
















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
 <h1>January</h1>		<b>1 *** CLOSED ***</b> 	<b>2</b> 8:30 Coffee/Conversation and Dominoes 10:00 - <b>Movie Day - The Help</b>	<b>3 Breakfast</b> 8:30 Coffee/Conversation and Dominoes 10:00 Bible Study 	<b>4</b> 8:30 Coffee/Conversation 10:00  11:00 Exercise	<b>5</b>
<b>6</b>	<b>7</b> 8:30 Walking Club 9:00 Coffee/Conversation and Dominoes 10:00 Scattergories	<b>8 Breakfast</b> 8:30 Coffee/Conversation Puzzles & Dominoes 10:00 	<b>9</b> 8:30 Coffee/Conversation and Dominoes 10:00 <b>Pictionary w/ Carol Mitchell</b>	<b>10 Breakfast</b> 8:30 Coffee/Conversation and Dominoes 10:00 Bible Study 	<b>11</b> 8:30 Coffee/Conversation 10:00 Presentation - <b>Pierre Gant w/ Amerigroup</b> 11:00 Exercise	<b>12</b>
<b>13</b>	<b>14</b> 8:30 Walking Club 9:00 Coffee/Conversation and Dominoes 10:00 Table Games/Puzzles	<b>15 Breakfast</b> <b>Staff &amp; Partners Meeting</b> 8:30 Coffee/Conversation Puzzles & Dominoes 10:00 <b>MLK Jeopardy</b> 11:00 Tai Chi	<b>16</b> <b>Advisory Meeting</b> 8:30 Coffee/Conversation 10:00 Presentation - <b>Alzheimer's Assoc. Early Detection Matters</b>	<b>17 Breakfast</b> 8:30 Coffee/Conversation and Dominoes 10:00 Bible Study 	<b>18 Community Food Share Day</b>  8:30 Coffee/Conversation 10:00  11:00 Exercise	<b>19</b>
<b>20</b>	<b>21 *** CLOSED ***</b> 	<b>22 Breakfast</b> 8:30 Coffee/Conversation Puzzles & Dominoes 10:00 Arts and Craft Activity	<b>23</b> 8:30 Coffee/Conversation and Dominoes 10:00 Presentation - <b>United Healthcare BINGO</b>	<b>24 Breakfast</b>  8:30 Coffee/Conversation 10:00 Bible Study <b>Birthday Celebration w/JTaylor</b>	<b>25</b>  <b>Rodeo Day</b> 8:30 Coffee/Conversation 10:00 Presentation - <b>United Healthcare Hip Hop Chair Exercise</b>	<b>26</b>
<b>27</b>	<b>28</b> 8:30 Walking Club 9:00 Coffee/Conversation and Dominoes 10:00 	<b>29 Breakfast</b> 8:30 Coffee/Conversation Puzzles & Dominoes 10:00 Family Feud	<b>30</b> 8:30 Coffee/Conversation and Dominoes 10:00 - <b>Movie Day - A Wrinkle In Time</b>	<b>31 Breakfast</b> 8:30 Coffee/Conversation and Dominoes 10:00 Bible Study 