



# Kinship Senior Center

921 S. Carrollton Ave., New Orleans, LA 70118

Monday through Friday \* 9:00 a.m.-2:30 p.m. \* (504) 314-0300 \*

[kinshipnola@gmail.com](mailto:kinshipnola@gmail.com)

[www.kinshipnola.org](http://www.kinshipnola.org)

## August 2019

### REGULAR WEEKLY ACTIVITIES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00am	Coffee talk	Coffee talk	Coffee talk	Coffee talk	Coffee talk
9:30am	Bible Trivia		Inspiration discussion		Inspiration discussion
10:00am	Knitting Class	Tai Chi Class	Knitting Class	Sittercise	Strength and Balance
10:30am		Sittercise			
11:00am	Pedal Pump	Spanish class	Strength & Balance	Special Game Time	Computer time!
12:00pm	Lunch	Lunch	Lunch	Lunch	Lunch
12:30pm	Drama	Grocery Trip	Bingo	Music Appreciation	Special event or talk
1:00pm		Movie Or Speaker			Sing-a-long

\*Activities may change. Please call ahead if you are considering dropping in for an activity.

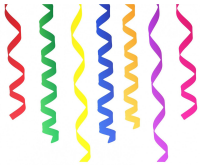
### SPECIAL August ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1) 12PM Luncheon at Broadmoor Community Church	2)
5)	6)	7)	8)	9)
12)	13) 10AM Dollar Tree	14) 10:15AM Walmart	15) No Van Service	16) Outing for Lunch!
19) 11AM- Restore and Relax Yoga and Meditation	20)	21) NATIONAL SENIOR DAY! 10AM-1PM Vendor Fair at NORD	22)	23) Special Fish Fry by June for Lunch
26) 11AM- Restore and Relax Yoga and Meditation	27)	28)	29) 10:15AM Salvation Army	30) 12:30PM Birthday Party Arts Class begins at 12:30PM

## Happy Birthday to August Celebrants!

Jean A. 8/24, Christine B. 8/8, Emily C. 8/23, Sybil C. 8/31, Marion H. 8/14,  
Eleanor H. 8/16, Romona L. 8/5, Quencill McG. 8/29, Ann M. 8/16, Pearl O. 8/12, Carrie T. 8/8  
*The Birthday Party for August is on the 30th at 12:30PM- Everyone is welcome!*

---



## August 21st is National Senior Citizen Day!

About Senior Citizen Day:

National Senior Citizens Day is a day to show seniors our appreciation and support and recognize their accomplishments. It's also a time to help raise awareness of various issues that affect senior citizens. In 1988 Ronald Reagan declared the holiday, but prior to this many observed August 14 as Senior Citizens Day as it was the day Franklin D. Roosevelt signed the Social Security Act in 1935.

Today, senior citizens are very active in their communities and the workforce. They contribute heavily to our society and for what they have achieved and continue to achieve, they deserve our thanks.

**Here at Kinship we appreciate all of the accomplishments and contributions our seniors make every day. We are very lucky to have our Kinship family!**

