

FOREVERWELL® CALENDAR

MAY 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

May 5th - Cinco de Mayo Fiesta BINGO
10-11:30 AM (Conference Room)

May 13th - Stroke Prevention Speaker
10-11 AM (Conference Room)

May 19th - FOREVERWELL Orientation
10:30-11:30 AM (Conference Room)


May 27th - National Senior Health & Wellness Day (Many Activities - See Flyer)

June 2nd - Ice Cream Social
2-3:30 PM (Conference Room)

June 5th - FOREVERWELL Orientation 10:30-11:30 AM
(Conference Room)

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	2
3	4 Pickleball 7-9 AM	5 Pickleball 7-9 AM & 12-2 PM	6 Pickleball 7-9 AM Brain Games 10-12 PM Lobby	7 Pickleball 7-9 AM & 12-2 PM Cribbage 2-4 PM Lobby	8 Pickleball 7-9 AM & 12-2 PM	9	
10	11 Pickleball 7-9 AM	12 Pickleball 7-9 AM & 12-2 PM	13 Pickleball 7-9 AM Brain Games 10-12 PM Lobby	14 Pickleball 7-9 AM & 12-2 PM Cribbage 2-4 PM Lobby	15 Pickleball 7-9 AM & 12-2 PM	16	
17	18 Pickleball 7-9 AM	19 Pickleball 7-9 AM & 12-2 PM	20 Pickleball 7-9 AM Brain Games 10-12 PM Lobby	21 Pickleball 7-9 AM & 12-2 PM Cribbage 2-4 PM Lobby	22 Pickleball 7-9 AM & 12-2 PM	23	
24	25 Pickleball 7-9 AM	26 Pickleball 7-9 AM & 12-2 PM	27 Pickleball 7-9 AM Brain Games 10-12 PM Lobby	28 Pickleball 7-9 AM & 12-2 PM Cribbage 2-4 PM Lobby	29 Pickleball 7-9 AM & 12-2 PM	30	
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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!

WIN BIG, LIVE WELL

FOREVERWELL® SOCIALS Mukwonago YMCA



CINCO DE MAYO BINGO



May 5th



10:00 AM - 11:30 PM

Celebrate Cinco de Mayo with a festive round of Bingo full of fun, prizes, and community spirit! Enjoy a lively atmosphere as you play for a chance to win while connecting with friends. Don't miss this exciting and social way to join the celebration!

STROKE PREVENTION

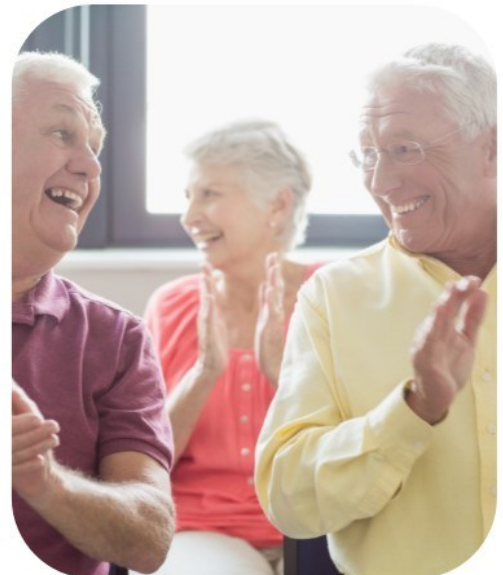


May 13th



11:00 AM - 1:00 PM

Join us during National Stroke Prevention month to hear from speaker Adrienne Mayberry, Stroke Program Coordinator at ProHealth.



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

MUKWONAGO YMCA | 249 E Wolf Run, Mukwonago, WI 53149 | (262)363-7950 | GWCYMCA.ORG