



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

National Breast Cancer Awareness Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1 10:30  Forest Hill Participants	2 10:00 Video Exercise Forest Hill National Night Out	3 Medicare 10:30 Bingo by Linda Thompson	4 10:00 Crafts with Karen Grocery Day at Noon 	5 Food Bank at noon  10:00 Bible Study	6
7	8 10:30  Forest Hill Participants	9 10:30  BFIT Exercise with Bev	10 10:30 Bingo by United Health- care 	11 Voting Presentation Crafts with Karen 10:00 Grocery Day at Noon	12 10:00 Bible Study Becky Wafer  11:00 Tai Chi	13
14	15 10:30 Indoor/Outdoor Market	16 10:00 Video Exercise <i>Staff & Partners</i>  Tai Chi 11:00	17 10:30 Bingo by GCBC 	18 Legends Gala 6:00 pm to 9:00 pm Crafts with Karen 10:00 Grocery Day at Noon	19 10:00  Bible Study AMOB Coaches Training 8-12	20
21	22 10:30 BINGO Forest Hill Participants	23 10:30  BFIT Exercise with Bev	24 10:30 Bingo by Mitchell  Senior Solutions	25 10:00 Medicare 101 with Care N Care Crafts with Karen 10:00 Grocery Day at Noon	26 10:00 Bible Study AMOB Coaches Training 8-12	27
28	29 10:30 Indoor/Outdoor Market	30 10:00 Video Exercise	31 10:30 Bingo by GCBC 	<u>Activities:</u> <i>Card Games, Dominoes, Exercise, Quilting (Tuesdays), Bingo Mondays and Wednesdays, Thursdays: Crafts with Karen and Groceries at noon, Tai Chi, and Bible Study every Friday.</i>		

