



March 2018

DIAMOND HILL ACTIVITY & WELL CENTER
1701 NE 36TH STREET -- Mon-Fri 8am-1pm

TUESDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Senior Center Director Hermisha Washington 817-902-2723	Diamond Hill Supervisor			1 Bean Bag Baseball 	2 Movie Day 	3
4 	5 LOTERIA Chair Volleyball Technology Classes	6 Bean Bag Baseball Blue Zone Presentation 	7 BINGO Food Bingo Sponsored Angels Care TaiChi - (Weight Room)	8 Bean Bag Baseball Water Aerobics 9-10 	9 LOTERIA Video Exercise SENIOR SHARE 	10
11 	12 Video Exercise Crafts Technology Classes	13 Field Trip Shopping Trip	14 BINGO Toiletry Bingo Sponsored by Veterans Benefits	15 Water Aerobics 	16 <u>Wear Green</u> Minute to Win It Saint Patrick Party 	17
18 	19 LOTERIA Sponsored by Fort Worth Water Dept. Chair Volleyball Technology Classes	20 Yard Sale (pending approval) Advisory Council	21 BINGO Sponsored by Jay Lamb TaiChi - (Weight Room) 	22 Karaoke Angels Care Health Classroom Participants Meeting	23 Movie Day 	24
25 Casino Trip 	26 LOTERIA Men Pool Tournament 	27 Cowtown Cleanup Cowtown GREAT AMERICAN CLEANUP	28 Bowling Cowtown Bowling 	29 Birthday Celebrations 	30 Easter Party 	31

Lunch at 11:30 by reservation only—Must call by 11 the day before for reservation.
Meals Provided by Sixty & Better, Where Healthy Aging Begins.