



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ForeverWell Calendar

## 20<sup>th</sup> Ave – September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 Ask the Expert by Care Patrol 9:30 am Chair Volleyball 10:00 am *Book Club 10:30 am Memory Café 1:30 pm	4 *Quilt Show Bus Trip Departing from 20 <sup>th</sup> Ave Y	5	6
7	8	9 *Urban Pole Walking 9:15 – 10:00 am	10 Chair Volleyball <u>10-11:30 AM</u> Mahjong Open Play 1:00 PM	11	12	13
14	15	16	17 Chair Volleyball <u>10-11:30 AM</u> Mahjong Open Play 1:00 PM	18	19	20
21 <b>Active Aging Week September 22-26</b>	22 *Fall Prevention 10:00 am MPR 1	23	24 Community Resource Fair <u>9-11:30 am</u> Chair Volleyball 10-11:30 AM	25	26	27
28  Note: Programs with a (*) requires registration	29	30				