

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
			American Heart Month		1 Food Bank 10:00 Bible Study	2
3	4 10:30 Bingo Forest Hill Participants	5 9:45 Coffee Chat Table Games	6 10:30 Bingo by Care N Care 	7 Crafts with Karen 10:00 Food Pantry at Noon 	8 10:00 Bible Study 11:00 Tai Chi	9
10	11 10:30 Bingo Indoor/Outdoor Market	12 9:45 Coffee Chat Table Games 	13 10:30 Bingo by First Financial 	14 Valentines Cooking Demo w/ Chef Henry Food Pantry at Noon	15 10:00 Bible Study 	16
17	18 10:30 Bingo Forest Hill Participants	19 9:45 Coffee Chat Table Games <i>Staff & Partners Mtg.</i>	20 10:30 Bingo by Medicaid 	21 Crafts with Karen Overview Session #1 Aging Mastery Program Food Pantry at Noon	22 10:00 Bible Study 11:00 Tia Chi 	23
24 	25 10:30 Bingo Indoor/Outdoor Market	26 9:45 Coffee Chat Table Games BFIT with Bev 	27 10:30 Bingo by GCBC 	28 Crafts with Karen 10:00 Food Pantry at Noon		