

APRIL 2024 ACTIVITIES SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Coffee Talk 9:30-10:30am</p> <p>Tai Chi 10:30-11:30am</p> <p>Meditation 11:30am-12:00pm</p> <p>NO VAN SERVICE</p>	<p>2</p> <p>Coffee Talk 9:30-10:00am</p> <p>Music w/ Nancy & Quilting 10:00-11:30am</p> <p>Game Time 11:30-12:30pm</p>	<p>3</p> <p>Coffee Talk 9:30-10:30am</p> <p>WALMART (off-campus)</p>	<p>4</p> <p>Coffee Talk 9:15-9:30am</p> <p>Spanish Class 9:30-10:30am</p> <p>Quilting/Knitting 10:30-11:30am</p> <p>Anew Fitness 11:30a-12:30pm</p>	<p>5</p> <p>Coffee Talk 9:15-9:30am</p> <p>Sip & Paint w/ Oak Street Health 9:30am-11:00am</p> <p>BINGO! 11:00am-12:00pm</p>
<p>8</p> <p>Choir Rehearsal (off-campus)</p>	<p>9</p> <p>Coffee Talk 9:30-10:00am</p> <p>Music w/ Nancy & Quilting 10:00-11:30am</p> <p>Game Time 11:30-12:30pm</p>	<p>10</p> <p>Coffee Talk 9:30-10:30am</p> <p>BINGO! 10:30-11:30am</p> <p>Games/Trivia 11:30am-12:00pm</p>	<p>11</p> <p>Coffee Talk 9:15-9:30am</p> <p>Spanish Class 9:30-10:30am</p> <p>Quilting/Knitting 10:30-11:30am</p> <p>Anew Fitness 11:30am-12:30pm</p>	<p>12</p> <p>Coffee Talk 9:30-10:00am</p> <p>Meditation 10:00-11:00am</p> <p>BINGO! w/ Oak Street Health 11:00am-12:00pm</p>
<p>15</p> <p>Choir Rehearsal (off-campus)</p>	<p>16</p> <p>Coffee Talk 9:30-10:00am</p> <p>Music w/ Nancy & Quilting 10:00-11:30am</p> <p>Game Time 11:30-12:30pm</p>	<p>17</p> <p>Coffee Talk 9:30-10:30am</p> <p>SAINTS CASINO DAY (off-campus)</p>	<p>18</p> <p>Coffee Talk 9:15-9:30am</p> <p>Spanish Class 9:30-10:30am</p> <p>Quilting/Knitting 10:30-11:30am</p> <p>Anew Fitness 11:30am-12:30pm</p>	<p>19</p> <p>Coffee Talk 9:30-10:00am</p> <p>Meditation 10:00-11:00am</p> <p>BINGO! 11:00am-12:00pm</p>
<p>22</p> <p>Coffee Talk 9:30am-10:30am</p> <p>DOLLAR TREE (off-campus)</p>	<p>23</p> <p>Coffee Talk 9:30-10:00am</p> <p>Music w/ Nancy & Quilting 10:00-11:30am</p> <p>Game Time 11:30-12:30pm</p>	<p>24</p> <p>Coffee Talk 9:30-10:30am</p> <p>BINGO! 10:30-11:30am</p> <p>Meditation 11:30am-12:30pm</p>	<p>25</p> <p>Coffee Talk 9:15-9:30am</p> <p>Spanish Class 9:30-10:30am</p> <p>Quilting/Knitting 10:30-11:30am</p> <p>Anew Fitness 11:30am-12:30pm</p>	<p>26</p> <p>JAZZ FEST PERFORMANCE (off-campus)</p>
<p>29</p> <p>GOSPEL ALIVE (off-campus)</p>	<p>30</p> <p>Coffee Talk 9:30-10:00am</p> <p>Music w/ Nancy & Quilting 10:00-11:30am</p> <p>Game Time 11:30-12:30pm</p>	<p>CALENDAR KEY</p> <p>Off-Campus members/staff leave for the day</p> <p>Special Activity new/unique programming</p> <p>*Schedule is subject to change*</p> <p>*Please call ahead*</p>		

HOT LUNCH Monday-Friday

PARTNERSHIP WITH ANEW FITNESS!

Kinship is proud to partner with Anew Fitness to provide our seniors with the most quality fitness experience led by incredible, certified trainers who specialize in senior-specific programming! Are you a senior who wants to stay **vibrant, healthy & independent** as you age? That's exactly what Anew Fitness will help you do!

Anew Fitness was founded by certified personal trainer & New Orleans native, Frederick Griffith. The Anew Fitness mission is to enhance the quality of life in the senior communities they serve through their fitness philosophy and programs to instill in seniors the value of health and fitness. Through their four pillars of Aerobics, Muscle Strength, Mental health, & Community, Anew Fitness aims to **Reinvigorate, Redevelop, and Sustain** well-being through their comprehensive initiatives to improve health. Anew Fitness programs include seated or standing line dancing, chair yoga, resistance training, and chair aerobics. Their certified instructors make exercising **fun, safe, accessible**, and personalized for seniors of all differing ability-levels!

Our programs are designed to address the financial constraints and isolation experienced by seniors. We provide group fitness classes that offer a supportive and inclusive environment where seniors can connect with others on a similar health journey. This social interaction is vital in combating loneliness and isolation seniors often experience.

~Frederick Griffith, CEO~



ANEW FITNESS

— MOVEMENT IS MEDICINE —

Learn more about Anew Fitness & all of the amazing things they do at anewfitness.com

