



KVSS is a non-profit 501(c)3 organization created in the early 1970's to provide programs of service to individuals in the scenic and historic Kanawha Valley of West Virginia. The mission of KVSS encompasses serving individuals who are both well and frail. Programs range from assisting seniors in their own home to our adult Alzheimer Day Center to helping well-elderly with socialization and preventive measures. Our organization offers an ever-growing array of senior activities such as nutritional services, shopping, quilting, sewing, painting, poetry, computer lessons, Zumba, Tai Chi, Healthy Steps Class, The Walking Club, Bingo, life-enrichment and continuing education courses, gardening, cooking classes. KVSS coordinates and cooperates with federal, state, and county agencies to assure that health, educational, recreational, intergenerational and economic benefits are readily available to senior citizens. The organization is dedicated to the mission of making the broad spectrum of services happen. Our success is possible because of contributions, donations, grants, and fundraisers—not to mention the wonderful host of staff and clients.

KVSS is funded by the following:
WV Bureau of Senior Services
WV DHHR
WV Division of Transit
Veteran's Administration
City of Charleston
Kanawha County Commission
Private Donations
Fundraisers

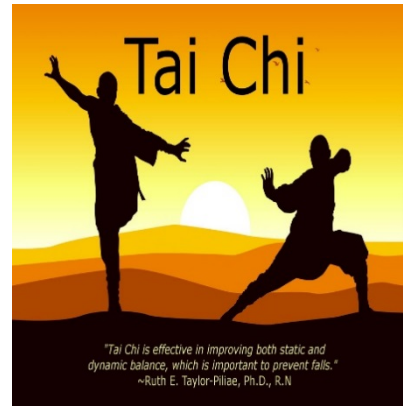
HEALTHY STEPS

Monday & Wednesday
1:15AM-2:15PM
@ Tiskelwah

Tuesday & Thursday
Rotating 6-Week Sessions
@ Various Senior Centers



Healthy-Steps, Moving You to Better Health with the Lebed Method, is a therapy, exercise, and movement program done to great music and designed to help you thrive! Offering wellness programs for everyone regardless of health or ability level, the **Healthy Steps** program improves overall wellness, range-of-motion, balance, strength and endurance, as well as emotional well-being and self-image. **Healthy Steps, The Lebed Method** has even been proven to help enhance the well-being of those with Cancer or other chronic illnesses or medical conditions. **Healthy Steps** also offers training for energetic, motivated, caring individuals and fitness instructors who want to build a future for themselves while helping others.



Senior Tai Chi

is an excellent low-impact exercise to improve balance, coordination and flexibility.

Kanawha Valley Senior Services
Tiskelwah Center
600 FLORIDA STREET
Tai Chi for Arthritis
sessions are
twice a week
TUESDAYS | THURSDAYS

Class A: 9:30AM–10:30AM
Class B: 10:45AM-11:45AM



who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity.
HOW IT WORKS:
The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination.
Come ready to sweat, and prepare to leave empowered and feeling strong.
BENEFITS:
Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

TISKELWAH CENTER
MONDAY
WEDNESDAY
FRIDAY
10:45AM-11:45AM

COME
QUILT



WITH
KVSS
TUESDAYS @
TISKELWAH
10AM-3PM

304.348.0707
INFO@KVSS.ORG

KVSS
offering
BEGINNER
SENIOR
COMPUTER
LESSONS

at the
Boulevard!

5-WEEK SESSIONS

Call Lindsay
today to find
out more!
304.348.0707



TROT ALL
OVER TOWN...

JOIN THE
KANAWHA
VALLEY
SENIOR
WALKING
CLUB
2ND & 4TH
FRIDAYS

GET FIT~
GET FED~
GET FUN~
9:30AM-NOON



LEARN TO
KNIT
AND
CROCHET
AT



TISKELWAH

THURSDAYS
10AM-3PM



**CHARLESTON
AREA
SENIOR
NUTRITION
SITE**

**600 FLORIDA ST.
MONDAY-FRIDAY
NOON to ONE**

HOT MEALS

**Ages 59 & Under: \$5.25
Ages 60 & Over: Donation**



**304.348.0707
INFO@KVSS.ORG**



**CLUTCH
the
FUTURE**
An Auction
with
PURSE-onality

Uncork & Unwind
with KVSS
at the
**Wine Tasting &
Silent Auction**



**KVSS ANNUAL
GOLF TOURNAMENT**
FORE! OUR SENIORS!

KVSS

**HOTDOGS &
RUMMAGE SALE**

**Tiskelwah Senior Center
600 Florida Street, Charleston**

We believe that volunteerism, intergenerational
community service, and cookies are the way to the
hearts, souls, and tummies of the Kanawha Valley!



KVSS Cookie Bake-Off

KVSS ANNUAL FUNDRAISERS