



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ForeverWell Calendar

20th Ave – February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5 "Ask the Expert" by Care Patrol 9:30 am Lobby Chair Volleyball - 10:00 am Book Club* - 10:30 am Memory Café - 1:30 pm	6	7	8
9	10	11 Urban Pole Walking 9:15 - 10:00 am MPR 1	12 <u>Foundations* - 9:00 am</u> Chair Volleyball 10:00 am - 11:30 am	13	14	15
16	17	18	19 Chair Volleyball <u>10:00 am - 11:30 am</u> Chinese Mahjong Play 1:00 - 3:00 pm	20	21	22
23 Note: Programs with a (*) requires registration	24	25 Lunch & Learn* Sleep Hygiene 12:00 -1:30 pm MPR 1 & 2	26 Chair Volleyball <u>10:00 am - 11:30 am</u> Chinese Mahjong Play 1:00 - 3:00 pm	27	28	