



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
				2018		1
2	3 10:30 Bingo Forest Hill 	4 Holiday Dance Resource Connection Gym	5 10:30 Bingo by United Health- care 	6 McGee Law Elder Care Crafts with Karen 10:00 Food Pantry at Noon	7 Food Bank at noon  10:00 Bible Study	8
9	10 10:30 Bingo Forest Hill Participants	11 Center Outing Parks Mall	12 10:30 Bingo by GCBC	13 Crafts with Karen 10:00 Food Pantry at Noon 	14 10:00 Bible Study  11:00 Tia Chi	15
16	17 10:30 Indoor/Outdoor Market	18 10:00 Table Games <i>Staff & Partners Mtg.</i>	19 10:30 Bingo by Mitchell Senior Solutions <i>Advisory Council Mtg.</i>	20 Crafts with Karen 10:00  Food Pantry at Noon	21 Pot Luck 10:00 Bible Study	22
23	24 Center Closed 	25 Center Closed	26 10:30 Bingo by GCBC 	27 Crafts with Karen 10:00  Food Pantry at Noon	28  10:00 Bible Study 11:00 Tia Chi	29
30	31 10:30 Indoor/Outdoor Market					