



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ForeverWell Calendar

DT – October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8 Foundations of ForeverWell* 9:00 am Lobby	9 Craft Club 1:00 – 3:00 pm Teaching Kitchen	10	11	12
13	14	15 Lunch & Learn* 12:00 – 1:30 pm MPR	16	17 Book Club* 1:00 pm Teaching Kitchen	18	19
20	21	22 Urban Pole Walking* 9:15 am in Studio 3	23 Craft Club 1:00 – 3:00 pm Teaching Kitchen	24	25	26
27 Note: Programs with a (*) requires registration	28	29	30 Medicare Questions & Answers* By Jirschele Insurance 9:00 am Teaching Kitchen	31		