













COMO ACTIVITY CENTER-4900 Horne Street 8:30-1:30
Lunch at 11:30-817-731-5354 - 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
1	2 8:30 Walking Club 9:00 Coffee/Conversation and Dominos 10:00 Table Games/Puzzles	3 Breakfast 8:30 Coffee/Conversation and Dominos 10:00  11:00 Tai Chi	4 - CLOSED - 	5 Breakfast 8:30 Coffee/Conversation 10:00 - Movie Day - "Fences"	6 Community Food Share Day 8:30 Coffee/Conversation 10:00  11:00 Exercise	7
8	9 8:30 Walking Club 9:00 Coffee/Conversation 10:00 Presentation - Gilbert Rodriguez w/ Frost Bank	10 Breakfast 8:30 Coffee/Conversation and Dominos 9:30 Walmart Trip 10:00 Table Games/Puzzles	11 8:30 Coffee/Conversation Puzzles & Dominoes 10:00 Pictionary w/ Robert Baptist	12 Breakfast 8:30 Coffee/Conversation Puzzles & Dominoes 10:00 	13 8:30 Coffee/Conversation Puzzles & Dominos 10:00 Bible Study  11:00 Exercise	14
15	16 8:30 Walking Club 9:00 Coffee/Conversation and Dominos 10:00 Family Feud	17 Breakfast Staff & Partners Meeting 8:30 Coffee/Conversation and Dominos 10:00  11:00 Tai Chi	18 Advisory Meeting 8:30 Coffee/Conversation and Dominos 10:00 Dr. Talk w/ USMD	19 Breakfast 8:30 Walking Club 9:00 Coffee/Conversation and Dominos 10:00 Arts & Craft Activity	20 Community Food Share Day 8:30 Coffee/Conversation 10:00  11:00 Exercise	21
22	23 8:30 Walking Club 9:00 Coffee/Conversation and Dominos 10:00 	24 Breakfast 8:30 Coffee/Conversation And Dominos 10:00 Presentation - Wendy Parker w/ Vitas Hospice	25 8:30 Coffee/Conversation 10:00 - Movie Day - "42 - The Jackie Robinson Story"	26 Breakfast 8:30 Coffee/Conversation 10:00 Scattergories  Birthday Celebration w/JTaylor	27 8:30 Coffee/Conversation Puzzles & Dominos 10:00 Bible Study  11:00 Exercise	28
29	30 8:30 Walking Club 9:00 Coffee/Conversation 10:00 Presentation - Darwin Isham w/ Clear Caption	31 Breakfast 8:30 Coffee/Conversation and Dominos 10:00 