



*The Upper Cumberland Human Resource Agency's Nutrition Program for Older Adults & Adults w/Disabilities Celebrates*

*Older Americans Month 2011*

**Older Americans: Connecting the Community**

Every May since 1963, people in towns and cities across the country have come together to celebrate the enormous contributions of older Americans—borne of wisdom, experience, and the will to realize their dreams and speak their minds. Older Americans Month is our chance to show our appreciation and support our seniors as they continue to enrich and strengthen our communities. The Upper Cumberland Human Resource Agency is joining the festivities with a special luncheon on May 3<sup>rd</sup> and the 24th to celebrate our area Seniors.

The theme of this year's celebration—Older Americans: Connecting the Community—pays homage to the many ways in which older adults bring inspiration and continuity to the fabric of our communities. Their shared histories, diverse experiences, and wealth of knowledge have made our culture, economy, and local character what they are today. The theme also highlights the many ways technology is helping older Americans live longer, healthier and more engaged lives.

Help us celebrate Older Americans Month! Join your neighbors not only to recognize what older citizens bring to our communities, but also to help them continue playing a vital role in weaving a unique and lasting community fabric. Please join us for lunch on May 24<sup>th</sup>. Reservations must be made 24 hours in advance. Luncheon tickets for guest under 60 years of age are \$5.00. Contact your local office by calling (615) 597-4504. The Nutrition Program is funded in part by the AAA&D