

Forever Senior Fitness In-Kind Donation Wish List

Thank you for supporting our mission! The following items help us provide safe, engaging, and welcoming fitness opportunities for older adults.

Fitness Equipment

- Resistance bands (light, medium, heavy)
- Hand weights (1–10 lbs)
- Ankle weights
- Exercise/yoga mats
- Balance pads
- Small exercise balls
- Cones and agility markers
- Foam rollers
- Stretch straps
- Portable speaker for classes

Healthy Snacks & Refreshments

- Bottled water
- Electrolyte drinks
- Granola bars
- Protein bars
- Trail mix
- Fresh fruit
- Applesauce cups
- Whole-grain crackers
- Nut butter packets (if appropriate)

Program & Event Supplies

- Disinfecting wipes
- Hand sanitizer
- Paper towels
- Name tags
- Clipboards
- Pens and markers
- First aid kit supplies
- Reusable tote bags
- Gift cards (Costco, Walmart, Target, Amazon)

Thank you for helping us keep seniors active, healthy, connected, and supported.