



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ForeverWell Calendar

DT – May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 Diabetes Workshop* MPR (basement) 10:00 am – Noon \$5/person
4	5	6 "Ask the Expert" By Care Patrol 9:30 – 10:30 AM	7	8	9	10
11	12	13 Foundations of ForeverWell* 9:00 AM Lobby	14 Craft Club 1:00 – 3:00 PM Teaching Kitchen	15 Book Club* 1:00 PM Teaching Kitchen	16	17
18	19	20	21	22	23	24
25 Note: Programs with a (*) requires registration	26	27 Urban Pole Walking* 9:15 – 10:00 am Studio 3	28 National Senior Health & Fitness Day! See flyer for more details Craft Club 1:00 – 3:00 pm	29	30	31