



FOREVERWELL® CALENDAR

JULY 2026



Flip over this calendar to learn more about programs and events happening at the Y this month.

SPECIAL EVENTS

Register at the business desk

July 7th - The Power of Positivity 10-11 AM

July 8th - FOREVERWELL Orientation 10:30-11:30 AM

July 8th - Picnic Potluck & Games 12-2 PM

August 5th - Yard Games 10-12 PM

August 7th - FOREVERWELL Orientation 10:30-11:30 PM

August 11th - Generational Trivia Fun 10-11 AM

MUKWONAGO

YMCA

245 E. Wolf Run
Mukwonago, WI 53149
262-363-7950
gwcymca.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	VISIT OUR WEBSITE FOR EVEN MORE WAYS TO HAVE FUN AT THE Y!		1 Pickleball 7-9am Walking Club 10am	2 Pickleball 7-9am & 12-2pm Walking Club 9am Cribbage 2-4pm	3 Pickleball 7-9am & 12-2pm Walking Club 10am	4
	5	6 Pickleball 7a - 9am Walking Club 9am	7 Pickleball 7-9am & 12-2pm Walking Club 11am Card Games 12-2pm	8 Pickleball 7-9am Walking Club 10am	9 Pickleball 7-9am & 12-2pm Walking Club 9am Cribbage 2-4pm	10 Pickleball 7-9am & 12-2pm Walking Club 10am
12	13 Pickleball 7a - 9am Walking Club 9am	14 Pickleball 7-9am & 12-2pm Walking Club 11am Card Games 12-2pm	15 Pickleball 7-9am Walking Club 10am	16 Pickleball 7-9am & 12-2pm Walking Club 9am Cribbage 2-4pm	17 Pickleball 7-9am & 12-2pm Walking Club 10am	18
19	20 Pickleball 7a - 9am Walking Club 9am	21 Pickleball 7-9am & 12-2pm Walking Club 11am Card Games 12-2pm	22 Pickleball 7-9am Walking Club 10am	23 Pickleball 7-9am & 12-2pm Walking Club 9am Cribbage 2-4pm	24 Pickleball 7-9am & 12-2pm Walking Club 10am	25
26	27 Pickleball 7a - 9am Walking Club 9am	28 Pickleball 7-9am & 12-2pm Walking Club 11am Card Games 12-2pm	29 Pickleball 7-9am Walking Club 10am	30 Pickleball 7-9am & 12-2pm Walking Club 9am Cribbage 2-4pm	31 Pickleball 7-9am & 12-2pm Walking Club 10am	

LOOKING FOR MORE INFO? WE'RE HERE TO HELP!
GO TO GWCYMCA.ORG • CALL 262-363-7950 • VISIT THE BUSINESS SERVICE DESK AT THE MUKWONAGO Y!

POSITIVE, HEALTHY, CONNECTED

FOREVERWELL® SOCIALS Mukwonago YMCA



THE POWER OF POSITIVITY

 TUES, JULY 7TH | 10-11 AM

This uplifting session explores simple ways to build resilience, practice gratitude, and turn life's "lemons" into opportunities for growth & joy.

FOREVERWELL ORIENTATION

 WED, JULY 8TH | 10:30-11:30 AM

This is designed to welcome and empower new YMCA members ages 55+ by providing the tools to thrive with their wellness journey.



PICNIC POTLUCK & GAMES

 WED, JULY 8TH | 12:00 - 2:00 PM

Bring a dish to pass and join us for some lawn games out in the fresh air. It's a relaxed, fun way to spend time, savor good food, & enjoy company.

REGISTER ONLINE, OVER THE PHONE, OR AT THE BUSINESS DESK.

MUKWONAGO YMCA | 240 E Wolf Run, Mukwonago, WI 53149 | (262)363-7950 | GWCYMCA.ORG