



# FOREVERWELL® CALENDAR

# MARCH 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

**Mar. 11th - Pulmonary Rehab**  
**Speaker** 10-11 AM (Conference Room)

**Mar. 13th - FOREVERWELL**  
**Orientation** 10-11 AM (Conference Room)

**Mar. 17th - Luck O' the Irish BINGO & Coffee Bar** 11-12 PM (Conference Room)

**Apr. 8th - Plants & Pot Painting**  
 10-11:30 AM (Conference Room)

**Apr. 10th - FOREVERWELL**  
**Orientation** 10-11 AM (Conference Room)

**MUKWONAGO**  
**YMCA**

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

| SUNDAY | MONDAY                     | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY                               | SATURDAY |
|--------|----------------------------|--|--|--|--------------------------------------|----------|
| 1      | 2<br>Pickleball<br>7-9 AM  | 3<br>Pickleball<br>7-9 AM & 12-2 PM<br>Euchre<br>2-4 PM Lobby  | 4<br>Pickleball<br>7-9 AM<br>Brain Games<br>10-12 PM Lobby   | 5<br>Pickleball<br>7-9 AM & 12-2 PM<br>Cribbage<br>2-4 PM Lobby  | 6<br>Pickleball<br>7-9 AM & 12-2 PM  | 7        |
| 8      | 9<br>Pickleball<br>7-9 AM  | 10<br>Pickleball<br>7-9 AM & 12-2 PM<br>Euchre<br>2-4 PM Lobby | 11<br>Pickleball<br>7-9 AM   | 12<br>Pickleball<br>7-9 AM & 12-2 PM<br>Cribbage<br>2-4 PM Lobby | 13<br>Pickleball<br>7-9 AM & 12-2 PM | 14       |
| 15     | 16<br>Pickleball<br>7-9 AM | 17<br>Pickleball<br>7-9 AM & 12-2 PM<br>Euchre<br>2-4 PM Lobby | 18<br>Pickleball<br>7-9 AM<br>Brain Games<br>10-12 PM Lobby  | 19<br>Pickleball<br>7-9 AM & 12-2 PM<br>Cribbage<br>2-4 PM Lobby | 20<br>Pickleball<br>7-9 AM & 12-2 PM | 21       |
| 22     | 23<br>Pickleball<br>7-9 AM | 24<br>Pickleball<br>7-9 AM & 12-2 PM<br>Euchre<br>2-4 PM Lobby | 25<br>Pickleball<br>7-9 AM<br>Brain Games<br>10-12 PM Lobby  | 26<br>Pickleball<br>7-9 AM & 12-2 PM<br>Cribbage<br>2-4 PM Lobby | 27<br>Pickleball<br>7-9 AM & 12-2 PM | 28       |
| 29     | 30<br>Pickleball<br>7-9 AM | 31<br>Pickleball<br>7-9 AM & 12-2 PM<br>Euchre<br>2-4 PM Lobby |  <p><b>VISIT OUR WEBSITE FOR EVEN MORE WAYS TO HAVE FUN AT THE Y!</b></p> |  |                                      |          |

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!

# MOVE MORE, SMILE MORE

## FOREVERWELL® SOCIALS Mukwonago YMCA



### PULMONARY REHAB SPEAKER

 WED. MARCH 11 | 10:00 AM - 11:00 AM

Join us to learn about Pulmonary Rehabilitation from Ellen Lyons, RN, MSN, CCRP, ProHealth Care Cardiopulmonary Rehab.

### FOREVERWELL ORIENTATION

 FRI. MARCH 13TH | 10:00 AM - 11:00 AM

The FOREVERWELL® Orientation is designed to welcome and empower new YMCA members ages 55+ by providing the tools, confidence, and support they need to thrive in their wellness journey



### LUCK O' THE IRISH BINGO & COFFEE

 TUES. MARCH 17TH | 11:00 AM - 12:00 PM

Enjoy lively rounds of bingo, St. Patrick's Day treats, and plenty of lucky cheer. Come for the games, stay for the laughs, prizes, and great company!

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

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