

# 2024 PROGRAM OF WORK

## CITIZENSHIP AND OUTREACH

1. Juneteenth: The History of a New Holiday
2. Homelessness Among Older Adults
3. Project: Collect and Donate Items to a Homeless Shelter
4. Celebrate: Participate in a local Juneteenth Celebration Service

## ENVIRONMENT:

1. Indoor Plants that are Hard to Kill
2. Climate Change: Allergens and Pollen
3. Project: Purchase an Aloe Vera plant and share leaves from it with club members for planting – Check in for updates on growth and development in 6 months.
4. Celebrate: National House Plant Appreciation Day, January 10

## FAMILY LIFE

1. Reverse Mortgages
2. Internet Safety
3. Project: Develop and distribute to members a list of safety tips for social media, internet shopping and email.
4. Celebrate: National Smile Day, October 3 on social media. You can encourage people to post selfies of their smiles, to make a random person smile or you can post jokes to engage your audience.

## HOMEMAKING SKILLS

1. Batch Cooking for Beginners
2. Ten Ideas for Creating a Cozy Guest Room.
3. Project: Have Members exchange recipe cards for batch cooking ideas
4. Celebrate: National Food Day October 24

## HEALTH AND NUTRITION

1. Women's Heart Health
2. Eat for a Powerful Heart
3. Be Antibiotics Aware from CDC.gov
4. Project: Participate in a Virtual Walk ([worldwalking.org](http://worldwalking.org)), [AHA Heart Walk](#) or challenge members to a specific walk daily walk/step goal.
5. Celebrate: National Wear Red Day February 2, 2024

## MARKETING (PROMOTIONS)

1. Ways to Increase Membership in Your Club
2. Project: Plan a Brunch or Tea with club members and invited guests. Have a program of club activities and recruit new members.
3. Celebrate: AHCL Week October 9-16