



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
			<b>1</b> 8:30 Coffee/Conversation 10:00 - <b>Movie Day</b> - <b>“Black Panther”</b>	<b>2 Breakfast</b> 8:30 Coffee/Conversation and Dominos 10:00 Bible Study	<b>3</b> 8:30 Coffee/Conversation Puzzles & Dominos 10:00 11:00 Exercise	<b>4</b>
<b>5</b>	<b>6</b> 8:30 Walking Club 9:00 Coffee/Conversation and Dominos 10:00 Family Feud Game	<b>7 Breakfast</b> 8:30 Coffee/Conversation and Dominos 10:00 11:00 Tai Chi	<b>8</b> 8:30 Coffee/Conversation Puzzles & Dominoes 10:00 <b>Pictionary w/</b> <b>Robert Baptist</b>	<b>9 Breakfast</b> 8:30 Coffee/Conversation and Dominos 10:00	<b>10</b> 8:30 Coffee/Conversation Puzzles & Dominos 10:00 Presentation - <b>Bridgett Mathis w/</b> <b>Stream Energy</b> 11:00 Exercise	<b>11</b>
<b>12</b>	<b>13</b> 8:30 Walking Club 9:00 Coffee/Conversation 10:00 - <b>Movie Day</b> - <b>“42 - The Jackie</b> <b>Robinson Story”</b>	<b>14</b> 8:30 Coffee/Conversation and Dominos 9:30 <b>Walmart Trip</b> 10:00 Table Games/Puzzles	<b>15</b> 8:30 Coffee/Conversation and Dominos 10:00 <b>Dr. Talk w/ USMD</b>	<b>16 Breakfast</b> 8:30 Coffee/Conversation and Dominos 10:00 Bible Study 	<b>17</b> <b>Community Food</b> <b>Share Day</b> 8:30 Coffee/Conversation 10:00 11:00 Exercise	<b>18</b> 3rd Annual Alzheimer’s Education Seminar 9am - 2pm
<b>19</b>	<b>20</b> 8:30 Walking Club 9:00 Coffee/Conversation and Dominos 10:00 Heads or Tails Game	<b>21 Breakfast</b> <b>Staff/Partner and Advisory</b> <b>Meeting</b> 8:30 Coffee/Conversation and Dominos 10:00 <b>Senior HELP w/</b> <b>UNTHSC</b> 11:00 Tai Chi	<b>22</b> 8:30 Coffee/Conversation Puzzles & Dominoes 10:00	<b>23 Breakfast</b> 8:30 Coffee/Conversation 10:00 Bible Study  <b>Birthday Celebration</b> <b>w/JTaylor</b>	<b>24</b> 8:30 Coffee/Conversation Puzzles & Dominos 10:00 Family Feud 11:00 Exercise	<b>25</b>
<b>26</b>	<b>27</b> 8:30 Walking Club 9:00 Coffee/Conversation and Dominos 10:00 Scattergories Game	<b>28 Breakfast</b> 8:30 Coffee/Conversation and Dominos 10:00 <b>Senior HELP w/</b> <b>UNTHSC</b>	<b>29</b> 8:30 Coffee/Conversation and Dominos 10:00 Arts & Craft Activity	<b>30 Breakfast</b> 8:30 Coffee/Conversation and Dominos 10:00	<b>31</b> 8:30 Coffee/Conversation Puzzles & Dominos 10:00 11:00 Exercise	