



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ForeverWell Calendar

## 20<sup>th</sup> Ave – May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 Diabetes Workshop* Downtown Y 10:00 am – Noon \$5/person
4	5	6	7 "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	8	9	10
11	12	13 Urban Pole Walking 9:15 – 10:00 PM MPR 1	14 Foundations of <u>ForeverWell* - 9:00 am</u> Chair Volleyball 10:00 am – 11:30 PM	15 Festival Foods Brat Stand Fundraiser Stop by and support the Y!	16	17
18	19	20	21 Chair Volleyball 10:00 am – 11:30 PM	22	23	24
25 Note: Programs with a (*) requires registration	26 Memorial Day Both Y Locations Closed	27	28 National Senior Health and Fitness Day! FREE Day for the community. See Flyer for more details.	29	30	31

