



WESTSIDE SENIOR CENTER
500 DUPONT ROAD
WESTOVER, WV 26501
(304) 296-6583

email: wssc26501@gmail.com

Monday—Friday—9 a.m.-12 noon
Tuesday, Wednesday &
Thursday—6 p.m. -8 p.m.
Wheelchair Accessible
We have Wi-Fi

Westside Senior Center Informer

JUNE 2025, Vol. 282

CENTER UPDATE—The summer season is underway. We had an excellent turn-out for our first dinner and Concert in the Park. Just wish mother nature would have cooperated more but the raindrops did not stop the music from Band the Project. We love hearing from you about our events. This is how we can continue to improve. This month we look forward to having Pam and Barry back with their oldies show on June 6. They are always popular so be prepared for a crowd. We will serve hot dogs with or without chili, macaroni salad, hobo beans and dessert. We would love to see you so plan to attend. Dinner will be served at 5 PM and the music in the pavilion starts at 6.

After our craft fair Myrtle Gabbert expressed an interest in starting a crochet/knitting group. She makes caps for the newborns at the hospital and would love to have others join her in this endeavor. Let me know if you are interested and we will see if we can find a day for everyone to get together.

On June 9, Lincoln Kinkade from Dynamic Physical Therapy will be here at 9 am for a seminar on fall prevention and recovery. Since we are all at the age where we have become more prone to falling, we hope you will come out and enjoy this presentation.

I have been teaching a chair yoga class on Monday and Friday mornings at 9:30. If you might be interested in joining us, stop in.

Our bus trip to Elkins to ride the train is scheduled for October 24. We have given those who expressed interest until June 1 to pay for their trip which is \$200 person. After that date we will open registrations to others. This trip is limited to 50 people. I'm going to be looking at future trips with Almost Heaven Tours for 2026. If you have somewhere you would be interested in going, let me know and we will consider it for future trips.

If there are other things you might be interested in, don't hesitate to ask. We are open to your ideas and will definitely see if we can make it possible.

Hopefully we will see you at the center soon.



Just a few pictures from our dinner and concert. Let us know how we did. Thumbs up or thumbs down. We need your thoughts on what we can do to improve.



It took three of us to win at Hand and Foot in April. Cheryl Stasiak, Cindy Shumiloff & Carolyn Clevenger. We switched off at break.



We honored Irene Twigg for her 99th birthday at Bingo

DINNER AND CONCERT IN THE PARK

FRIDAY, JUNE 6, 2025
DINNER FROM 5 PM TO 6 PM
MUSIC STARTS AT 6 PM
WESTSIDE SENIOR CENTER
PAVILION
DINNER WILL BE
HOT DOGS WITH OR WITHOUT
CHILI, MACARONI SALAD,
HOBO BEANS AND
ASSORTED DESSERTS
DONATIONS ARE APPRECIATED.



MUSIC WITH PAM & BARRY
WITH THEIR OLDIES SHOW



HAND & FOOT TOURNEY
JUNE 26
TEAM DRAW AT 9:45
GAME BEGINS AT 10
LUNCH WILL BE SERVED

★ MOUNTAINEER SOLE FOOT CARE ★
★ JUNE 16—BY APPOINTMENT ★
★ 304-368-8924 ★



LINE DANCING
WEDNESDAYS @ 10:15 AM

CHAIR YOGA
MONDAY &
FRIDAY
9:30



FALL PREVENTION & RECOVERY
JUNE 9, 2025 @ 9 AM
W/ DYNAMIC PHYSICAL THERAPY

BUSTED!

ACROSS

1. Deep voices at the opera
6. Exemplary
11. Pianist Rubinstein
12. Porsche 911 model
13. Indian peace symbol
15. Spanish, in Spain
16. Vienna's country: abbr.
17. Gradually slowing, in mus.
18. "Tell ___ the marines!"
19. 1966 Hitchcock thriller
23. Spread for bread
24. Word of good cheer?
25. Sport drink suffix
26. Toronto's province
30. Blink of an eye
32. Lopez of "The Dirty Dozen"
33. "___ Macabre" (Saint-Saens work)
34. Sinatra's repertoire
35. Tiny biters

DOWN

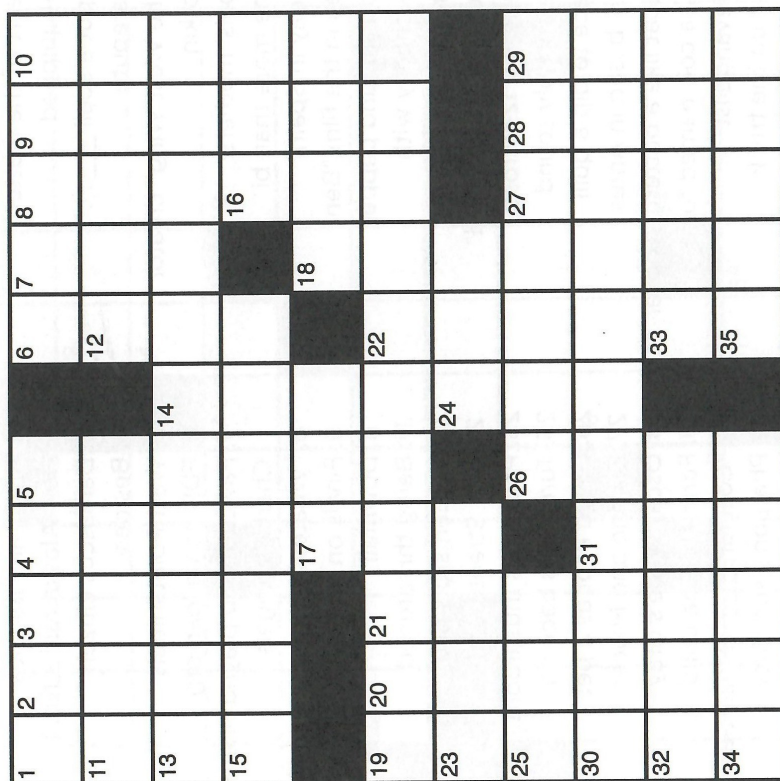
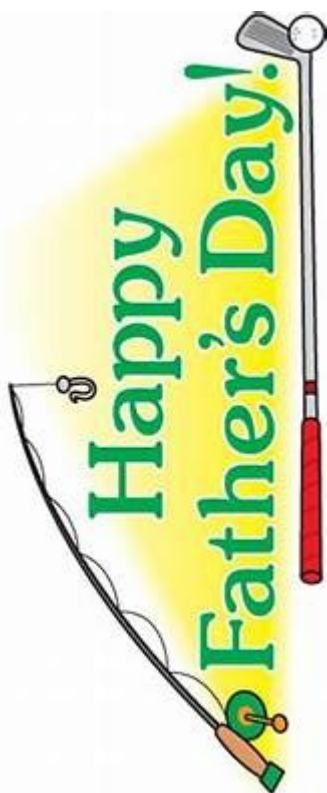
1. Bunyan's Blue Ox
2. JFK landings
3. Red means this
4. First president of Indonesia
5. Promoting peace
6. Stressed type, for short
7. Patriotic women's org.
8. Book mistakes
9. Guinea pig's cousin
10. Food writer Nigella
14. Sign to continue straight
18. Resident of Cornell University town
19. "Skoal" and "cheers"
20. Seasoned hand
21. Land, as a marlin
22. Kid-friendly, film-wise
26. Elevator inventor
27. TV tabloid pioneer Barrett
28. Hosp. or univ.
29. Shelley poems
31. Gerund suffix

SOLUTION—PAGE 6

Congratulations

We want to wish Sarah Knowlton a happy 97th birthday on June 5 and Mary McGraw a happy 90th birthday on June 14

David and Trudy Satterfield are celebrating their 60th anniversary on June 5



With June marking the beginning of summer, we couldn't think of a better time to share this ooey-gooney, yet fresh-from-the-garden flatbread with you. To tell you the truth, this throw-together favorite was inspired after checking out all the goodness that the dairy case in our market has to offer. All the flavors of Italy, in an easy to make homemade pizza recipe!

- 1 (11-ounce) package refrigerated thin pizza crust
- 1 tablespoon grated Parmesan cheese
- 1 cup ricotta cheese
- 2 ounces cream cheese, softened
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 cup thinly sliced zucchini
- 1/2 cup thinly sliced summer squash
- 1 cup cherry tomatoes, cut in half
- 1 cup (4-ounces) shredded mozzarella cheese
- 1 tablespoon slivered fresh basil
- 1 teaspoon chopped fresh parsley (optional)

1. Preheat oven to 400 degrees F.
2. Coat a rimmed baking sheet with cooking spray.
3. Unroll pizza dough onto baking sheet, and using your fingers, press dough against the sides, creating a raised lip.
4. Prick several times with fork and bake for 8 minutes or until firm.
5. Meanwhile, in a medium bowl, combine Parmesan cheese, ricotta cheese, cream cheese, garlic powder, salt, and pepper.
6. Spread cheese mixture evenly onto pizza crust.
7. Arrange zucchini, summer squash, and tomatoes on top of cheese mixture.
8. Sprinkle with mozzarella cheese.
9. Bake for 6 to 8 minutes or until crust is golden and cheese is melted.
10. Sprinkle with slivered basil and parsley, if desired.
11. Cut into 8 pieces and serve warm.

OUTREACH FOOD
DUE—JUNE 23
COLD & HOT
CEREAL



June 02	Charlotte Bolyard	June 18	Connie Tharp
June 04	Richard Gabbert	June 18	Mary L. Thomas
June 05	Sarah Knowlton	June 19	Ken Shanes
June 05	Rose Moore	June 20	Sandra Crimbly
June 05	Dewey M. Nethken	June 20	Janet Fagula
June 06	Terry Osborne	June 21	Sheila Blosser
June 06	Debbie Price	June 21	Judy Devor
June 09	Floyd Tennet	June 22	Nancy E. Moore
June 11	Marianne Selensky	June 24	Thomas Dunn
June 11	Fred Stansberry	June 25	Donna Enoch
June 12	Sandra Knowles	June 26	Mary Lou Savage
June 12	James Strano	June 26	Dr. Janet Schneider
June 14	Mary E. McGraw	June 26	Deloris Shaffer
June 14	Robert Myers	June 27	Robert Bolyard
June 15	Kitty Binkowski	June 29	Paula Saurborn
June 15	James Hamrick	June 30	Sandy Nicholson
June 15	Janet Jenkins	June 30	Beverly Sell
June 16	Lynn Lester		



June 04	Scott & Donna St. Clair
June 05	David & Trudy Satterfield
June 18	Joe & Judy Garvey
June 19	Linda & Keith Reed
June 20	James & Kathy Hamrick
June 20	Robert & Judy Hamrick
June 20	Clark & Allyson McKee
June 21	Raymond & Linda Strawser
June 22	Joe & Sherry Kanosky
June 30	Robert & Ellen Bolyard

1	B	2	A	3	S	4	S	5	I	6	I	7	D	8	E	9	A	10	L
11	A	12	R	13	T	14	U	15	R	16	T	17	A	18	R	19	G	20	A
21	B	22	R	23	O	24	K	25	E	26	N	27	A	28	R	29	R	30	O
31	E	32	S	33	P	34	A	35	N	36	O	37	L	38	A	39	U	40	S
41		42		43		44	R	45	I	46	T	47		48	I	49	T	50	T
51	T	52	O	53	R	54	N	55	C	56	U	57	R	58	T	59	A	60	I
61	O	62	L	63	E	64	O	65		66	R	67	A	68	H				
69	A	70	D	71	E	72		73	O	74	N	75	T	76	A	77	R	78	I
79	S	80	P	81	L	82	I	83	T	84	S	85	E	86	C	87	O	88	N
89	T	90	R	91	I	92	N	93	I	94		95	D	96	A	97	N	98	S
99	S	100	O	101	N	102	G	103	S	104		105	G	106	N	107	A	108	T

Westside Senior Center Membership Dues for July 2025 – June 2026

Name #1 _____ Date of Birth (month/day/year) ____/____/____

Cell Phone (____) ____ - ____ E-Mail _____@_____

Name #2 _____ Date of Birth (month/day/year) ____/____/____

Cell Phone (____) ____ - ____ E-Mail _____@_____

Wedding Anniversary Date (month/day/year) ____/____/____

Address _____

City _____ State _____ Zip _____

Home Phone (____) _____

DUES: You \$10.00 / You & Spouse \$20.00
(Circle One)

Emergency Contact: Name: _____ Phone _____

BELOW FOR OFFICE USE ONLY

Received by _____ New / Renewal (Circle One)

Cash _____ or Check No. _____ Amount \$ _____ Date _____ Receipt # _____

RETURN THIS FORM WITH YOUR PAYMENT

WESTSIDE SENIOR CENTER MEMBERSHIP DUES FOR JULY 2025—JUNE 2026

Just a reminder that it's that time of year again – time to submit your Fiscal Year 2025-25 annual membership dues. For the convenience of those members, if your address label on this newsletter **shows Exp. 06/30/25, dues are payable.** Again, many thanks to all those members who have submitted their dues to date or who have joined as new members – and to those who so generously included additional monies. Dues for the year may be paid at or mailed to:

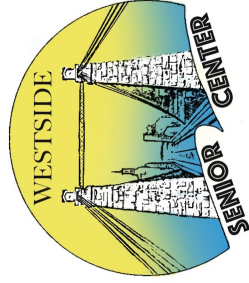
Westside Senior Center, 500 DuPont Road, Westover, WV 26501

The membership year begins July 1 and ends on June 30. Membership is open to people ages 50 and older. Dues are an annual fee of \$10.00 per year per person. (\$20.00 for spouse and self.) New members may join at any time although dues are not prorated. It is very important to keep your dues paid up for the following reasons:

- Membership entitles one to use exercise equipment.
- A member (after one full year of membership) can rent the pavilion at a reduced rate.
- To help defray the cost of printing and postage of newsletters.
- Headcount of members gives a better chance of obtaining grants to keep our center operating.
- Donations are also welcomed. As we grow, so do our expenses.
- Our goal for 2025-2026 is to get more people to participate in activities.

*We will **NOT** release your name, address, telephone number or any other information that you provide us.*

PAY YOUR DUES NOW



Westside Senior Center Calendar

JUNE 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 CLOSED	2 9:30—Chair Yoga	3 9 am Cards, games, dulcimers 6 pm Cards & games	4 10:30 am Line Dancing 6 pm Bingo w/food	5 9 am Cards & games 6 pm Cards & games	6 9:30—Chair Yoga 5 PM—Dinner 6 pm—Concert	7 CLOSED
8 CLOSED	9 9:00 am—Fall Prevention and Recovery—Lincoln Kinkade 9:30—Chair Yoga	10 9 am Cards, games, dulcimers 6 pm Cards & games	11 10 am—Board Meeting 10:30 am Line Dancing 6 pm Bingo w/food	12 9 am Cards & games 6 pm Cards & games	13 9:30—Chair Yoga	14 FLAG DAY CLOSED
15 FATHER'S DAY CLOSED	16 Mountaineer Sole Foot Care - By Appt. 9:30—Chair Yoga	17 9 am Cards, games, dulcimers 6 pm Cards & games	18 10:30 am Line Dancing 6 pm Bingo w/food	19 JUNETEENTH 9 am Cards & games 6 pm Cards & games	20 9:30—Chair Yoga	21 CLOSED
22 CLOSED	23 OUTREACH FOOD DUE 9:30—Chair Yoga	24 9 am Cards, games, dulcimers 6 pm Cards & games	25 10:30 am Line Dancing 6 pm Bingo w/food	26 10 am Had & Foot Tournament 6 pm Cards & games	27 9:30—Chair Yoga	28 CLOSED
29 CLOSED	30 9:30—Chair Yoga					

* * *

MARK YOUR CALENDAR FOR JUNE 2025

June 6—Dinner and Concert in the Park
June 9—Fall Prevention & Recovery—Dynamic PT
June 11—Board Meeting @ 10 AM
June 14—Flag Day
June 15—Father's Day
June 16—Mountaineer Sole Foot Care by Appt.
June 19—Juneteenth
June 23—Outreach Food Due
June 26—Hand & Foot Tournament

LOOK AT YOUR MAILING LABEL

Your membership is paid through
the date listed at the top of your label

**WESTSIDE SENIOR CENTER
500 DUPONT ROAD
WESTOVER, WV 26501
(304) 296-6583**

FIRST CLASS MAIL



2025