

FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

ForeverWell Calendar 20th Ave – May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Mental Health Month			1 Memory Café <u>1:30 – 3:00 pm</u> Chair Volleyball 10:30 am - Noon	2 Walking With Friends Kick Off <u>9:00 am DT Lobby</u> Book Club @ 10:30 am in MPR 3	3	4
5	6	7	8 *Foundations of <u>ForeverWell 9:00 am</u> Chair Volleyball 10:30 am - Noon	9 Walking With Friends 9:00 am Millers Bay/Ames Point	10 No School Oshkosh Area School District	11
12	13	14 Y Lunch Noon @ La Patrona 252 Wisconsin St	15 Chair Volleyball 10:30 am - Noon	16 Walking With Friends 9:00 am South Park	17	18
19	20	21	22 Chair Volleyball 10:30 am - Noon	23 Walking With Friends 9:00 am Wiowash Trail	24	25 Note: Programs with a (*) requires registration
26 Walking With Friends – meet up locations with maps available at front desk.	27	28	29 National Senior Health & Fitness Day! See flyer for details	30 Walking With Friends 9:00 am Riverwalk	31	Y lunch is an informal lunch for any Y members to join and socialize outside the Y!