



# 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)

## January 2020

### 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	Sing A Long	Sittercise		Jewelry Making	
11:00am	Restore and Relax (Exercise)	Spanish class And Craft Time	Pedal Pump	Jewelry Making Continues to 11:30am	Computer time!
12:00pm	Lunch	Lunch	Lunch	Lunch	Lunch
12:30pm to 1:30pm	Drama or Game Time	Grocery Trip or Movie	Bingo	Music Appreciation	Art Class

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

### SPECIAL JANUARY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1) Happy New Years! Center Closed	2) Center reopens!	3) Golden Heart Players Rehearsal
6) 10:30 Health Talk	7)	8) 12:30: Medicare Bingo with Peoples Health	9)	10) Dollar Tree
13) 10:30 Health Talk	14) 10:30 Mindfulness	15)	16) Walmart	17)
20) Closed for MLK Day	21)	22) 10:00 AM- Members Council Meeting	23) 12:30 Musician Fest	24)
27)	28)	29)	30)	31) 12:30 Happy Birthday Celebration!

***The Birthday Party for January is on the 31st t 12:30pm- Everyone is welcome!***

***Lorraine D. 1/19, Claire D. 1/31, Lou F. 1/22, Nancy H. 1/13,***

***Paula H. 1/11, Jackie M. 1/13, Cynthia M. 1/4, Beatriz O. 1/23,***

***Loretta P. 1/23, Lillie R. 1/12, Susan W. 1/12***

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**The New Year inspires us to be mindful of our health! At Kinship Center we want to make sure we provide our seniors with every opportunity to be healthy and happy. Here are a few ways we do that, please join us!**

**Health Talks- January 6th and 20th**

**Restore and Relax Yoga- Every Monday at 11AM**

**Tai Chi Class- Every Tuesday at 10AM**

**We also have a variety of classes that keep us engaged and learning like our computer class, spanish class, jewelry making and music appreciation!**



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**Did you know?**

**Local Meals on Wheels programs provide daily nutritious meals, nourishing companionship and critical safety checks to America's homebound seniors. Each donation helps these programs enable seniors to age with independence and dignity in their own homes, where they want to be. Since its inception ten years ago, the Subaru Share the Love Event has helped deliver more than 2.2 million meals to America's seniors!**

