



# 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 1 **Cramer Multhauf and Trusts Discussion** 12:00-1:30PM  
 July 8 **Blue Zones 4** 12:00-1:30PM  
 July 10 **Bingo!** 12:00-1:00PM  
 July 16 **Scams Seminar** 1:00-2:00PM  
 July 23 **It's Cool to Fuel** 12:00-1:30PM  
 July 24 **Power of Positivity** 12:00-1:00PM  
 July 28 **AARP Six Pillars of Brain Health** 12:15-1:15PM

August 6 **FW Orientation** 1:00-2:00PM  
 August 14 **Bingo!** 12:00-1:00PM  
 August 28 **Humana Habits of Healthy People** 12:00-1:00PM

**WEST SUBURBAN**  
**YMCA**

2420 N. 124th Street  
 Wauwatosa, WI 53226  
 414-302-9622  
 gwcymca.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>VISIT OUR WEBSITE FOR EVEN MORE WAYS TO HAVE FUN AT THE Y!</b>		<b>1</b> <b>Pickleball</b> 10:15-12:30PM	<b>2</b> <b>Pickleball</b> 9:30-12:30PM <b>Mahjong</b> 11:00AM	<b>3</b> <b>Pickleball</b> 10:15-12:30PM	<b>4</b> <b>Y CLOSED</b>
	<b>5</b>	<b>6</b> <b>Pickleball</b> 10:15-12:30PM	<b>7</b> <b>Pickleball</b> 9:30-12:30PM	<b>8</b> <b>Pickleball</b> 10:15-12:30PM	<b>9</b> <b>Pickleball</b> 9:30-12:30PM <b>Mahjong</b> 11:00AM	<b>10</b> <b>Pickleball</b> 10:15-12:30PM
<b>12</b>	<b>13</b> <b>Pickleball</b> 10:15-12:30PM	<b>14</b> <b>Pickleball</b> 9:30-12:30PM <b>FW ORIENTATION</b> REGISTER ONLINE	<b>15</b> <b>Pickleball</b> 10:15-12:30PM	<b>16</b> <b>Pickleball</b> 9:30-12:30PM <b>Mahjong</b> 11:00AM	<b>17</b> <b>Pickleball</b> 10:15-12:30PM	<b>18</b>
<b>19</b>	<b>20</b> <b>Pickleball</b> 10:15-12:30PM	<b>21</b> <b>Pickleball</b> 9:30-12:30PM	<b>22</b> <b>Pickleball</b> 10:15-12:30PM	<b>23</b> <b>Pickleball</b> 9:30-12:30PM <b>Mahjong</b> 11:00AM	<b>24</b> <b>Pickleball</b> 10:15-12:30PM	<b>25</b>
<b>26</b>	<b>27</b> <b>Pickleball</b> 10:15-12:30PM	<b>28</b> <b>Pickleball</b> 9:30-12:30PM	<b>29</b> <b>Pickleball</b> 10:15-12:30PM	<b>30</b> <b>Pickleball</b> 9:30-12:30PM <b>Mahjong</b> 11:00AM	<b>31</b> <b>Pickleball</b> 10:15-12:30PM	

LOOKING FOR MORE INFO? WE'RE HERE TO HELP!  
 GO TO GWCYMCA.ORG • CALL 414-302-9622 • VISIT THE BUSINESS SERVICE DESK AT THE WEST SUBURBAN Y!

# HAVE FUN & BE FIT

## FOREVERWELL® SOCIALS West Suburban



### BLUE ZONES (DOCUMENTARY)

 WED, JULY 8 | 12:00 PM – 1:30 PM

Learn about Blue Zones — regions of the world where people live longer, healthier, and happier lives.

### BINGO

 FRI, JULY 10 | 12:00 PM – 1:00 PM

Get ready for an afternoon of fun, laughter, and friendly competition at Bingo!



### FOREVERWELL ORIENTATION

 TUE, JULY 14 | 1:00 PM – 2:00 PM

This informative session will introduce participants to the fitness center environment, equipment, and available resources.

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

WEST SUBURBAN | 2420 N 124 St, Wauwatosa, WI 53225 | 414-302-9622 | [www.gwcymca.org](http://www.gwcymca.org)

# STAY SHARP, STAY CURIOUS

FOREVERWELL® SOCIALS | WEST SUBURBAN



## CRAMER MULTHAUF & TRUSTS DISCUSSION

 WED, JULY 1 | 12:00 PM – 1:00 PM

Join us for an informative presentation on estate planning and end-of-life decision-making.

## SCAMS SEMINAR

 THU, JULY 16 | 1:00 PM – 2:00 PM

Join us for an informative Scam Awareness Seminar designed to help you recognize, avoid, and report today's most common scams.



## IT IS COOL TO FUEL

 THUR, JULY 23 | 12:00 PM – 1:30 PM

Eating nutritious foods and staying hydrated are essential for keeping your body and mind functioning at their best.

## POWER OF POSITIVITY

 FRI, JULY 24 | 12:00 PM – 1:00 PM

Discover the power of a positive mindset in this engaging and uplifting presentation.



## AARP SIX PILLARS OF BRAIN HEALTH

 TUE, JULY 28 | 12:15 PM – 1:15 PM

Learn simple, effective ways to support cognitive wellness at every stage of life.

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