



FOREST HILL ACTIVITY CENTER-7004 Forest Hill Dr.-Mon-Fri 8:00-1:00

Lunch at 11:30-817-293-8319-Melvina Lenton, 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, TX

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9:30 Cooking Demo Agrilife 10:30 BINGO	2 Grocery Day 	3 Food Bank 12:00 Adult Coloring 	4
5	6 10:30 	7 Sit & Be Fit Adult Coloring Feast of Sharing 2p 	8 9:30 Cooking Demo Agrilife 10:45 1st Financial Bank Bingo	9 Grocery Day 	10 10:30 Bible Study Tai Chi 11:00 	11
12	13 10:30 	14 Sit & Be Fit Adult Coloring	15 9:30 United Health Care 10:30 BINGO	16 Grocery Day Prep for Doctor Visit Presentation	17 10:30 Bible Study 	18
19	20 10:30 	21 Sit & Be Fit Adult Coloring <i>1:00 Staff Meeting</i>	22 9:30 Inheritance Bank 10:30 BINGO <i>1:00 Advisory Council</i>	23 	24 Center Closed 	25
26	27 10:30 	28 Sit & Be Fit Adult Coloring 	29 9:30 Care N Care 10:30 BINGO	30 Grocery Day 		