Family Service Upper Ohio Valley EST. 1909

September 2026

Lunch included - please call ahead 24 hours in advance so we can ensure everyone can eat. 304-233-2350 x 106

SUN	MON	TUE	WED	THU	FRI	SAT
		1 10:30 - 11:30 Crochet 12:00 to 1:00 Line Dancing 11:30 -12:30 LUNCH	2 10:30 - 11:30 Cardio Drumming 11:30 -12:30 LUNCH	3 10:30 - 11:30 Chair Yoga 12:00 - 1:00 Try This Thursday 11:30 -12:30 LUNCH	4 12:00 - 1:30 Game Day Book Club will resume in October 11:30 -12:30 LUNCH	5
6	7 	8 10:30 - 11:30 Crochet 12:00 to 1:00 Line Dancing 11:30 -12:30 LUNCH	9 10:30 - 11:30 Cardio Drumming 11:30 -12:30 LUNCH	10 10:30 - 11:30 Chair Yoga 12:00 - 1:00 Try This Thursday 11:30 -12:30 LUNCH	11 12:00 - 1:30 Game Day 11 - 1 Veteran Luncheon 11:30 -12:30 LUNCH	12
13	14 10:30 - 11:30 Monday Social Time 12:00 - 1:30 Bunco 11:30 -12:30 LUNCH	15 10:30 - 11:30 Crochet 12:00 to 1:00 Line Dancing 11:30 -12:30 LUNCH	16 10:30 - 11:30 Cardio Drumming 11:30 -12:30 LUNCH	17 10:30 - 11:30 Chair Yoga 12:00 - 1:00 Try This Thursday 11:30 -12:30 LUNCH	18 12:00 - 1:30 Game Day 11:30 -12:30 LUNCH	19
20	21 10:30 - 11:30 Monday Social Time 12:00 - 1:30 Bunco 11:30 -12:30 LUNCH	22 10:30 - 11:30 Crochet 12:00 to 1:00 Line Dancing 11:30 -12:30 LUNCH	23 10:30 - 11:30 Cardio Drumming 11:30 - 12:30 VISIONS with Yvonne 11:30 -12:30 LUNCH	24 10:30 - 11:30 Chair Yoga 11:45 - 1:15 Social Security Seminar with Kimberly 11:30 -12:30 LUNCH	25 12:00 - 1:30 Game Day 10:30 - 11:30 Parkinson's Support Group 11:30 -12:30 LUNCH	26
27	28 10:30 - 11:30 Monday Social Time 12:00 - 1:30 Bunco 11:30 -12:30 LUNCH	29 10:30 - 11:30 Crochet 12:00 to 1:00 Line Dancing 11:30 -12:30 LUNCH	30 10:30 - 11:30 Cardio Drumming 11:30 -12:30 LUNCH			