



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ForeverWell Calendar

## 20<sup>th</sup> Ave – September 2024

| Sunday                                   | Monday  | Tuesday                                      | Wednesday  | Thursday  | Friday   | Saturday  |
|--|---|--|--|---|--|---|
| 1<br><b>Healthy Aging Month!</b>         | 2   | 3  | 4<br>Book Club & Chair<br><u>Volleyball 10:30 am</u><br>Memory Café<br>1:30 – 3:00 pm                      | 5<br>The Great<br>Wisconsin Quilt<br>Show Bus Trip to<br>Madison! | 6  | 7   |
| 8<br><b>Grandparent's Day!</b>           | 9   | 10<br>Urban Pole Walking<br>9:15 am in MPR 3 | 11<br>Chair Volleyball<br>10:30 am   | 12  | 13   | 14  |
| 15                                       | 16  | 17   | 18<br>Chair Volleyball<br>10:30 am - Noon  | 19  | 20   | 21  |
| 22<br><b>Active Aging Week at the Y!</b> | 23<br>Lunch & Learn*<br>Noon – 1:30 pm<br>Rhematic Disease<br>presented by OSMS | 24   | 25<br>Community Resource<br>Fair in Lobby 9:00 –<br><u>11:30 am</u><br>Chair Volleyball<br>10:30 am - Noon | 26  | 27<br>Fall Prevention*<br>Presentation by<br>Care Patrol<br>10:00 am | 28  |
| 29                                       | 30  |  | Chair Volleyball<br>10:30 am - Noon  |   |  | Note: Programs<br>with a (*) requires<br>registration |
|  |   |  |  |   |  |   |