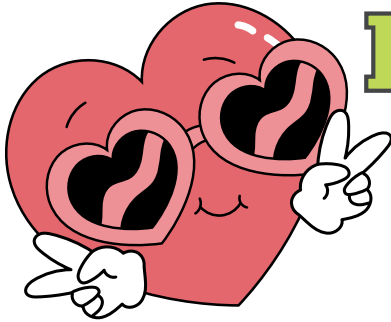




network
OF COMMUNITY MINISTRIES



Fall in love with

SENIOR THURSDAY

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

This month, join us for

- **2/6- Bingo & Little Shephard Adult Choir**
- **2/13- Doc Gibbs Valentine Celebration**
- **2/20- Heritage Farms Crate of Artifacts**
- **2/27- Celebrate Black History with
"The Rest of the Story"**
- **Weekly chair yoga, devotionals,
hot lunches and new friendships!**

BINGO OFFERED MONTHLY

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

1500 International Parkway Ste 300

Feb 6

- **9 am:** Breakfast cooked by Eve
- **10 am:** Chair exercise
- **10:30 am:** Bingo
- **11:45 am:** Performance by Little Shephard Adult Choir
- **Noon:** Lunch provided by Little Shephard

Feb 13

- **9 am:** Coffee, trivia, and “What’s in the News”
- **10 am:** Chair exercise
- **10:30 am:** Doc Gibbs Valentine Dance
- **Noon:** Lunch provided by First United Methodist Church

Feb 20

- **9 am:** Coffee, trivia, and “What’s in the News”
- **10 am:** Zumba with the fabulous Mauri Marsh
- **10:45 am:** Heritage Farms Crate of Artifacts
- **Noon:** Lunch provided by Episcopal Church of the Epiphany

Feb 27

- **9 am:** Coffee, trivia, and “What’s in the News”
- **10 am:** Chair exercise
- **10:30 am:** Celebrate Black History with Celeste and hear “The Rest of the Story”
- **Noon:** Lunch provided by the ladies from Dallas Service Forum