

A Matter Of Balance Schedule of Classes March—June 2018



Azle Activity Center

601 Southeast Parkway
Azle, Texas 76020
To register call 817-444-0070

Mondays & Wednesdays
March 5-March 28
9:30 AM-11:30 AM

Brookdale Lake Arlington

2500 Woodside Drive
Arlington, TX 76016
To register call 817-457-9710

Wednesdays
March 7-April 25
10:00 AM-12:00 PM

First Baptist Church Arlington

301 South Center, Wade Building
Arlington, TX 76010
FULL CLASS

Mondays
March 19-May 7
9:00 AM-11:00 AM

Hurst Senior Center

700 Heritage Circle
Hurst, TX 76053
To register call 817-788-7710

Mondays
March 19-May 7
11:00 AM-1:00 PM

Southwest Community Center

6300 Welch Ave
Fort Worth, TX 76133
To register call 817-392-7613

Wednesdays
April 4-May 23
1:30 PM-3:30 PM

Brookdale Broadway Cityview

5301 Bryan Irvin Road
Fort Worth, TX 76132
To register call 682-465-7305

Thursdays
April 4-May 24
2:00 PM-4:00 PM

Pleasant Mt. Gilead Missionary Baptist Church

5312 Houghton Ave
Fort Worth, TX 76107
To register call Linda Black
817-980-1225

Wednesdays
April 18-June 6
2:00 PM-4:00 PM

Bedford Senior Center

2817 Hurt Parkway Road
Bedford, Texas
To register call 817 952-2326

Mondays
June 25-August 13
10:00 AM-12:00 PM

**For additional information:
Contact: Tina Dawson
Wellness Coordinator
817-413-4949 Ext. 217**