



Summer Is Here!!!

Summer 2011

Larry Joe Harless Community Center
202 Larry Joe Harless Dr.
Gilbert, WV 25621
(304) 664-2500
www.ljhcc.com

Summer Programs

The LJHCC offers many summer programs:

July 6th Free Summer Matinee Begins

July 18th – 21st Basketball Camp

July 25th – 29th Dance Camp

August 1st – 4th Majorette Camp

For more information contact
Matracia McCoy
(304) 664-2500
summerstaff@ljhcc.com



Sun Safety

4 key steps to protect yourself from UV rays:
“Slip! Slop! Slap!...and Wrap”

- Slip on a shirt
- Slop on sunscreen
- Slap on a hat
- Wrap on sunglasses to protect the eyes & sensitive skin around them

Visit www.cancer.org for more information on staying safe while soaking up the sunshine!!!

Summer Matinee Schedule

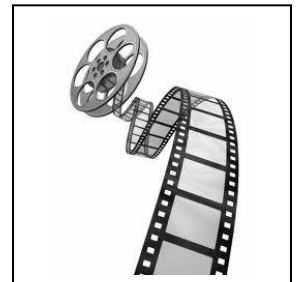
July 6th Megamind
PG – 95 min

July 13th Gulliver's Travels
PG – 85 min

July 20th Despicable Me
PG – 95 min

July 27th Yogi Bear
PG – 80 min

Movies begin at noon and are FREE



New Programs!!!

Silver Sneakers

Exercise with Arthritis:

1. Tai Chi
2. Aquatics
3. Walk with Ease

For more information on these programs visit our website, www.silversneakers.com, and www.arthritis.org.



The LJHCC has recently undergone renovations with more to come!!! Come check out our “new” facilities!!!

Free Vision Screenings

Sponsored by the WVU Eye Institute
Morgantown, WV

Thursday, August 4th from 9:30 am – 3:00 pm at
LJHCC.

Vision check, Eye glasses check, Diabetic
Screening, Strabismus, Glaucoma

Adults & Children Welcome

Walk-ins are welcome!

For appointments:
Contact Susan Cale (304) 598-6441 or
cale@wvuhealthcare.com



The Sweet Spot

A diabetic class provided by Pharmacist George
Smith and Gilbert Pharmacy at LJHCC

Thursday, July 28th at 6:15 pm

For more information, contact George Smith at
Gilbert Pharmacy

Then followed that beautiful season...

Summer...

Filled was the air with a dreamy and magical light,
and the landscape lay as if new created in all the
freshness of childhood

Henry Wadsworth Longfellow

Water & Pool Safety

Drowning is the 6th leading cause of unintentional
death in the United States. For children ages 1-4,
drowning is the 2nd leading cause of death.

If you have a pool or spa, ask yourself these
questions to see if your public water areas are safe.

- Is there a fence around the perimeter of the
pool or spa?
- Are there self-closing and self-latching
gates?
- Are there door, gate or pool alarms in use?
- Are the pool and spa covers in working
order?
- Has someone in the family received training
in CPR, first aid and emergency response?
- Has everyone in the family learned to swim?

You can keep children and adults safe in the pool
by following these tips from the Home Safety
Council:

- Children should be supervised by an adult
at all times
- Install a self-latching fence and gate at least
5 feet tall
- Keep rescue equipment close to the pool
- Learn CPR
- Lock pool and spa covers when not in use
- Use a sub surface pool alarm
- For adults, limit alcohol use when swimming

You can be safe at the pool this summer if you are
proactive and alert around the water at all times.



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