



**DALLAS COUNTY
DEPARTMENT OF HEALTH AND HUMAN SERVICES
OLDER ADULT SERVICES PROGRAM**



Calling All Persons Age 60 and Up!

You are Cordially Invited to Join Us at

**Pleasant Grove Senior Center
7224 Umphress Rd.
Dallas, TX 75217**

- ▲ Monday - Friday, 8:00 a.m. to 1:00 p.m.
- ▲ Nutritious Lunch Served Daily
- ▲ Dancing, Exercise, Arts & Crafts, Games & More!
- ▲ Medical Screenings, Health & Wellness Education, Referrals
- ▲ Trips to the Mall, Movies, Bowling & More!
- ▲ Transportation is Provided to and from the Center within Designated Zip Codes
- ▲ All services are FREE, Donations are Accepted

**For more information call
214-819-1860**