



**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*

**Happy Mother's Day May 13th**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>May 2018</b>	<b>1</b>		<b>2</b> 10:30 Bingo Sponsor TBA 	<b>3</b> <b>Senior Synergy Expo</b>	<b>4</b> Food Bank  10:00 Bible Study	<b>5</b>
<b>6</b>	<b>7</b> 10:30 Bingo By City of Forest Hill 	<b>8</b> 	<b>9</b> 10:30 Bingo by Wellcare	<b>10</b> 10:30 Chess Class Grocery Day at Noon	<b>11</b> 10:00 Bible Study 11:00 Tai Chi 	<b>12</b>
<b>13</b> 	<b>14</b> 10:30 Bingo By CFH 	<b>15</b> <i>Staff &amp; Partners Meeting</i>	<b>16</b> 10:30 Bingo by Sr. Insurance <i>Advisory Council</i>	<b>17</b> 10:30 Chess Class Grocery Day at Noon 	<b>18</b> 10:00 Bible Study 	<b>19</b>
<b>20</b>	<b>21</b> 10:30 Bingo by CFH 	<b>22</b> 	<b>23</b> 10:30 Bingo by Medico Express	<b>24</b> 10:30 Nutrition Education Grocery Day at Noon	<b>25</b> 10:00 Bible Study 11:00 Tai Chi 	<b>26</b>
<b>27</b>	<b>28</b> 10:30 Bingo by GCBC 	<b>29</b> 	<b>30</b> 10:30 Bingo Sponsor TBA 	<b>31</b> 10:30 Chess Class  Grocery Day at Noon		
				<b>Activities:</b> Card Games, Lucky 7, Dominoes, Exercise, Quilting (Daily); Bingo Mondays (sponsored by City of Forest Hill & GCBC) and Wednesdays (sponsored by Health Agencies); Every Thursdays Chess class & Grocery Day; Tai Chi second and fourth Friday; Bible Study every Friday.		