

APRIL ACTIVITIES SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3) Meditation 9:30-10:30am Strength Training 10:30-11:30am	4) Share & Support Circle 9:30-10:30am Music w/ Nancy 10:30-11:30am Computer Essentials 12-1pm	5) BEI Trivia 9:30-10:15am GHP Drama 10:30-11:30am Computer Essentials 12-1pm	6) Spanish 9:30-10:30am WALMART (off campus) 10:30-1pm	7) CLOSED FOR GOOD FRIDAY
10) Meditation 9:30-10:30am Tai Chi 10:30-11:30am	11) Dancercise 9:30-10:30am Music w/ Nancy 10:30-11:30am Computer Essentials 12-1pm	12) BEI Trivia 9:30-10:15am GHP Drama 10:30-11:30am Dillard Senior Luncheon (off campus) 12-1pm	13) Youth Jazz Ensemble Performance 10am	14) Meditation 9:30-10:30am BINGO! 10:30-11:30am Book Club 12-1pm Art Therapy 1-2pm
17) Meditation 9:30-10:30am Strength Training 10:30-11:30am	18) Dancercise 9:30-10:30am Music w/ Nancy 10:30-11:30am EATsmart Program 12-1pm	19) BEI Trivia 9:30-10:15am GHP Drama 10:30-11:30am Computer Essentials 12-1pm	20) Audubon Zoo (off campus) 10-1pm	21) Meditation 9:30-10:30am BINGO! 10:30-11:30am Book Club 12-1pm EATsmart Program 1-2pm
24) Strength Training 9:30-10:30am Tai Chi 10:30-11:30am	25) Dancercise 9:30-10:30am Music w/ Nancy 10:30-11:30am EATsmart Program 12-1pm	26) BEI Trivia 9:30-10:15am GHP Drama 10:00-11:00am Music @ Midday Tulane (off campus) 12-1pm	27) Spanish 9:30-10:30am DOLLAR TREE (off campus) 10:30-1pm	28) Meditation 9:30-10:30am BINGO! 10:30-11:30am Book Club 12-1pm EATsmart Program 1-2pm

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

Kinship will be closed April 7th, 2023, for Good Friday.

HOT LUNCH Monday-Friday

COMING TO KINSHIP IN APRIL...

THE ABBY FLATS BIG BAND!



Abbotsford School
of Integrated Arts
(ASIA) SUMAS MOUNTAIN



The Abby Flats Big Band has developed a reputation in Abbotsford, British Columbia, Canada, and abroad for performing at a high level. The ensemble members range in age from 14 to 17 years and are a part of an award-winning jazz program at the Abbotsford School of Integrated Arts, in the Abbotsford School District. In years past and present, the ensemble has performed at the TD Vancouver Jazz Festival, Surrey International Jazz Festival, and the Abbotsford Jazz Festival, while also entertaining audiences at the local City of Abbotsford and Tourism Abbotsford Events. The ensemble recently recorded at Bryan Adams' music studio, The Warehouse, with Michael Bubl 's recording engineer and co-producer. Previously touring New Orleans in 2017 for Jazz Fest, and in 2019 for the French Quarter Jazz Festival, they've made their tours about being a part of the musical community, while also getting the chance to be inspired by exceptional musicianship seen and heard locally in the birthplace of jazz.

NOCOA EATsmart PROGRAM!

**You Are Invited
To Join Us For...**



Eat Smart, Live Strong

Enjoy fun and lively activities with other older adults! Talk about easy ways to make smart food choices and exercise more. Learn how you can Eat Smart and Live Strong.



Date/Time: Tuesdays April 18th & 25th
From 12-1pm
Fridays April 21st & 28th
From 1-2pm

Place: Kinship Senior Center
921 S. Carrollton, New Orleans,
70118

Contact: 504-314-0300

COMING TO KINSHIP IN MAY...

Preparing Legally for Hurricane Season

Wednesday, May 10th, 2023 @ 10am

In collaboration with Emergency Legal Responders, several local lawyers will be volunteering to help seniors, their family members, caretakers, and Kinship Senior Center staff prepare for hurricane season. Forms will be available for several essential documents, including wills and powers of attorney. Lists of what documents you should have on hand, along with waterproof folders, will also be available. Come learn more about the legal issues that can arise when hurricanes happen, and how you can be prepared!

Please email Victoria.Cvitanovic@gmail.com by May 3rd to sign up. Spots are limited.

Note: While the lawyers will be on hand to assist, they are not acting as "your" lawyer or representing you in any matter.

If you have questions about how to acquire legal representation, please contact the Louisiana Bar Association.