

## Golden Harmony Senior Center

Golden Harmony Senior Center, established in 2008, provides the support, services, and opportunities for older adults to remain actively engaged in the community through recreational, spiritual, and social activities. The center offers weekly prayer services, bible study, programs, activities, and games (i.e. bingo) to keep the seniors socially connected. In an effort to promote healthy aging and physical activity, the center sponsors the Golden Harmony Praise Dancers. The dancers have opportunities to display their skills and talents during local community events and during some Sunday morning worship services at Mount Harmony Baptist Church in Ruston, Louisiana.