

[KAUFMANCONNECT.ORG](https://www.kaufmanconnect.org)

KAUFMAN CONNECT

**A NEW PLACE FOR ANYONE 60+ TO
GET OUT, GET FIT, & GIVE BACK!**



fbckaufman



MONDAY

8:30 a.m. Coffee, light breakfast, and fellowship

9:00 a.m. Exercise classes

10:00 a.m.

1st Monday: Birthday Celebrations & BINGO

2nd Monday: Show & Tell

3rd Monday: Movie Day

4th Monday: Hymn Sing

11:30 a.m. Hot lunch

12:00 p.m. Game Day



TUESDAY

8:30 a.m. Coffee, light breakfast, and fellowship

9:00 a.m. Exercise classes

10:00 a.m. Book Club

Social Time with Puzzles & Games

11:30 a.m. Hot lunch

4th Tuesday: Card Making, 1:00 p.m. - 3:00 p.m.



WEDNESDAY

8:30 a.m. Coffee, light breakfast, and fellowship

9:00 a.m. Exercise classes

10:00 a.m. Bible Study

Social Time with Puzzles & Games

11:30 a.m. Hot lunch



THURSDAY

8:30 a.m. Coffee, light breakfast, and fellowship

9:00 a.m. Exercise classes

10:00 a.m. Bible Study
Social Time with Puzzles & Games

11:30 a.m. Hot lunch

1:00 p.m. Ladies Pickleball

1st & 3rd Thursdays: Crochet with Friends, 10:00 a.m.

2nd Thursday: Game Night & Potluck, 5:00 p.m.

3rd Thursday: Day Trips



FRIDAY

8:30 a.m. Coffee, light breakfast, and fellowship

9:00 a.m. Exercise classes

10:00 a.m. Craft Day
Social Time with Puzzles & Games

11:30 a.m. Hot lunch

2nd Friday: Pillow Making for hospital and nursing home patients

As we age, we tend to lose our flexibility and balance. Exercise can lower risk of some health conditions like stroke, heart disease, hypertension, and type 2 diabetes, create better bone health, improved quality of life, lower risk of dementia, and reduced risk of depression. We offer two different exercise classes, five days a week:

Silver Sneakers - MWF at 9:00 a.m.
\$25 a month or \$2.50 per class.

Balance & Strengthening Chair Exercises - TTH at 9:00 a.m. Free!

FITNESS PROGRAMS

Once a month, we take a group somewhere in DFW for the day. Past day trips have been the Dallas Arboretum, Tyler Rose Garden, libraries, and tons of other fun places. You don't want to miss these! We also have fun and exciting weekend trips planned! Some of our previous overnight trips include Natchitoches, Louisiana, the Texas Hill Country, a cruise to New England, and more! Check out our website or join us in person to get the scoop on where we're heading next!

TRIPS

Join us for FUN!

We'll enjoy Lunch & Learns about nutrition, hear from representatives from The Center, The Homeless Coalition, The Children's Center and more!

Check out our special classes on crocheting, painting, quilting, plant care, and other hands-on experiences.

Keep up with what's coming next on our website kaufmanconnect.org

MORE FUN!

THE BUZZ ABOUT KAUFMAN CONNECT!

“I come to Kaufman Connect because it makes me feel like I belong somewhere. I have never felt like that before. People are friendly and accepting. Here, you really get to know people! It also helps me to improve my health, both physically and mentally. My favorite part is the Bible study. I get to hear different interpretations and applications. And we go out to fun places to eat!” Donna

“I come to Kaufman Connect because it is a friendly place. You meet new people and get to laugh, talk, and have fun. It gets me out of the house and makes me feel better. People here help you out and help each other. My favorite part is the socialization. Everybody gets to laugh and have fun. It gives me a new lease on life.” Cora

“I enjoy Kaufman Connect because it gives me a place to go. Otherwise, I would sit home and do nothing. I would feel bored and useless. I need to be needed, and Kaufman Connect provides that for me. I volunteer to help out, but it helps me so much more to feel useful. We feel like a big happy family!” Mary Ann

kaufmanconnect.org

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The Porch
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