










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
MARCH 2019			National Women's History Month Visionary Women: Champions of Peace & Nonviolence		1 Food Bank  10:00 Bible Study Crafts w/Karen	2
3	4 10:30 Bingo  Forest Hill Participants	5 9:00-11:00 A Matter of Balance	6 10:30 Bingo by Uplift Community Care N Care	7 9:30-11:00 Aging Mastery Program Class Healthy Eating Hydration	8 10:00 Bible Study 11:00 Tai Chi 	9
10	11 10:30 Bingo Indoor/Outdoor Market	12 9:00-11:00 A Matter of Balance	13 10:30 Bingo by Amerigroup– Vu 	14 9:30-11:00 Aging Mastery Program Class Sleep	15 10:00 Bible Study 	16
17 	18 10:30 Bingo Forest Hill Participants	19 9:00-11:00 A Matter of Balance <i>Staff & Partners Mtg.</i>	20 10:30 Bingo by Amerigroup-Grant <i>Advisory Council Mtg.</i>	21 9:30-11:00 Aging Mastery Program Class Financial Fitness	22 10:00 Bible Study 11:00 Tia Chi 	23
24	25 10:30 Bingo Indoor/Outdoor Market	26 9:00-11:00 A Matter of Balance	27 10:30 Bingo by GCBC 	28 9:30-11:00 Aging Mastery Program Class Advanced Planning	29 10:00 Bible Study 	30
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