















**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*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 10:30 	3 10:30 Exercise	4 <b>CLOSED</b> <b>JULY</b> <b>4th</b> <b>HAPPY BIRTHDAY, USA!</b>	5 Grocery Day at Noon 	6 Food Bank at noon  10:00 Bible Study	7
8	9 10:30 Bingo By City of Forest Hill 	10 10:30 BFIT Exercise 	11 10:30 Bingo by GCBC 	12 Grocery Day at Noon 	13 10:00 Bible Study 11:00 Tai Chi 	14
15	16 10:30 Bingo by AmeriGroup	17 <i>Staff Meeting</i> 10:30 Exercise	18 10:30 Bingo Golden Gate <i>Advisory Council</i>	19 Grocery Day at Noon 	20 10:00 Bible Study 	21
22	23 10:30 Bingo by CFH 	24 10:30 Exercise	25 10:30 Bingo by Mitchell Solutions 	26 Grocery Day at Noon 	27 10:00 Bible Study 11:00 Tai Chi 	28
29	30 10:30 Bingo by GCBC 	31 10:30 BEFIT Exercise 		<b>Activities: Card Games, Lucky 7, Dominoes, Exercise, Quilting (Tuesdays), Bingo Mondays and Wednesdays, Thursdays Grocery Day, Tai Chi second and fourth Friday, and Bible Study every Friday.</b>		
