



**COMO ACTIVITY CENTER— 4900 Horne Street**

Mon-Fri 8:30-1:30 Lunch at 11:30-817-732-0951 Quesha Horton, Center Director

**Lunch and Transit by reservation only**—Must call by 11:00 a.m. on Thursday for the following week

Program provided by Senior Citizen Services of Greater Tarrant County, 1400 Circle Dr. #300, Fort Worth, Texas

**\*\*\* Each day after lunch, participants can shop for groceries in our Center Store.**

**Food is picked up 4 days a week by our volunteers & sponsored by TAFB & Sprouts**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				National Senior Center Month	<b>1 SENIOR SHARE</b> 8:30 Coffee/Conversations Table Games 10 “Brain Freeze” Game 11 Exercise	<b>2</b>
<b>3</b>	<b>4</b> 	<b>5</b> 8:30 Breakfast 9 Coffee/Conversations/ Dominoes 10 Bingo 11 Tai Chi	<b>6</b> 8:30 Coffee/ Conversations 9:30-11:30 “Purpose Workshop (Upper Bldg)	<b>7</b> 8:30 Breakfast 9 Coffee/Conversations 10 Bible Study “In The Spotlight”	<b>8</b> 8:30 Coffee/Con. 9 Walking Club 10 Bingo w/Gayle & Vi- sion Screenings (Upper Bldg) 11 Yoga	<b>9</b> Sixty & Better Gala @ Fort Worth Club Downtown
<b>10</b>	<b>11</b> 8:30 Coffee/ Conversations 10 Roxie’s 100th Party (Upper Bldg)	<b>12</b> 8:30 Breakfast/ Coffee/Conversations 9 Walking Club 10 Craft (WellMed) 11 Tai Chi	<b>13</b> 8:30 Coffee/ Conversations/Dominoes 10 “Taboo” Game	<b>14</b> 8:30 Breakfast 9 Coffee/Conversations 10 Bible Study <b>11 Bible Trivia</b>	<b>15 COMMUNITY SHARE</b> 8:30 Coffee/ Conversations/Table Games 10 Bingo	<b>16</b>
<b>17</b>	<b>18</b> 8:30 Coffee/ Conversations 9 Walking Club 10 “Where You Going”	<b>19</b> Staff Mtg. @ Forest Hill 8:30 Break- fast/ 9:30 Walking Club 10 Assistive Telephone 11 Music w/Pickney	<b>20</b> Advisory Council @ Forest Hill 8:30 Coffee Conversations dominoes/ Frost Bank 10 Fin. Literacy BINGO	<b>21</b> 8:30 Breakfast/ Coffee/Conversations 10 Bible Study 11 Participant’s Meeting	<b>22</b> 8:30 Coffee/ Conversations 9 Walking Club 10 Lunch @ Button’s	<b>23</b>
<b>24</b>	<b>25</b> 8:30 Coffee/ Conversations/Dominoes 9:30 Walking Club 10 Table Games Rotation	<b>26</b> 8:30 Coffee/ Conversations <b>9:30 Walking Club</b> <b>10:30 Sing @</b> <b>Stonegate</b>	<b>27</b> Diez y Seis/ National His- panic Heritage Month Party Forest Hill Convention Center \$5.00 Bus Departs @ 9:30	<b>28</b> 8:30 Breakfast/ Coffee/Conversations 10 Bible Study 11 Birthday w/JTaylor	<b>29</b> 8:30 Coffee/ Conversations 10 Amon Carter Museum (Free Admission)	<b>30</b>