



**network**  
OF COMMUNITY MINISTRIES

*Sunshine. Smiles. Socialize.*

# SENIOR THURSDAY

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

## June Calendar

**JUNE 4**



**HIMSS**  
navigating  
MyChart and  
other portals

Lunch  
provided by  
**HIMSS**



**JUNE 11**



**The Senior  
Source,  
"Scams  
& Fraud"**

Lunch  
provided by  
**1st United  
Methodist  
Church**

**JUNE 18**



**Father's Day  
Celebration**

Lunch  
provided by  
**Church of the  
Epiphany**

**JUNE 25**



**Let's Party  
with Marty**

Lunch  
provided by  
**Dallas  
Service  
Forum**



Monthly  
Bingo



Weekly  
Chair Yoga



Devotionals  
& Discussion



Hot  
Lunches



New  
Friendships

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



**1500 International Parkway Ste 300**



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# JUNE CALENDAR

## JUNE 4

9:00 am: Coffee, trivia and "What's in the News"

10:00 am: Sit & Get Fit

10:35 am: Nick Kagal VP Marketing, DFW HIMSS sings

11:05 am: Sara Rahm & Gena King, HIMSS navigating MyChart and other portals

Noon: Lunch provided by HIMSS

## JUNE 11

9:00 am: Coffee, trivia and "What's in the News"

10:00 am: Sit & Get Fit

10:30 am: Precilla Perez, The Senior Source, "Scams & Fraud"

Noon: Lunch provided by 1st United Methodist Church

## JUNE 18

9:00 am: Coffee, trivia and "What's in the News"

10:00 am: Sit & Get Fit

10:30 am: Father's Day Celebration

Noon: Lunch provided by Church of the Epiphany




## JUNE 25

9:00 am: Coffee, trivia and "What's in the News"

10:00 am: Sit & Get Fit

10:30 am: Let's Party with Marty

Noon: Lunch provided by Dallas Service Forum

-  Monthly Bingo .....
-  Weekly Chair Yoga .....
-  Devotionals .....
-  Hot Lunches .....
-  New Friendships .....

**Thank you for being part of our community.  
We really value and appreciate you.**