



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ForeverWell Calendar

20th Ave – January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Happy New Year! Y Hours: 11 am – 4 pm	2	3	4
5 Financial Wellness Month!	6	7	8 Foundations* - 9 am Chair Volleyball - 10:30 am Book Club* - 10:30 am Memory Café - 1:30 pm	9	10	11
12	13	14 Urban Pole Walking 9:15 am MPR 1	15 Chair Volleyball 10:30 am - Noon	16 Lunch & Learn* Kidney Health 12-1:30 pm MPR 1 & 2	17	18
19	20	21	22 Chair Volleyball 10:30 am - Noon	23	24	25 National Compliment Day!
26 Note: Programs with a (*) requires registration	27	28	29 Chair Volleyball 10:30 am - Noon	30	31	