



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

June 15th is Elder Abuse Awareness Day/June 19th Juneteenth Celebration at Resource Connection Gym

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Food Bank 10:00 Bible Study	2
3	4 10:30 Bingo By City of Forest Hill 	5 10:00 Exercise	6 10:30 Bingo by Care N Care	7 10:00 Exercise Grocery Day at Noon	8 10:00 Bible Study 11:00 Tai Chi	9
10	11 10:30 Bingo By Como Baptist Church	12 10:00 Exercise	13 10:30 Bingo by Sr. Insurance 	14 10:00 Exercise Grocery Day at Noon	15 10:00 Bible Study Mather & Father's Day Celebration	16
17	18 10:30 Bingo by CFH 	19 10-1 Juneteenth Celebration at Resource Connection	20 10:30 Bingo by JPS <i>Advisory Council</i>	21 10:00 Exercise Grocery Day at Noon	22 10:00 Bible Study 11:00 Tai Chi	23
24	25 10:30 Bingo by GCBC 	26 10:00 Exercise	27 10:30 Bingo Sponsor TBA	28 10:00 Exercise Cooking Demo Grocery Day at Noon	29 10:00 Bible Study 	30
				Activities: <i>Card Games, Lucky 7, Dominoes, Exercise, Quilting (Daily); Bingo Mondays (sponsored by City of Forest Hill, Como Baptist & GCBC) and Wednesdays (sponsored by Health Agencies); Every Tuesday and Thursday Exercise & Thurs. Grocery Day; Tai Chi second and fourth Friday; Bible Study every Friday.</i>		