



FOREST HILL ACTIVITY & WELLNESS CENTER-7004 Forest Hill Dr.-Mon-Fri 8:00-1:00
 Lunch at 11:30-817-293-8319-Bettie Sheffield, Center Director

Lunch by reservation only– Must call by 11:00 the day before for reservation

Program provided by Sixty & Better, Where Healthy Aging Begins- 1400 Circle Dr. #300, Fort Worth, Texas 76119

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>Crafts</i> 10:30 <i>Bingo</i>	2 <i>Birthday Party</i> 	3 <i>Food Bank</i> 	4
5	6 10:30 <i>Bingo</i>	7 	8 10:30 	9 	10 	11
12	13 10:30 <i>Bingo</i> 	14 	15 10:30 	16 	17 S&B 50th Year Celebration Forest Hill Civic Ctr.	
19	20 10:30 <i>Bingo</i>	21 	22 10:30 	26 	24 	25
26	27 10:30 <i>Bingo</i>	28 	29 10:30 	30 	31 	<i>Daily: exercise, quilting, Dominoes, Card games</i>