



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ForeverWell Calendar

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Book Club & Chair <u>Volleyball 10:30 am</u> Memory Café 1:30 – 3:00 pm	5	6	7
8	9	10 Urban Pole Walking* <u>9:15 am in MPR 3</u> Holiday Party 12-1:30 pm	11 Foundations of ForeverWell* <u>9:00 am</u> Chair Volleyball 10:30 am	12 Pickleball Social 4-6 pm Becket's	13	14
15	16	17	18 Chair Volleyball 10:30 am - Noon	19	20	21
22	23	24 Christmas Eve Y Closed	25 Merry Christmas! Y Closed	26	27	28
29	30	31 Y Closes at 5:00 pm	1 Happy New Year! Open from 11:00 am – 4:00 pm			Note: Programs with a (*) requires registration