network
OF COMMUNITY MINISTRIES

SENIOR THURSDAY

NOVEMBER 2026

NOVEMBER 5

9:00–10:00 am	Coffee, trivia & "What's In the News"
10:00–10:30 am	Sit & Get Fit Chair Exercise
10:45–11:45 am	Class Act Tap Dancers: Celebrate Veterans Day
11:45 am–12:00 pm	Trivia
12:00–1:00 pm	Lunch provided by Arapaho UMC

NOVEMBER 12

9:00–10:00 am	Coffee, trivia & "What's In the News"
10:00–10:30 am	Sit & Get Fit
10:45–11:45 am	Dr. Kyle Jensen: How Neuropathy Can Affect You
12:00–1:00 pm	Lunch provided by 1st United Methodist Church

NOVEMBER 19

9:00–10:00 am	Coffee, trivia & "What's In the News"
10:00–10:30 am	Sit & Get Fit
10:30–11:30 am	Celebrate Thanksgiving
12:00–1:00 pm	Lunch provided by Church of the Epiphany and Network

NOVEMBER 26

Network Closed for the Holiday

Food, fun & fellowship

1500 International Parkway
Ste 300, Richardson, TX 75081

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972-234-8880 ext. 105

network
OF COMMUNITY MINISTRIES

Gratitude. Friends. Fellowship.

SENIOR FEEDBACK THURSDAY

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

This November, Join Us For

NOVEMBER 5 Class Act Tap Dancers: Celebrate Veterans Day
Lunch provided by Arapaho UMC

NOVEMBER 12 Dr. Kyle Jensen: How Neuropathy Can Affect You
Lunch provided by 1st United Methodist Church

NOVEMBER 19 Celebrate Thanksgiving
Lunch provided by Church of the Epiphany and Network

NOVEMBER 26 Network Closed for the Holiday

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

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