



FEBRUARY ACTIVITIES SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1) Strength Training 9-10am GHP Drama Club 10-11am	2) BEI Trivia 9:30-10:30am Spanish 10:30-11:30am Meditation 12-1pm	3) XULA Screenings 9:30-12:30pm Strength Training 9:30-10:30am BINGO! 10:30-11:30am
6) Meditation 9-10am Strength Training 10-11am WALMART 11-1pm	7) Share & Support Circle 9:30-10:30am Music w/ Nancy 10:30-11:30am	8) KREWE OF THOTH MARDI GRAS PARTY!!!	9) BEI Trivia 9:30-10:30am Spanish 10:30-11:30am Meditation 12-1pm	10) Strength Training 9:30-10:30am BINGO! 10:30-11:30am SBP Presentation Disaster Recovery 12:30-1:30pm
13) Meditation 9-10am Tai Chi 10:30-11:30am GLADEWAVES LUNCHEON 12-1pm	14) Share & Support Circle 9:30-10:30am Music w/ Nancy 10:30-11:30am BEI Games 12:30-1:30pm	15) GHP Drama Club 10-11am Music @ Midday Tulane University 12-1pm	16) BEI Trivia 9:30-10:30am Spanish 10:30-11:30am Meditation 12-1pm JUNE OUT	17) Strength Training 9:30-10:30am BINGO! 10:30-11:30am JUNE OUT
20) CLOSED FOR MARDI GRAS	21)	22)	23) Spanish 9:30-10:30am THE OGDEN MUSEUM 10:30-12:30pm	24) Strength Training 9:30-10:30am BINGO! 10:30-11:30am
27) Meditation 9-10am Tai Chi 10:30-11:30am DOLLAR TREE 11:30-1:30pm	28) Share & Support Circle 9:30-10:30am Music w/ Nancy 10:30-11:30am			

* Everyone entering the center **must wear a mask, at all times.** Temperatures will be taken upon entry.

*The center will be closed Mardi February 20th-22nd.

HOT LUNCH Monday-Friday



HAPPY MARDI GRAS Y'ALL!

We are so excited to welcome back to Kinship the Krewe of Thoth for our annual Mardi Gras Party on Wednesday February 8th from 11am-1:30pm!

Thoth, known as the Krewe of the Shut-Ins, parades on the Sunday before Fat Tuesday in Uptown, New Orleans each year. Historically, Thoth created a unique, uptown neighborhood route designed to pass in front of 14 institutions that care for persons with disabilities and illnesses who were not able to attend other parades in the city. This is their 75th anniversary year!

FEBRUARY IS BLACK HISTORY MONTH!

In celebration of Black History Month, we highlight individuals from black history who made distinctive and impactful contributions to the legacy of our world.

Black history month has been officially recognized since 1976. Its origin was the idea of noted historian Carter G. Woodson, aided by prominent minister Jesse E. Mooreland. Black History Month as it is today, was born out of the founding of-what is now-the Association for the Study of African American Life and History.

<p>10 AFRICAN AMERICAN INVENTIONS THAT CHANGED OUR WORLD</p>	<p>TRAFFIC SIGNAL Garrett Morgan (1877-1963) His inexpensive, effective design became the basis for today's traffic control system.</p> 
<p>ELECTRIC LIGHTS Lewis Latimer (1848-1928) His work helped bring artificial light to America's homes and businesses.</p> 	<p>REFRIGERATED TRUCK Frederick Jones (1893-1961) Thanks to his invention, people were able to enjoy fresh and frozen food from across the country.</p> 
<p>ELECTRIC TRAINS Granville Woods (1856-1910) Some of his many inventions are still used to help run today's subway and trolley systems.</p> 	<p>BLOOD BANK Dr. Charles Drew (1904-1950) Countless people owe their lives to his discovery of a process for storing blood.</p> 
<p>PEANUT PRODUCTS George Washington Carver (c. 1864-1943) The hundreds of new uses he developed for peanuts, sweet potatoes, and soybeans revived Southern farming.</p> 	<p>FEEDBACK TRAINING Patricia Cowings (1948-) Astronauts are able to avoid motion sickness in outer space due to her equipment and training program.</p> 
<p>HAIR CARE AND GROOMING GOODS Madam C.J. Walker (1867-1919) Her hair creams and other products revolutionized African American hair care.</p> 	<p>COMPUTER PLUG-INS Mark Dean (1957-) He helped make desktop computers a vital part of daily life by figuring out how to connect scanners and printers to them.</p> 
<p>PERSONAL DIGITAL ASSISTANT Donna Auguste (1958-) She headed a team of engineers whose work led to today's hand-held computers.</p> 	