



**network**  
OF COMMUNITY MINISTRIES



**Hop on into**

# **SENIOR THURSDAY**

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

**This month, join us for**

- **4/3- You Could Save a Life: Learn CPR & Heimlich**
  - **4/10- All About You!**
  - **4/17- All About You!**
- **4/24- Dallas Arboretum Art & Sculpture  
Karen Brooks**
- **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**

**[jkovacs@thenetwork.org](mailto:jkovacs@thenetwork.org)**

**972-234-8880  
ext. 105**

## April 3

- **9 am:** Breakfast cooked by Eve
- **10 am:** Sit & Get Fit
- **10:45 am:** Richardson Fire Department
- **11:45 am:** Trivia
- **Noon:** Lunch provided by First Presbyterian Church

## April 10

- **9 am:** Coffee, trivia, and “What’s in the News”
- **10 am:** Sit & Get Fit
- **10:30 am:** All About You- Healthcare Notebook
- **Noon:** Lunch provided by First United Methodist Church

## April 17

- **9 am:** Coffee, trivia, and “What’s in the News”
- **10 am:** Sit & Get Fit
- **10:45 am:** All About You- Healthcare Notebook
- **Noon:** Lunch provided by Network

## April 24

- **9 am:** Coffee, trivia, and “What’s in the News”
- **10 am:** Sit & Get Fit
- **10:45 am:** Dallas Arboretum
- **11:30 am:** Who Am I?
- **Noon:** Lunch provided by the ladies from Dallas Service Forum