



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ForeverWell Calendar

20th Ave – November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Chair Volleyball 10:30 – Noon Main Gym	2	3	4
5	6 Brighter Days Support Group 1:00 – 2:30 pm	7	8 9:00 am Foundations of ForeverWell Chair Volleyball 10:30 - Noon	9	10	11 Veteran's Day
12	13	14	15 Chair Volleyball 10:30 – Noon Main Gym	16 Book Club 1:00 – 2:00 pm	17	18
19	20 Brighter Days Support Group 1:00 – 2:30 pm	21	22 Chair Volleyball 10:30 – Noon Main Gym	23 Happy Thanksgiving The Y is Closed	24	25 "Small Business Saturday!"
26	27 Memory Café 1:30 – 3:00 pm MPR 1	28 Lunch & Learn Diabetes Awareness Noon – 1:30 pm MPR 1 & 2	29 Chair Volleyball 10:30 – Noon Main Gym	30		
Save the date! Holiday Party December 14th						