














**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
			 November 6	1 10:00 Crafts with Karen Grocery Day at Noon 	2 Food Bank at noon  10:00 Bible Study	3
4	5 10:30 Bingo Forest Hill Participants 	6 Vote Today 10:00 Video Exercise	7 10:30 Bingo by United Health- care 	8 Crafts with Karen 10:00 Grocery Day at Noon 	9 10:00 Bible Study 	10
11	12 10:30 Indoor/Outdoor Market	13 10:30 BFIT Exercise with Bev 	14 10:30 Bingo by Amerigroup	15 Crafts with Karen 10:00 Grocery Day at Noon 	16 10:00 Bible Study 	17
18	19 10:30 BINGO Sponsored by Care N Care 	20 10:00 Video Exercise <i>Staff &amp; Partners</i>	21 10:30 Bingo by GCBC  <i>Advisory Council</i>	22 Center Closed 	23 Center Closed 	24
25	26 10:30 Indoor/Outdoor Market	27 10:30 BFIT Exercise with Bev	28 10:30 Bingo by Mitchell Senior Solutions	29 Crafts with Karen 10:00 Grocery Day at Noon 	30 10:00 Bible Study 