



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ForeverWell Calendar

20th Ave – October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Book Club & Chair <u>Volleyball 10:30 am</u> Memory Café 1:30 – 3:00 pm	3	4	5
6	7	8 Urban Pole Walking* 9:15 am in MPR 3	9 Foundations of ForeverWell* <u>9:00 am</u> Chair Volleyball 10:30 am	10	11	12
13	14	15 Lunch & Learn* Downtown MPR 12-1:30 pm	16 Chair Volleyball 10:30 am - Noon	17	18	19
20	21	22	23 Chair Volleyball 10:30 am - Noon	24	25	26
27	28	29	30 Chair Volleyball 10:30 am - Noon	31		Note: Programs with a (*) requires registration