



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, Tx



Sun                      Mon                      Tue                      Wed                      Thu                      Fri                      Sat

# MARCH 2019

					1 8:30 Coffee/ Conversation	2
					10:00 	
					11:00 Exercise	
3	4 8:30 Walking Club 9:00 Coffee/Conversation 10:00 Tables Games and Puzzles	5 <b>Breakfast</b> 8:30 Coffee/Conversation and Dominoes 9:00 <b>Matter of Balance</b> 11:00 Tai Chi	6 8:30 Coffee/Conversation 10:00 - <b>Movie Day</b> - <b>Widows</b>	7 <b>Breakfast</b> 8:30 Coffee/Conversation and Dominoes 10:00 Bible Study 	8 8:30 Coffee/Conversation 10:00 <b>Gail Hanson Historical Presentation</b> 10:30 Presentation - <b>United Healthcare Hip Hop Chair Exercise</b>	9
10 	11 8:30 Walking Club 9:00 Coffee/Conversation 10:00 	12 <b>Breakfast</b> 8:30 Coffee/Conversation and Dominoes <b>A Madea Family Funeral Ridgmar Rave Theater @ 10am</b>	13 8:30 Coffee/Conversation and Dominoes 10:00 <b>Pictionary w/ Carol Mitchell</b>	14 <b>Breakfast</b> 8:30 Coffee/Conversation and Dominoes 10:00 Bible Study 	15 <b>Community Food</b>  <b>Share Day</b> 8:30 Coffee/Conversation 10:00 Scattergories 11:00 Exercise	16
17 <b>St. Patrick's Day</b> 	18 8:30 Walking Club 9:00 Coffee/Conversation 10:00 Tables Games and Puzzles	19 <b>Breakfast Staff &amp; Partners Meeting</b> 8:30 Coffee/Conversation and Dominoes 9:00 <b>Matter of Balance</b> 11:00 Tai Chi	20 <b>Advisory Meeting</b> 8:30 Coffee/Conversation and Dominoes 10:00 Presentation - <b>United Healthcare BINGO</b>	21 <b>Breakfast</b> 8:30 Coffee/Conversation and Dominoes 10:00 Bible Study 	22 8:30 Coffee/Conversation 10:00 America Says Game 11:00 Exercise	23
24 / 31	25 8:30 Walking Club 9:00 Coffee/Conversation 10:00 	26 <b>Breakfast</b> 8:30 Coffee/Conversation Puzzles & Dominoes 10:00 Arts and Craft Activity	27 8:30 Coffee/Conversation Puzzles & Dominoes 10:00 Family Feud Game	28 <b>Breakfast</b> 8:30 Coffee/Conversation 10:00 Bible Study  <b>Birthday Celebration w/JTaylor</b>	29 8:30 Coffee/Conversation 10:00  11:00 Exercise	30