



**FOREST HILL ACTIVITY & WELLNESS 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, Texas 76119

**NATIONAL VOLUNTEER APPRECIATION WEEK APRIL 15-21, 2018**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<p><b>NATIONAL VOLUNTEER APPRECIATION WEEK 15-21</b></p>		
<b>1</b> 	<b>2</b> 10:30 Bingo By City of Forest Hill	<b>3</b> 9:30 AMOB 	<b>4</b> 10:30 Bingo by Cigna Healthcare	<b>5</b> Grocery Day at Noon 	<b>6</b> FOOD BANK  10:00 Bible Study	<b>7</b>
<b>8</b>	<b>9</b> 10:30 Bingo By CFH 	<b>10</b> 9:30 AMOB	<b>11</b> 10:30 Bingo by AmeriLife	<b>12</b> Grocery Day at Noon 	<b>13</b> 10:00 Bible Study 11:00 Tai Chi	<b>14</b>
<b>15</b>	<b>16</b> 10:30 Bingo by CFH	<b>17</b> 9:30 AMOB Veterans Benefits <i>Staff Meeting</i>	<b>18</b> 10:30 Bingo by Amerigroup <i>Advisory Council</i>	<b>19</b> Grocery Day at Noon 	<b>20</b> 10:00 Bible Study 	<b>21</b>
<b>22</b>	<b>23</b> 10:30 Bingo by CFH	<b>24</b> 	<b>25</b> 10:30 Bingo by Amerigroup	<b>26</b> Grocery Day at Noon 	<b>27</b> 10:00 Bible Study 11:00 Tai Chi	<b>28</b>
<b>29</b>	<b>30</b> 10:30 Bingo by CFH 			<b>Activities: Card Games, Lucky 7, Dominoes, Exercise, Quilting (Daily); Bingo Mondays (sponsored by City of Forest Hill) and Wednesdays (sponsored by Health Agencies); Every Thursday is Grocery Day; Tai Chi second and fourth Friday; Bible Study every Friday.</b>		