



# August 2018

DIAMOND HILL ACTIVITY & WELL CENTER  
1701 NE 36<sup>TH</sup> STREET -- Mon-Fri 8am-1pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Hermisha Washington 817-902-2723	Senior Center 817-392-2269		1 Bingo Night 	2 Bean Bag Baseball 	3 <b>LOTERIA</b> Chair Volley Ball 	4
5	6 <b>LOTERIA</b>  Sponsored by Amerigroup	7 Bean Bag Baseball Cindy Carmona 	8 <b>BINGO</b> 	9 <b>Food Bank</b> Wesley Community Center 	10 Movie Day 	11
12	13 <b>LOTERIA</b>  Video Exercise	14 Bean Bag Baseball  Agri-Life Class	15 <b>BINGO</b>  Sponsored by Jay Lamb Tai Chi	16 Bean Bag Baseball  Tournament w/ Northside	17 Field Trip  Aquarium	18 Back to School Drive
19	20 <b>LOTERIA</b>  Sponsored by Empowered Brokerage	21 Bean Bag Baseball  Agri-Life Class	22 Field Trip <b>Cowtown Bowling</b> 	23 Bean Bag Baseball  Video Exercise	24 Chair Volley Ball 	25
26	27 <b>LOTERIA</b>  Video Exercise	28 Bean Bag Baseball  Agri-Life Class	29 <b>BINGO</b>  Nutrition Education Class	30 Bean Bag Baseball 	31 Luau Party 	

Lunch at 11:30 by reservation only—Must call by 11 the day before for reservation.

Meals Provided by Sixty & Better, Where Healthy Aging Begins.  
1400 Circle Drive. #300, Fort Worth, Texas.