



COMO ACTIVITY CENTER-4900 Horne Street 8:30-1:30
Lunch at 11:30-817-871-5031-Kayren Davis, Center Director

Lunch and Transit by reservation only—Must call by 11:00 the day before for reservation

Meals provided by Sixty and Better, Where Healthy Aging Begins, 1400 Circle Dr. #300, Fort Worth, Texas



Sun Mon Tue Wed Thu Fri Sat

MARCH

			1 Breakfast 9:00 Coffee/Conversation and Dominos 10:00 Bible Study	2 9:00 Coffee/Conversation Puzzles & Dominos 10:00 11:00 Exercise	3	
4	5 Food Bank Day 8:30 Walking Club 9:00 Coffee/Conversation and Dominos 10:00 Family Feud Game	6 Breakfast 8:30 Coffee/Conversation and Dominos 9:00 Matter of Balance 11:00 Tai Chi	7 9:00 Coffee/Conversation Puzzles & Dominos 9:30 Walmart Trip 10:00 Arts & Craft Activity	8 Breakfast 9:00 Coffee/Conversation 10:00	9 9:00 Coffee/Conversation 9:30 Arts & Craft w/ Gayle Hansen 11:00 Exercise	10
11	12 8:30 Walking Club 9:00 Coffee/Conversation and Dominos 10:00 Scattergories Game	13 Breakfast 9:00 Coffee/Conversation and Dominos 10:00 Arts and Craft Activity 11:00 Tai Chi	14 8:30 Walking Club 9:00 Coffee/Conversation and Dominos 10:00	15 Breakfast 9:00 Coffee/Conversation and Dominos 10:00 Bible Study	16 Community Food Share Day 9:00 Coffee/Conversation 10:30 Presentation - Linda Velasquez w/ Dignity Memorial 11:00 Exercise	17 St. Patrick's Day
18	19 9:00 Coffee/Conversation and Dominos 10:00 Name That Blues Song 	20 Breakfast 8:30 Coffee/Conversation and Dominos 9:00 Matter of Balance 11:00 Tai Chi	21 8:30 Walking Club 9:00 Coffee/Conversation and Dominos 10:00 Family Feud Game	22 Breakfast 9:00 Coffee/Conversation 10:00 Bible Study Birthday Celebration w/JTaylor	23 9:00 Coffee/Conversation and Dominos 10:00 11:00 Exercise	24
25	26 8:30 Walking Club 9:00 Coffee/Conversation and Dominos 10:00	27 Breakfast 8:30 Coffee/Conversation 9:00 Matter of Balance 10:00 Stonegate Nursing Center 11:00 Tai Chi	28 8:30 Walking Club 9:00 Coffee/Conversation and Dominos 10:00 Scattergories Game	29 Breakfast 9:00 Coffee/Conversation and Dominos 10:00 Bible Study	30 Senior Center Easter Egg Hunt 	31