



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 10:30 Bingo by GCBC	2 Energy Savings 12p Crafts with Karen Grocery Day at Noon	3 Food Bank at noon 10:00 Bible Study		
5	6 10:30 Sponsored by the City of Forest Hill	7 10:00 Chair Exercise	8 10:30 Bingo by CFMBC	9 Crafts with Karen Grocery Day at Noon	10 10:00 Bible Study 11:00 Tai Chi	11	
12	13 10:30 Sponsored by Indoor/Outdoor Market	14 10:30 BFIT Exercise	15 10:30 Bingo by Golden Gate 	16 Crafts with Karen Grocery Day at Noon	17 10:00 Bible Study	18	
19	20 10:30 Sponsored by the City of Forest Hill	21 10:00 Chair Exercise <i>Staff & Partners and Advisory Council Mtg. at James L. West Ctr.</i>	22 10:30 Bingo by Medico Ex	23 Crafts with Karen Grocery Day at Noon	24 10:00 Bible Study 11:00 Tai Chi	25	
26	27 10:30 Sponsored by Indoor/Outdoor Market	28 10:30 BEFIT Exercise	29 10:30 Bingo by Mitchell Solutions	30 Crafts with Karen Grocery Day @ noon Spaghetti Dinner Fundraiser @ 6:00 pm	31		
			Activities: <i>Card Games, Lucky 7, Dominoes, Exercise, Quilting (Tuesdays), Bingo Mondays and Wednesdays, Thursdays: Crafts with Karen and Groceries at noon, Tai Chi second and fourth Friday, and Dinner Fundraiser on Thursday, August 30th</i>				<i>Bible Study every Friday. Spaghetti at 6:00 pm \$7.00 per meal</i>