



SHEPHERD'S CENTER OF CHARLESTON, WV INC.

P.O. Box 4171

Charleston, WV 25364-4171

www.scocwv.org

SCOC is a multi-faith coalition of Charleston area congregations in ministry with adults 55 or older. We foster and encourage participation in educational, entertaining activities, bridge events, and luncheons from September through May.

SEPTEMBER 2023



September 28, 2023 Shepherd's Center Luncheon

11:30 am Hot Lunch- \$16.00 - Catered by Olive Tree in South Charleston - Roast chicken, Rice with orzo, Grilled vegetables, Hummus and Pita bread, and Greek Salad. Dessert will be provided by the board. Please make reservations before **Noon** on **Monday, September 25** by calling John Fleck at 304 -552-6357 or Diana Fleck at 304-767-8263

12:15 pm Program:

Terry Cunningham *Preparing For Later Life*

As we become older, we need to take care of documents such as the Living Will, Medical Power of Attorney, Durable Power of Attorney, and Wills.

These will be some of the documents discussed by Terry H. Cunningham, MSW who did this before retiring from The Presbytery of West Virginia.

Some of these forms will be provided to you to take home and discuss with your family.

Even if you have these documents it might be worth your while to update your information.

Jewell - A Gem That Shined Brightly!

by Terry Cunningham

I met Jewell many years ago as we both served on the Shepherd Center Board. I never would have guessed her age! She was an individual who just kept going... kind of like the Energizer Bunny! Many of you may have seen her jitterbug this past Spring at the Doo-Wop.



Jewell and Joanne

Every time I greeted Jewell, she had a smile. We had great conversations about the Center, people, politics, and life. She was a fine example of how to live your older years; just keep marching ahead with a positive attitude.

On the Wednesday before the luncheons, I would get Jewell and we would go to First Presbyterian Church in Charleston to decorate. It was always fun, and we enjoyed it. Since COVID, we had to change our routine to be at the church early Thursday morning to decorate. Jewell was not an early bird, but she was always ready.

Jewell, as you probably know (those who attended the luncheons), took all the reservations, no easy job. She also collected the money at the luncheon. After the luncheon, with help of others, we would clean up and go home. We loved to discuss the high points of the luncheon as we travelled home. She continued this routine through our last luncheon this past Spring.

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Thank you to our Spring 2023 Donors!

<p><i>Anonymous</i> <i>Sharon Adams</i> <i>Lillian Alfred</i> <i>Susan Alfred</i> <i>Marian Baer</i> <i>Nancy Baldwin</i> <i>Baptist Temple, Charleston</i> <i>Henry Battle</i> <i>Laura Bowles</i> <i>Judith Bradford</i> <i>Nancy Breed</i> <i>Barbara Bryant</i> <i>Wauneda Burns</i> <i>A. Caldwell</i> <i>Andy Ceperly</i> <i>Pattye Dodson</i> <i>Linda Elliott</i> <i>Richard and Brenda Ellis</i> <i>Doug Fisher</i> <i>John and Diana Fleek</i> <i>Sharon Garrison</i> <i>Curtis and Connie Goins</i> <i>Freddy Duke Haddad Family</i> <i>Libby Howery</i> <i>Fred and Sue Hufford</i> <i>Julia Hughes</i> <i>A. J. Humphries</i> <i>Sara Joseph</i> <i>Tod Kaufman</i></p>	<p><i>Rita Damous Kee</i> <i>Mary Keeney</i> <i>Wanda Leach</i> <i>Zel Lewis</i> <i>Carol Mollohan</i> <i>Doris Morris</i> <i>Darwin Neddo</i> <i>Suzanne Patterson</i> <i>Charles Ramey</i> <i>Robert Ramsburg, Jr</i> <i>Jane Rasak</i> <i>Larry Rowe</i> <i>Lessie Runner</i> <i>Joan Schatz</i> <i>Pat Schillings</i> <i>Doug and Maryann Skaff</i> <i>Lola Smith</i> <i>Temple Israel</i> <i>Sandra Totten</i> <i>Margie Wallace</i> <i>Margaret Waybright</i> <i>Doris Whaling</i> <i>Bob and Nancy White</i> <i>Lucille Wilmoth</i> <i>Larry and Jean Woodfell</i> <i>Elmira Woods</i> <i>Pat Woodyard</i> <i>Steve Yerrid</i></p>
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Jewell lived by herself but had a wonderful sister-in-law (Joanne Haddad) with whom she talked and shopped on a regular basis. She maintained her home and drove her big car until shortly before her death.

She was a person of service, very involved in her church. Several people at her church mentioned her type of service is what keeps congregations alive.

If you would like to honor Jewell: volunteer to provide transportation; call someone who lives alone to brighten their day; be a friend to your neighbors; and, to those who provide services such as mail person, garbage collector, police, etc. A smile and hello go a long way.

Jewell will be smiling from Above! Love you, Jewell!

SCOC September Luncheon Location

First Presbyterian Church
 Activities Building, 2nd Floor
 16 Leon Sullivan Way, Chas, WV

Extra parking is available in two church lots
 on Virginia Street
 (next to Barlow-Bonsall Funeral Home and
 across the street).



Kanawha Valley Senior Services

1710 Pennsylvania Avenue
 Charleston, WV 25302
 Phone: 304-348-0707

Monday - Friday

11:45 am Lunch

Every Monday

10:00 am Paint Class

Every Tuesday and Thursday

1:30 pm Advance Tai Chi for Osteoarthritis

2:45 pm Beginners Tai Chi

Every Wednesday and Friday

1:30 pm ZUMBA

3rd Wednesday

12 noon Lunch & Learn

Every Friday

12:15 Corn Hole



Roosevelt Neighborhood Center

502 Ruffner Avenue
 Tonya Cummings
 304-348-0529

Every Tuesday

Line Dance Classes at 5:00 pm

FREE for 55+

3 Thursdays per month

Chair Yoga at 12:00 pm (noon)

FREE for 55+



**West Sattes Community Center
Nitro Senior Center
304-721-8465**

Monday through Friday

Puzzles, Pool, Exercise, WII Sports and Library
9 am - 4pm – Exercise and Equipment Rm
11:30 - 12:30 – Lunch

Every Monday

9:30 am Tai Chi Class (3rd Monday is at 5:30 pm)

Every Wednesday and Thursday

9 - 11 am Painting Class

One Wednesday a Month

Bingo - Call above number for exact date

Last Friday of the Month

11:30 am Birthday Celebration

EXERCISE PROGRAMS FOR SENIOR ADULTS

Dunbar United Methodist Church
1401 Myers Avenue - Dunbar

Tuesday & Thursday 9:30-10:15

Masks required 304-768-4872

First Presbyterian of Charleston
16 Leon Sullivan Way - Charleston

Women's Aerobics every M-W-F 8:30-9:30

Karen Scherr 304-343-8961

Morris Memorial United Methodist
4615 MacCorkle Avenue, SE - Charleston

M-W-F 9:30-10:30

Hilda Hedrick 304-925-1413

North Charleston Community Center
209 7th Avenue - North Charleston

Soul Step - Thursday at 5:30 - 6:30 pm

Tanya Barnett 304-348-6884

Cross Lanes United Methodist Church
5320 Frontier Drive - Cross Lanes

Silver Sneakers

M-W-F 9:00-9:45

Joyce Preece 304-776-3032

King Center

314 Donnally Street - Charleston

Soul Step - Tuesday - 6 - 7 pm

Bonita 304-348-6404

If your congregation has a seniors' exercise program open to all, send me information and we will include it on the list. John Fleek - 304-776-4048 or fleek@suddenlink.net

BINGO

Kanawha City Community Center 304-348-6484

King Center 304-348-6404 (Bonita)



St. Albans Hansford Center

Director: Sommers Brightwell

304-722-4621

Call Harold Gilmore for transportation needs.

Monday through Friday

Former Curves/Defining Women

Exercise Equipment available in exercise room – free and open to public 7:30 am to 4 pm

Noon Lunch (Donations Accepted) Non-

Emergency Medical Transportation for seniors

Every Monday

11 am - Bridge

Marty Reynolds - 304-549-1776

Every Tuesday

10 am – Watercolor Discussion Group

11 am – Bingo

Every Wednesday

11 am – Sing-a-Long

2nd Wednesday

5 pm – Committee for Dementia Friendly St. Albans

Last Wednesday of month

Birthday Table

Every Thursday

11 am – TBA - Game, Guest Speaker, or Guest Performer

5pm – TOPS

Every Friday

10:30 - Choir

11 am – Bingo

Last Friday of the Month

Sing-a-long



Shepherd's Center of Charleston

www.scocwv.org

John Fleek - 304-776-4048

Senior Friendly Bridge

We provide partners for singles or couples.

Cost to play is \$3.00 which supports your Shepherd's Center, hosting church, refreshments and prizes.

Every Monday

10:30 am - Village Chapel Presbyterian

John Fleek – 304-776-4048

Eleanor Byrnes – 681-217-1489

Every Thursday 12:00

Calvary Baptist

Jeanann Leone 304-768-1863

SCOC CONTACT DIRECTORY

PO Box 4171, Charleston, WV 25364-4171

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SCOC publishes this monthly Newsletter for senior adults that live within 20 miles of Charleston, including a combined June-July-August summer issue. **To request a paper subscription or email notification of website posting, email or phone our mailing contact per the above directory.**

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