



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