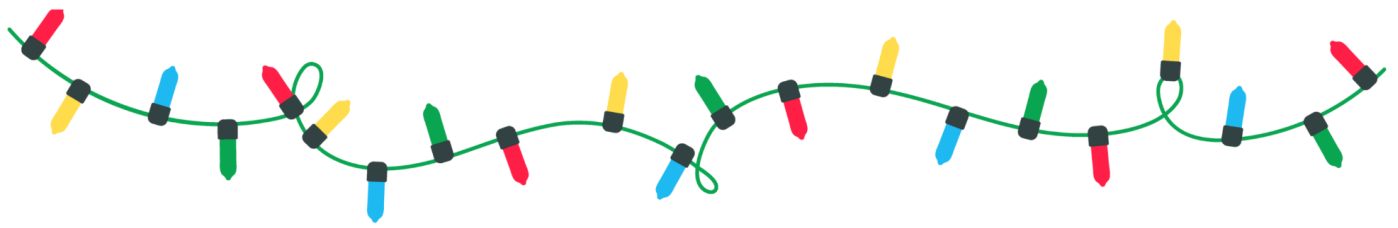


## JANUARY 2025 ACTIVITIES SCHEDULE

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  |
|--|--|---|---|---|
| <b>CALENDAR KEY</b><br><span style="background-color: #00b0f0; padding: 2px;">Off-Campus</span><br>members/staff leave for the day<br><span style="background-color: #fff9c4; padding: 2px;">Special Activity</span><br>new/unique programming<br><span style="background-color: #e1bee7; padding: 2px;">*Schedule is subject to change*</span><br><span style="background-color: #e1bee7; padding: 2px;">*Please call ahead*</span> |  |   |   |   |
| 6<br>Coffee Talk<br>9:30-10:00am<br><span style="background-color: #fff9c4; padding: 2px;">King Cake Kickoff</span><br>10:00-11:00am<br>Meditation<br>11:00am-12:00pm  | 7<br>Coffee Talk<br>9:30-10:00am<br>Music w/ Nancy & Quilting<br>10:00-11:00am<br>Games & Trivia<br>11:00-12:00pm  | 8<br><span style="background-color: #00b0f0; padding: 2px; font-weight: bold;">WALMART (Off- campus)</span>   | 9<br>Coffee Talk<br>Spanish Class<br>9:30-10:30am<br>Knitting/Quilting<br>10:30-11:30am<br><span style="background-color: #fff9c4; padding: 2px;">Anew Fitness</span><br>11:30am-12:30pm  | 10<br>Coffee Talk<br>9:30-10:00am<br>Meditation<br>10:00-11:00am<br>BINGO!<br>11:00am-12:00pm |
| 13<br>Coffee Talk<br>9:30-10:30am<br>Tai Chi<br>10:30-11:30am<br>Meditation<br>11:30am-12:30pm   | 14<br>Coffee Talk<br>9:30-10:00am<br>Music w/ Nancy & Quilting<br>10:00-11:00am<br>Games & Trivia<br>11:00-12:00pm | 15<br>Coffee Talk<br><span style="background-color: #fff9c4; padding: 2px;">Performance: Naydja Cojoe</span><br>10:30-11:30am<br><span style="background-color: #fff9c4; padding: 2px;">Gladewaves Luncheon</span><br>11:30am-12:30pm | 16<br>Coffee Talk<br>Spanish Class<br>9:30-10:30am<br>Knitting/Quilting<br>10:30-11:30am<br><span style="background-color: #fff9c4; padding: 2px;">Anew Fitness</span><br>11:30am-12:30pm | 17<br>Coffee Talk<br>9:30-10:00am<br>Meditation<br>10:00-11:00am<br>BINGO!<br>11:00am-12:00pm |
| 20<br>CLOSED<br>MLK Day  | 21<br>Coffee Talk<br>9:30-10:00am<br>Music w/ Nancy & Quilting<br>10:00-11:00am<br>Games & Trivia<br>11:00-12:00pm | 22<br><span style="background-color: #00b0f0; padding: 2px; font-weight: bold;">DOLLAR TREE (Off- campus)</span>  | 23<br>Coffee Talk<br>Spanish Class<br>9:30-10:30am<br>Knitting/Quilting<br>10:30-11:30am<br><span style="background-color: #fff9c4; padding: 2px;">Anew Fitness</span><br>11:30am-12:30pm | 24<br>Coffee Talk<br>9:30-10:00am<br>Meditation<br>10:00-11:00am<br>BINGO!<br>11:00am-12:00pm |
| 27<br>Coffee Talk<br>9:30-10:30am<br>Tai Chi<br>10:30-11:30am<br>Meditation<br>11:30am-12:30pm   | 28<br>Coffee Talk<br>9:30-10:00am<br>Music w/ Nancy & Quilting<br>10:00-11:00am<br>Games & Trivia<br>11:00-12:00pm | 29<br>Coffee Talk<br><span style="background-color: #fff9c4; padding: 2px;">Pelicans Dance Performance</span><br>10:00-12:00pm  | 30<br>Coffee Talk<br>Spanish Class<br>9:30-10:30am<br>Knitting/Quilting<br>10:30-11:30am<br><span style="background-color: #fff9c4; padding: 2px;">Anew Fitness</span><br>11:30am-12:30pm | 31<br>Coffee Talk<br>9:30-10:00am<br>Meditation<br>10:00-11:00am<br>BINGO!<br>11:00am-12:00pm |

HOT LUNCH Monday-Friday



# HAPPY HOLIDAYS!

**Wishing you a new year filled with joy & happiest of times! Thanks to all who have supported Kinship throughout the year! We couldn't serve our seniors without your help and for that we are ever grateful!**

**November 21, 2024  
to January 2, 2025**

SUBARU  
**share  
the love**  
EVENT

This holiday season, we hope you will *share the love* by supporting our aging neighbors nationwide.

**MILLIONS OF SENIORS ARE LEFT BEHIND, ALONE AND HUNGRY, AND THE PROBLEM IS ONLY GROWING.**

**1 IN 2 SENIORS  
LIVING ALONE**  
lack the income to pay  
for basic needs<sup>1</sup>

**THE SENIOR  
POPULATION IS SET  
TO REACH 91M**  
in the next decade, with  
**112M EXPECTED**  
by 2060<sup>1</sup>

**ABOUT  
13 MILLION SENIORS**  
are threatened by or  
experience hunger<sup>2</sup>

**MEALS ON WHEELS DELIVERS NUTRITIOUS MEALS AND COMPANIONSHIP; WE HELP SENIORS AGE IN THEIR HOMES.**



*"I have the sweetest people that bring my meals. They are precious. I call them my angels. They are always polite and talk to me sometimes, which is good when stuck in a place. It's a breath of fresh air when they come in."*

- MARY LOU, MEALS ON WHEELS CLIENT

Over the last 16 years, Subaru and its retailers have helped the Meals on Wheels network provide **MORE THAN 4.6 MILLION MEALS** to seniors in need across the country.

**GET A GREAT VEHICLE AND SUPPORT A GREAT CAUSE.**  
**WITH EVERY NEW SUBARU PURCHASED OR LEASED, SUBARU AND ITS RETAILERS ARE DONATING A MINIMUM OF \$300 TO CHARITY, LIKE MEALS ON WHEELS.**  
**NOVEMBER 21, 2024 THROUGH JANUARY 2, 2025.**

LEARN MORE AT [WWW.MEALSONWHEELSAMERICA.ORG/SHARETHELOVE](http://WWW.MEALSONWHEELSAMERICA.ORG/SHARETHELOVE).

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