



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 Spanish Class Grocery Day at Noon	2 Food Bank 10:00 Bible Study	3
4	5 9:30 BP checks 10:30 Bingo Sponsored by Forest Hill City Council	6 9:30 A Matter of Balance	7 10:30 Bingo Sponsored by Amerilife	8 9:30 Spanish Class Grocery Day at Noon 	9 10:00 Bible Study 11:00 Tai Chi 	10
11	12 9:30 BP Checks 10:30 Bingo Sponsored by Forest Hill City Council	13 10:30 A Matter of Balance	14 10:30 Bingo 	15 9:30 Spanish Class Grocery Day at Noon	16 10:00 Bible Study 	17
18	19 10:30 Bingo Sponsored by Forest Hill City Council	20 10:30 A Matter of Balance	21 10:30 Bingo Sponsored by Wedgwood Nursing	22 9:30 Spanish Class Grocery Day at Noon Nutrition Education 	23 10:00 Bible Study 11:00 Tai Chi 	24
25	26 10:30 Bingo Sponsored by Forest Hill City Council	27 10:30 A Matter of Balance	28 10:30 Bingo Sponsored by Well Med 	29	30 10:00 Bible Study Cooking Demo Chef Henry	31