

# February 2025



Los Fresnos  
Senior Program  
956-233-4350

January '25							March '25						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4							1
5	6	7	8	9	10	11	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22
26	27	28	29	30	31		23	24	25	26	27	28	29
							30	31					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
26 	27 	28	29	30	31 <b>LUNCH SERVED DAILY 11:30 AM - 12:30 PM</b>	1		
2	3 COFFEE & BINGO 8:00 AM-11:00 AM  VIDA Plena Seguros 1:00 PM	4 COFFEE & BINGO 8:00 AM-11:00 AM  Cards 12:30 PM-3:00 PM	5 COFFEE & BINGO 8:00 AM-11:00 AM  Cards/T.V./ Walking Group	6 COFFEE & BINGO 8:00 AM-11:00 AM  San Juan Shrine Trip 1:00 PM	7 COFFEE & BINGO 8:00 AM -11:00 AM Exercise 11:00 AM- 11:30 AM T.V./MOVIE 1:00 PM			
9	10 COFFEE & BINGO 8:00 AM-11:00 AM  CARDS/DOMINOS	11 COFFEE & BINGO 8:00 AM-11:00 AM  CARD GROUP	12 COFFEE & BINGO 8:00 AM-11:00 AM Exercise 11:00 AM- 11:30 AM	13 COFFEE & BINGO 8:00 AM-11:00 AM ART/COLORING 11:00 AM-11:30 AM	14 COFFEE & BINGO 8:00 AM-11:00 AM  DOCTOR APPOINTMENTS	15 <b>RODEO PARADE</b> 		
16	17 COFFEE & BINGO 8:00 AM-11:00 AM  CARDS/DOMINOS	18 COFFEE & BINGO 8:00 AM-11:00 AM  MALL WALK 1:00 PM- 3:00 PM	19 COFFEE & BINGO 8:00 AM-11:00 AM  PARK WALKING	20 COFFEE & BINGO 8:00 AM-11:00 AM  VISIT AMIGOS HARLINGEN	21 COFFEE & BINGO 8:00 AM-11:00 AM  DOCTOR APPOINTMENTS	22		
23 	24 COFFEE & BINGO 8:00 AM-11:00 AM Exercise 11:00 AM- 11:30 AM	25 COFFEE & BINGO 8:00 AM-11:00 AM  GROCERY PICKUP 1:00 PM	26 COFFEE & BINGO 8:00 AM-11:00 AM COMMODITY PICK UP 1:00 PM CARDS 1:00 PM-3:00 PM	27 COFFEE & BINGO 8:00 AM-11:00 AM  CARDS/DOMINOS	28 COFFEE & BINGO 8:00 AM-11:00 AM  DOCTOR APPOINTMENTS	1		
2 		Information:	<p><b>Eligible participants must be 60 years old or older.</b></p> <p>Eligible participants under 60 years of age are as follows: Spouse is eligible &amp; participates in the program If a person is disabled &amp; lives with a 60-year or older participant Serves as a volunteer at a nutrition site</p> <p><b>Los Fresnos Community Center, 204 N Brazil St. Los Fresnos, TX 78566</b></p>					<b>Happy Valentine's Day</b> 