



what's up WEST SIDE

a quarterly update on
West Side events and resources



The River Arts Show returns for its 19th year, December 1 & 2 at Unitarian Universalist Congregation of Charleston on the West Side! Arts vendors pack the space inside and out and music fills the air to kick off the holiday season. Support local artists, shop for gifts, and join the cheer!

River Arts Show photography by Corey Zinn

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Senior Services & Support

essential resources for seniors



Kanawha Valley Senior Services
1710 Pennsylvania Ave | 304-348-0707
Mon-Fri 8am-4pm
KVSS.org

KVSS offers numerous services including: Nutrition-daily meals for pick-up or delivery; Medicare counseling, assessments and referrals for seniors, home delivered meal assessments, LIEP Applications and assistance (utility assistance), USDA Veggie Voucher applications, and more! Their weekly menu and more information can be found at KVSS.org or give them a call!

Faith in Action provides transportation for seniors to medical appointments, monthly grocery shopping assistance, telephone check-in calls, a Durable Medical Equipment lending closet, and much more! Their Honey Do Crew completes projects for seniors such as minor home repairs, maintenance, and other odd jobs. Sign up to volunteer or ask them how they can help you today.



Faith in Action GKV
1700 Pennsylvania Ave | 304-881-7253
Mon-Fri 9am-5pm
FaithInActionGKV.com

Just Us Retirement Solutions offers advocacy and assistance from caring individuals to help you through Medicare enrollment, Medicare plan review and options, plans for Veterans, and prescription drug plan help. Their consultations have no costs attached for anyone. And remember, if you get a call about Medicare from an unknown number, don't give them any personal information, and ask Just Us Retirement Solutions for help instead!



Just Us Retirement Solutions
1210 Virginia St E | 681-340-1377
Mon-Fri 10am-2pm
JustUsRetirement.com

Bringing Back the Village is a hub of resources and organizations to help seniors. They offer free workshops and seminars on a wide variety of topics for senior citizens and their family members, including workshops for Caregivers, Aging in Place, Basic Estate Planning, and more!



Bringing Back the Village
1210 Virginia St E | 681-945-5965
Mon-Fri 10am-2pm
BringingBackTheVillage.org

WV Council on Aging hosts free monthly activities including Gentle Yoga, Bible Study, and Tai Chi. COA also provides All Care—free case management for seniors and people with disabilities and their families. Find their updated schedule of activities on their website WCCOA.com!



WV Council on Aging
304-294-8800
Mon-Fri 8am-4pm
WCCOA.com

The Golden Mountaineer Card gives access to discounts for hundreds of WV businesses eligible for West Virginians of 60 or more years of age. You can apply by visiting their website or by contacting the WV Bureau of Senior Services.



Golden Mountaineer Card
888-968-4462
GoldenMountaineer.wv.gov



medical supplies closets

low-barrier durable medical equipment lending

Accepts Equipment Donations!

Faith in Action WV 304.881.7253
1700 Pennsylvania Ave | M-F 9am-5pm
Ari's Closet at Bream Presbyterian Church 304.995.9667
319 Washington St W

West Side Giving

groups that give and make the most of contributions

The Salvation Army offers essential social services including financial aid, food pantry, rental and utility assistance, clothing, disaster relief, and so much more. The Boys & Girls Club is an affordable afterschool program and summer camp for ages 6-18 that provides education and art projects. Their hallmark Angel Tree program generously gifts Christmas presents to registered local families and seniors, ensuring a festive spirit for all.



Salvation Army
301 Tennessee Ave | 304-343-4548
Mon-Thu 9am-3pm, Fri 9am-12pm
SouthernUSA.SalvationArmy.org/CharlestonWV



Women's Health Center of West Virginia
510 Washington St W | 304-344-9834
Mon-Thu 8am-5:15pm, Fri 8am-1pm
WomensHealthWV.org

WHCWV delivers comprehensive care from routine gynecological exams, STI testing and treatment, and birth control options, to specialized services like gender-affirming hormone therapy, HIV prevention with PrEP, and LGBTQIA+ health coordination. They also provide cervical cancer screenings, pregnancy confirmations, and support for pregnancy and parenting. And they now offer harm reduction services for all genders (men included)!

Bream Neighborhood SHOP, or the Showers Healthcare Outreach Program, stands as a beacon of support, offering an array of essential services. From basic needs like food, clothing, showers, and laundry to crucial support in legal aid, medical care, and family reunification. This one-stop-SHOP aids in rehab, housing, obtaining IDs, and SNAP applications, truly embodying its mission to connect individuals to vital resources.



Bream Neighborhood SHOP
319 Washington St W | 304-346-0426
Mon-Fri 1pm-4pm—
Washers close 2:30pm, Showers close 3:30pm



The Healing House
PO Box 782 St Albans | 681-205-8661
Mon-Fri 8am-4pm
TheHealingHouseInc.org

Healing House understands trauma's spectrum and offers behavioral and supportive services to help adult women heal and rebuild. Through holistic programs like "Elevate," they offer services such as counseling and housing. "Genesis" assists at-risk young women aged 18-24 in adulthood transition. And the "Minority Impact Initiative" focuses on minority mental health, addressing generational trauma and breaking stigmas.

WVBPF provides invaluable resources for LGBTQ+ communities of color. The drop-in zen relaxation space is a haven from distractions and a place for solace. Their Clothing Closet offers essentials like clothing and baby items. Their Peer Mentoring fosters open communication, including the WV Buddies program for life guidance. They also host enlightening discussions on Black LGBTQ2+ history. All services are free to everyone.



WV Black Pride Foundation
1442 1/2 3rd Ave | 304-539-3903
Mon-Fri 11am-4:30pm
WVBPFoundation.com



Keep Your Faith Corporation
307 Delaware Ave | 304-881-7736
Mon-Fri 11am-7pm
KYFCdotOrg.wordpress.com

Keep Your Faith Corporation is in the final stages of opening its West Side Market at Central and Park Ave, preparing to supply the community with fresh local produce and staples. Through KYFC's program West Side Grown, they advocate healing through nutrition and agriculture. Additionally, KYFC enriches the community with extensive mental health, financial empowerment, and counseling services tailored for diverse groups.



DONATE TOYS TO THE ANNUAL TOY DRIVE!

Keep Your Faith Corporation is accepting donations toward its toy drive through Dec 16 at its Winter Wellness Gala fundraising soiree.

what's happening?

Free Food Pantry

3rd Saturdays | 12pm

NOV 18 | DEC 16 | JAN 20 | FEB 17

John 6 Community Food Center

@ 523 Central Ave



Monthly Senior Luncheons

with Salvation Army

DEC 18 | JAN 22 | FEB 12

12pm @ 301 Mary St

for ages 55+ | meal | games | crafts



check The Maker's Center Facebook for upcoming crafts classes & events!

Ask for a TOUR! 681-265-3745



Charleston Parkrun

Sat | 9am

@ Magic Island Park

Kung Fu
Sun | 1pm



Tai Chi
Sun | 2pm

Universalist Unitarian Congregation
@ 520 Kanawha Blvd W



Earl Wilson Community Thanksgiving Dinner

Tue, Nov 21 | 6pm-8pm @ 200 Park Ave

The First Church of Nazarene



Community Thanksgiving Dinner with UUC

Thu, Nov 23 | 3pm @ 520 Kanawha Blvd W

Unitarian Universalist Congregation of Charleston



River Arts Show with UUC

Fri, Dec 1 | 6:30pm-9:30pm @ 520 Kanawha Blvd W

Sat, Dec 2 | 10am-4pm @ 520 Kanawha Blvd W

Unitarian Universalist Congregation of Charleston



West Side Mingle | Tree Lighting

Tue, Dec 5 | 6:30pm @ 210 Washington St W

Elk City



Winter Wellness Gala with Keep Your Faith Corp

Sat, Dec 16 | 7pm @ 1900 Kanawha Blvd

WV Culture Center (Capitol Complex)

South Charleston Community Center

601 Jefferson Rd | 304-744-4731

gym, raquetball, tennis, basketball, classes

INDOOR SWIMMING POOL DAILY FEES

Adults (16+) - \$4

Children (15 or under) - \$3

Seniors (62+) - \$2

Mon-Fri 5:30am-7:45pm

children 1-4pm, 6:30-7:45pm

Sat 9am-6:45pm

children 12-6:45pm

Sun 12pm-6:45pm

children 12-6:45pm



WEST VIRGINIA 
Health Right 511 Central Ave
CommUNITY Wellness Center

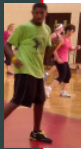
DANCE CLASSES

Tue 4:30pm - Modern Dance (ages 6-10)

Tue 5:00pm - Ballet (ages 3-5)

Tue 5:30pm - Ballet (ages 6-10)

Tue 6:00pm - Tec Style Hip Hop Fitness



COOKING CLASSES

1st Mondays 5:00pm - Sizzle Sprouts (Kids)

Wed 1pm & 5pm - CHOP it Like it's Hot

Thu 1pm & 5pm - Stealthy Healthy



North Charleston Community Center

2009 7th Ave | 304-348-6884

WEEKLY ACTIVITIES

Pickle Ball - Tue, Thu, Fri 9am-12pm

Table Tennis & Pickle Ball - Mon 5:30pm-8:45pm

Men's Open Runs Basketball - Mon, Wed 12:00pm-2:30pm

Soul Step - Thu 6pm-7pm

Kids In Motion Fitness Class - Wed 6:30pm-7:30pm

Socializing Through Play - 3rd Wednesdays 10:30am-1pm

Bingo Night - 4th Fridays 4:30-6:30pm

Mon-Fri 9am-9pm

Sat 9am-5pm




WESTSIDE TOGETHER
westsidetogether.org

share your memories with **#westsidecwv**



or email the team at
whatsapp@westsidetogether.org

create
west virginia

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