



network
OF COMMUNITY MINISTRIES



**Celebrate the
new year at**

SENIOR THURSDAY

**Every Thursday from 9 am to 2 pm,
we've got food, fun and fellowship!**

This month, join us for

- **1/4-** Lets get creative with Josh from Central Arts Program!
- **1/11-** “I Have a Dream” remembering MLK, and Get Up and Jive when Shanna Divine sings the “Oldies”
 - **1/18-** Chief Meteorologist Dan Brounoff, KRLD presents “There is a 50% Chance” and a Devotional led by Episcopal Church of the Epiphany
 - **1/26-** Texas Winds, Ken on Keyboard and Ron on Sax, “Sentimental Journey”
 - **Weekly chair yoga, devotionals, hot lunches and new friendships!**

**Free and open to all in the community
who are over the age of 60!**

1500 International Parkway Ste 300

Jan. 4

- **9 - 10 am:** Staff cooks breakfast! Exercise your brain with trivia!
- **10 am:** Chair exercises
- **10:45 am:** Art with Josh from Central Arts Program
- **Noon:** Lunch provided by Friends of Network

Jan. 11

- **9 - 10 am:** Coffee, trivia, and the news
- **10 am:** Chair exercises
- **10:45 am:** Shanna Divine sings the “Oldies”
- **Noon:** Lunch provided by First United Methodist

Jan. 18

- **9 - 10 am:** Coffee, trivia, and the news
- **10 am:** Chair exercises
- **10:45 am:** Chief Meteorologist Dan Brounoff, KRLD
- **11:45 am:** Devotional
- **Noon:** Lunch provided by Episcopal Church of the Epiphany

Jan. 26

- **9 - 10 am:** Coffee, trivia, and the news
- **10 am:** Chair exercises
- **11 am:** “Sentimental Journey” presented by Ken and Ron of Texas Winds
- **Noon:** Lunch provided by Dallas Woman's Forum