Molly attended support groups to better understand Alzheimer's and to aid her mother through it all. Now she would like to share with others that are going through the caring for and loss stages of life by starting a Care Giver Support Group. The Senior Center looks forward to the great help and support Molly Perry will be bring to our community young and old.

Meal Location Sites:

Berkeley Springs—Weekdays at 11:45

Great Cacapon—Tuesdays 11:30-11:45

Greenwood—Wednesdays at 11:45

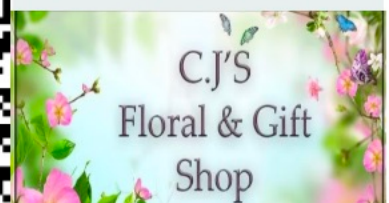
Paw Paw—Weekdays at 11:30

Pleasant View—First and Third Tuesdays

Union Chapel—Mondays 11:30-11:45

Call: 304-258-3096 ext. 1005 the day before to order

Suggested Meal Donation: \$4.00 per meal





Berkeley Springs Senior Center

November 2025 Activities

*HKF- Hand Knee Foot cards

*Tap Dancing:

10:30 Beginners

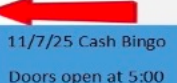
1:00 Intermediate

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Monday STRETCHING with Donatella Bennett	Apple Dumpling Orders Due by Nov. 7th and pick up on the 13th \$5.00 each		November is National Diabetes Awareness Month	Thanksgiving Dinner Tickets are a \$5.00 donation. Please purchase in advance.	Remember to Pre-Order your Chicken & Rice Soup for \$8.00 per qt 11/6/25 And/or Beef & Bean Chili for \$10.00 per qt 11/12/25	
Wednesday CHAIR YOGA with Laura Falcon	3 8:45 Stretching 9:30 Drumball 10:00 Craft day-Pat Steers -Santa Spoon	4 9:00 Walk with Ease 10:00 Bingo 12:30 Bible Study 12:30 "The Page Turners" book club 11-12 Flu Shots 12:30 Legal Aid of WV	5 8:45 ISO exercises 9:30 Drumball 10:00 Watercolor 10:30 Chair Yoga	6 9:00 Tai Chi 10:00 Jackpot Bingo 10:00 Knit Wits 12:30 HKF cards 12:30 BRIDGE	7 10:00 Bingo *12:30 HKF cards	8 Our crafters will be set up at "The Blue" craft show from 8-3 at 440 Fearnov Rd
ATTENTION ALL VETERANS: Help us celebrate YOU! 11/10/25—12:30 American Legion Color Guard Presenta- tion. Bring us a framed picture of you in your uniform and your name will go in a drawing for a Patriotic Quilt hand crafted by our Director, Tammy Kees. Give your photos to Brenda Morgan.	10 8:45 Stretching 9:30 Drumball 10:00 Craft day-Lizzy Sands Mesh Wreath 10:30 Project Linus 12:30 Legion Color Guard	11  CLOSED ON VETERANS' DAY	12 8:45 ISO exercises 9:00 Biscuits & Gravy 9:30 Drumball 10:00 Watercolor 10:30 Chair Yoga 10:30 Sewing Circle	13  Chili Sale	14 WORLD DIABETES DAY 10:00 Bingo *12:30 HKF cards *Tap dancing CASH BINGO	 Must be 18yrs old to play 11/14/25 Cash Bingo Doors open at 6:00 Early Bingo—6:45 Bingo—7:00 Tip Jars, Raffles, and Food will be available
	17 8:45 Stretching 9:30 Drumball 10:00 Craft—Pam Mann Christmas 12:15 Stacy Schultz—Diabetes Prevention & Management	18 9:00 Walk with Ease 10:00 Bingo	19 8:45 ISO exercises 9:30 Drumball 10:00 Watercolor 10:30 Chair Yoga 10:30 Sewing Circle	20 9:00 Tai Chi 10:00 Jackpot Bingo 10:00 Knit Wits 12:30 HKF cards Birthday Party-Berkeley Springs Realty "CHEAP EATS"	21 10:00 Bingo *12:30 HKF cards *Tap dancing THANKSGIVING LUNCHEON	
	24 8:45 Stretching 9:30 Drumball 10:00 Craft day-Margie Kellman- braided coasters	25 9:00 Walk with Ease 10:00 Bingo 12:30 Bible Study 4:00 Pot Luck & Open Mic	26 8:45 ISO exercises 9:30 Drumball 10:00 Watercolor 10:30 Chair Yoga 10:30 Sewing Circle	27  Closed FOR Thanksgiving	28	

Paw Paw Senior Center Site

November 2025 Activities



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Apple Dumpling Orders Due by Nov. 7th and pick up on the 13th \$5.00 each		29	30	31 Halloween	1
Remember to Pre-Order your Chicken & Rice Soup for \$8.00 per qt 11/6/25 pick-up And/Or Beef & Bean Chili for \$10.00 per qt 11/12/25 pick-up	3 10:00 Chair Yoga	4 9:00 Dime Bingo 10:00 Legal Aid	5 9:30-11—Cyber Safety Presentation	6 Carry-In Guest Speaker: David Abruzzi Chicken & Rice Soup Sale	7 10:00 Square Dance 	8  11/7/25 Cash Bingo Doors open at 5:00 Early Bingo—5:45 Bingo—6:00 Tip Jars, Raffles, and Food will be available for purchase.
16	10 10:30 Scrapbooking with Barb	11  CLOSED ON VETERANS' DAY	12 10:00 Crafts with Mary	13 10:00 Bible Study Chili Sale	14 10:00 Square Dance	
23	17 10:15 Storyteller David Long	18 12:30 Cheap Eats 4:00-6:00 Quarter Bingo	19 10:00 Crafts with Mary	20	21 10:00 Square Dance 11:30 Holiday Meal	
	24 10:30 Scrapbooking with Barb	25 10:00 Chair Yoga	26 10:00 Crafts with Mary	27  Closed FOR Thanksgiving	28	29



Mary Ann Dawson, Pam Washington, Barbara Ruckman, Rita Close, Liz Sands, Cassie Higdon, Terry & Glen Valentine, Tiff Hounshell, Tom & Virginia Seely Foundation, Roy's Service Center, Ace Hardware, Moose Lodge 1483, South Morgan Volunteer Fire Department, Devin Abe, Jayne Abe, Gloria Pritchard, Glenda Ridgeway, Jock Shambaugh, Barbara Schrier, Mary Skiver, Christine Sponaugle, Tom & Tina Badley, Donatella Bennett, Susan Danet, Darlene Davison, Gray Jones, Vernon Puffenberger, Helen Soper, Karyn & Paul Williams, Sharon Zeisner, Greg & Mickie Weller, Candy Wells, Mae Dixon, Brenda Morgan, Syd. Placido, Tammy Kees, Jenny Roberts, Juan & Michelle Gomez, Carol Froebe, Kelley Kyne, Janice Lee, Rebecca Heath, Lynette Harbeson, Smiley Shambaugh, Kimberly Galeone, Beverly Rosato, Bill Clark, Eric Black, Debbie Frey, Debbie Gilberto, Laura Falcon, Tom Hill, Mary Ellen Largent, Evan Reichard, Debbie Spicer, Jim Arbogast and the Bridge Club, Cindy Close, Cynthia Frost, Marjorie Kellman, Ruby Henry, Sallie Purcell, Agnes Ratliff, Sharon Ridgeway, Elizabeth Sands, Jenny Smith, Lisa Smith, P I Stull, Jan Weinberg, Kathleen Hausner, Clark's Inc., Robin Teske, Jane Blair, Sarah Guilfoyle, Charles Locke, Wanda Clatterbuck, Donna Prezant, Lilly Ramos, Jimmy Joys Log Cabin, Outback Steak House, Asian Fusion, Buffalo Wild Wings, Logan's Steakhouse, Jersey Mike's, Blue Moon, Mountaineer BBQ, Target, Walmart, Orr's Orchard and Farm Market, Sue Polito, Scrappy Apple, Betty Hutchinson, Farm of Peace, Christine Wilson, Shirley Monn-Myers, Scott, Cooney Sr., Linda Hallwig, Susan Danek, John Zupan, Richard White, Ken & Diane Burkhart, Penny Dove, Hunter's Hardware, Jerry Sealey and family, Maggie Norris, Berkeley Springs Lions Club, Gail Bechtol, Jim Bechtol, Angela Petry & Belly Dancing Troupe, Angel Harden, Yvonne Shepard, Pam Mann, Molly Perry, Robert Williams, Donna Burdock



SENIOR LIFE SERVICES OF MORGAN COUNTY PRESENTS
BERMUDA & PERFECT DAY
WITH ROYAL CARIBBEAN CRUISE LINE ON THE VISION OF THE SEAS
10 DAYS / 9 NIGHTS ~ JUNE 11 –21, 2026

DAY	PORT	ARRIVE	DEPART
1	Baltimore, Maryland		3:00 PM
2	Cruising		
3	Royal Naval Dockyard, Bermuda	2:00 PM	
4	Royal Naval Dockyard, Bermuda		1:00 PM
5	Cruising		
6	Perfect Day CocoCay, Bahamas	9:00 AM	5:00 PM
7	Nassau, Bahamas	8:00 AM	5:00 PM
8-9	Cruising		
10	Baltimore, Maryland	7:00 AM	

Inside Cabin Category 4V \$1,562
 Outside Cabin Category 4N \$1,672

Outside Cabin Category 2N \$1,822

Rates are per person double occupancy and include roundtrip motorcoach transportation to/from the cruise pier based on 30 paying passengers, cruise, port charges, and government fees.

PASSPORT REQUIRED

DEPOSIT POLICY: An initial deposit of \$350 per person double occupancy or \$700 per person single occupancy is required to secure reservations and assign cabins. Final payment is due by March 4, 2026. **These are the best rates around! Those who book early get the best prices, the best cabin locations, and their preferred dining times.**

Itinerary and prices are subject to change.

FOR RESERVATIONS OR MORE INFORMATION PLEASE CONTACT
SYDNEY PLACIDO ~ (304) 258-3096

12/11/26 su

ALASKA AUSTRALIA BAHAMAS BERMUDA CARIBBEAN CANADA DUBAI EUROPE HAWAII NEW ENGLAND PANAMA CANAL SOUTH AMERICA



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Life is best spent among friends

Travel with us in 2026

Branson, Missouri in the Spring

Bermuda in the Summer

Maine this fall

Myrtle Beach Christmas

Call 304-258-3096

Syd—ext. 1001

To sign up or

If you have questions



Play Bingo for Cash Prizes

November 14th

December 12th

January 9th

February 13th

Progressive Jackpot \$500

Early Bird Games start at 6:45 pm

Regular Bingo starts at 7:00 pm

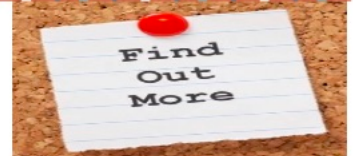


FAIR



**Family
Alzheimer's
In-Home
Respite**

**Caring for a loved one who has
Alzheimer's disease, or a related
dementia can be very stressful.**



**FAIR (Family Alzheimer's In-home
Respite) can help.**

**It gives caregivers a temporary timeout—a brief respite
from caregiving responsibilities.**

**For more information, call Senior Life
Services of Morgan County at 304-258-3096, ext. 1012.
We can help you get a FAIR break.**

Senior Life Services of Morgan County, Inc.

106 Sand Mine Road, Suite 1

Berkeley Springs, WV 25411

Follow us on Facebook



*****ADDRESS SERVICE REQUESTED*****

NON-PROFIT ORGANIZATION

U. S. Postage Paid

Permit # 4

Berkeley Springs

WV 25411

Thank you for supporting our mission to provide top notch service to Morgan County.

Senior Life Services of Morgan County—Board of Directors

Chair: Lynette Harbeson
Vice Chair: Earl Whisner
Treasurer: Kimberly Galeone
Secretary:

Eric Black
Bill Clark
Deborah Frey

Beverly Rosato
Debbie Gilberto

Senior Life Services of Morgan County—office staff

Executive Director:
Administrative Assistant:
Finance Manager/Technology:
Life Enrichment Coordinator/Activities:
Registered Nurse:
Outreach Coordinator:
In-Home Care Coordinator:
In-Home Care Office Manager:
In-Home Care Administrative Assistant:
Nutrition Supervisor:
Transportation Coordinator/Driver:
Berkeley Springs Cook:
Paw Paw Cook:
Administrative Assistant:
Paw Paw Driver/Cook's Aide:
Greenwood Site Manager:
Pleasant View Site Manager:
Driver:
Driver:
Maintenance:
Janitor:

Tammy Kees
Sydney Placido
Jenny Roberts
Brenda Morgan
Nancy Farris
Michelle Gomez
Carol Froebe
Kelley Kyne
Janice Lee
Candy Wells
Kevin Rasmussen
Mae Dixon
Rebecca Heath
Amber Wells
Denise Shepherd
Mary Ellen Largent
Linda Winkler
Jim Zeismer
Paul Williams
Greg Weller
Chester Lee

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304-258-3096 Ext. 1002
304-258-3096 Ext. 1010
304-258-3096 Ext. 1011
304-258-3096 Ext. 1018
304-258-3096 Ext. 1012
304-258-3096 Ext. 1008
304-258-3096 Ext. 1013
304-258-3096 Ext. 1005
304-258-3096 Ext. 1005
304-258-3096 Ext. 1005
304-947-7922 or 304-258-3096 Ext. 1050
304-258-3096 Ext. 1021

Senior Life Services of Morgan County, Inc. (SLSMC) is funded through the WV Bureau of Senior Services, Upper Potomac Highland Area on Aging, and private donations from members and friends. SLSMC is non-discriminate; any senior citizen 60 years of age or older is welcome to participate in programs and services sponsored by SLSMC.