



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ForeverWell Calendar

20th Ave – October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Ask the Expert by Care Patrol 9:30 am Chair Volleyball 10:00 am *Book Club 10:30 am Memory Café 1:30 pm	2	3	4
5	6	7	8 Chair Volleyball <u>10-11:30 AM</u> Mahjong Open Play 1:00 PM	9	10	11
12	13	14 *Urban Pole Walking 9:15 – 10:00 am	15 Chair Volleyball <u>10-11:30 AM</u> Mahjong Open Play 1:00 PM	16	17	18
19	20	21	22 Chair Volleyball <u>10-11:30 AM</u> Mahjong Open Play 1:00 PM	23	24	25
26 Note: Programs with a (*) requires registration	27	28	29 Chair Volleyball <u>10-11:30 am</u> *Marty Schreiber 2:00 pm in MPR 1 & 2	30	31	