



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ForeverWell Calendar

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6 Chair Volleyball <u>10:30 am</u> Memory Café 1:30 – 3:00 pm	7	8	9
10	11	12 Urban Pole Walking* <u>9:15 am in MPR 3</u> Adult Art Night* 6:00 – 8:00 pm	13 Foundations of ForeverWell* <u>9:00 am</u> Chair Volleyball 10:30 am	14	15	16
17	18	19	20 Chair Volleyball <u>10:30 am – Noon</u> Lunch & Learn* Noon – 1:30 pm	21	22	23
24 SAVE THE DATE! HOLIDAY PARTY DECEMBER 10TH	25	26	27 Chair Volleyball 10:30 am - Noon	28	29	30 Note: Programs with a (*) requires registration