

ForeverWell

April 2024

ForeverWell is a new program for the active ager. The goal of this program is to support good nutrition, physical activity, and social interaction.

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 ForeverWell Coordinator
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 GAMES– Apples to Apples	2	3	4	5	6 Express Recycling Solutions Open House/Earth Day Event 12–2pm (FREE)
7	8 LEARNING– Silver Sneakers E–Learning Video Eclipse Viewing Party 12:30–3:30 @ McMillan	9	10 Hike at Camp Alexander Meet there at 10am	11	12	13
14	15 CREATING– Rock painting WIHA Webinar :Dimensions of Wellness 2–3pm (FREE)	16	17	18 Central WI Cultural Center Opening Night/Meet The Artists (Free) 5:30–7:30pm	19	20
21	22 EARTH DAY POTLUCK– Salads	23	24	25	26	27
28	29 BOYS & GIRLS CLUB– Wii Gaming/Rock Band	30				