



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ForeverWell Calendar DT – November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12 Foundations of ForeverWell* 9:00 am-Lobby Food Connect 11:00 am Teaching Kitchen*	13 Craft Club 1:00 – 3:00 pm Teaching Kitchen	14	15	16
17	18	19 Urban Pole Walking* 9:15 am in Studio 3	20 Lunch & Learn* @ 20 th Ave Y Noon – 1:30 pm MPR 1 & 2	21 Book Club* 1:00 pm Teaching Kitchen	22	23
24 Note: Programs with a (*) requires registration	25	26	27 Craft Club 1:00 – 3:00 pm Teaching Kitchen	28	29	30 SAVE THE DATE! Holiday Party December 10th