## August 2025



## Los Fresnos Senior Citizen Program

204 N. Brazil Street 956-233-4350

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LUNCH SERVE	28 ED DAILY 12:30 PM	29	30	31	COFFEE & BINGO 8:00 AM-11:00 AM NUTRITION 12:30 PM CARDS, DOMINOES 1:00 PM	2
The 30 Man	4	5	6	7	8	9
4 Jes	COFFEE & BINGO	COFFEE & BINGO	COFFEE & BINGO	COFFEE & BINGO	COFFEE & BINGO	
	8:00 AM-11:00 AM	8:00 AM-11:00 AM	8:00 AM-11:00 AM	8:00 AM-11:00 AM	8:00 AM-11:00 AM	
	GRANDPARENTS DAY	LEGACY INS WELLNESS	SIT & FIT EX 11:00 AM	BALLOON TOSS 1:00 PM	WALMART 1:00 PM	
	CARDS, PUZZLES 1:00 PM	SERVICES 11:00 AM CARDS, DOMINOES 1:00 PM	FOOD PANTRY 1:00 PM CARDS, DOMINOES 1:00 PM	CHECKERS 1:00 PM	CARDS, PUZZLES 1:00 PM	
10	11	12	<b>13</b>	14	15	16
10	COFFEE & BINGO	COFFEE & BINGO	COFFEE & BINGO	COFFEE & BINGO	COFFEE & BINGO	
	8:00 AM-11:00 AM	8:00 AM-11:00 AM	8:00 AM-11:00 AM	8:00 AM-11:00 AM	8:00 AM-11:00 AM	
	BRO ADV DANCE 1:00 PM	PI LIGHT HOUSE 1:00 PM	SIT & FIT EX 11:00 AM	ALZHEIMERS ASN 11:00 AM	ICE CREAM 1:00 PM	
M	CARDS, PUZZLES 1:00 PM	CARDS 1:00 PM	CARDS 1:00 PM	CARDS 1:00 PM	BALOON TOSS 1:00 PM	
			COLORING 1:00 PM		CARDS 1:00 PM	
17	<b>\18</b>	19	20	21	22	23
3100	COFFEE & BINGO	COFFEE & BINGO	COFFEE & BINGO	COFFEE & BINGO	COFFEE & BINGO	
	8:00 AM-11:00 AM	8:00 AM-11:00 AM	8:00 AM-11:00 AM	8:00 AM-11:00 AM	8:00 AM-11:00 AM	
	SIT & FIT EX 11:00 AM	SAN JUAN SHRINE 1:00 PM	GOOD WILL THRIFT 1:00 PM	ALZHEIMERS ASN 11:00 AM	NAILS 1:00 PM	
	H.E.B. 1:00 PM	CHECKERS 1:00 PM	GAMES 1:00 PM	CARDS 1:00 PM	CARDS 1:00 PM	
	CARDS 1:00 PM	CAARDS 1:00 PM	-			
24	25	26	27	28	29	30
	COFFEE & BINGO	COFFEE & BINGO	COFFEE & BINGO	COFFEE & BINGO	COFFEE & BINGO	
	8:00 AM-11:00 AM	8:00 AM-11:00 AM	8:00 AM-11:00 AM	8:00 AM-11:00 AM	8:00 AM-11:00 AM	
	ALPINE CARE 1:00 PM	CABRERAS NURSERY 1:00 PM	SIT & FIT EX 11:00 AM	GROCERY PICKUP 1:00 PM	WALMART WALK 1:00 PM	
	CARDS, UNO 1:00 PM	CARDS, CORN HOLE 1:00 PM	CARDS, DOMINOES 1:00 PM	CARDS 1:00 PM	ICE CREAM 1:00 PM CARD,COLORING 1:00 PM	PERMAN DISC
31			Eligible participants under 60 y Spouse is eligible & participate	s in the program vith a 60-year or older participar	or older.	