

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-1 **May Day Social** 12:30pm-1:30pm
 May-1 **Cardio Drumming** 12:45pm-1:45pm
 May-8 **Puzzle Quest** 12:30pm-2:00pm
 May-13 **Foreverwell® Orientation** 9:00am-10:00am
 May-15 **Trivia** 12:30pm-1:30pm
 May-27 **Senior Health & Wellness** 10:00am-3:00pm

Jun-5 **Pinochle** 12:30pm-1:30pm
 Jun-9 **Brunch** 9:30am-11:00am
 Jun-9 **Foreverwell® Orientation** 11:00am-12:00pm
 Jun-19 **Bingo** 12:30pm-1:30pm
 Jun-26 **Birthday Bash Social** 12:30pm-1:30pm

NEW BERLIN YMCA

36 10 Michelle Witmer
 Memorial Drive
 New Berlin, WI 53151
 262-330-5190
 gwcymca.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	VISIT OUR WEBSITE FOR EVEN MORE WAYS TO HAVE FUN AT THE Y!				1 5 Crowns 11:30am-12:30pm SPECIAL EVENT 12:30pm-1:30pm	2
	3	4 Sheepshead 12:30pm-2:30pm Indoor Cornhole 1:00pm-2:00pm	5 Rummikub 11:30am-12:30pm Mahjong 12:30pm-2:00pm	6 Wii Sports 12:30pm-1:30pm	7 Cribbage 12:30pm-2:00pm	8 5 Crowns 11:30am-12:30pm SPECIAL EVENT 12:30pm-2:00pm
10	11 Indoor Cornhole 1:00pm-2:00pm	12 Scrabble 11:30am-12:30pm	13 Wii Sports 12:30pm-1:30pm FOREVERWELL® Orientation 9:00am-10:00am Register Online	14 Cribbage 12:30pm-2:00pm	15 5 Crowns 11:30am-12:30pm SPECIAL EVENT 12:30pm-1:30pm	16
17	18 Sheepshead 12:30pm-2:30pm Indoor Cornhole 1:00pm-2:00pm	19 Rummikub 11:30am-12:30pm Mahjong 12:30pm-2:00pm	20 Wii Sports 12:30pm-1:30pm	21 Cribbage 12:30pm-2:00pm	22 5 Crowns 11:30am-12:30pm	23
24	25 Indoor Cornhole 1:00pm-2:00pm	26 Scrabble 11:30am-12:30pm Mahjong 12:30pm-2:00pm	27 Wii Sports 12:30pm-1:30pm SPECIAL EVENT 10:00am-3:00pm	28 Cribbage 12:30pm-2:00pm	29 5 Crowns 11:30am-12:30pm	30
31						

LOOKING FOR MORE INFO? WE'RE HERE TO HELP!

GO TO GWCYMCA.ORG • CALL 262-330-5190 • VISIT THE BUSINESS SERVICE DESK AT THE NEW BERLIN Y!

MOVE, THINK, ENGAGE

FOREVERWELL® SOCIALS | NEW BERLIN YMCA



MAY DAY SOCIAL

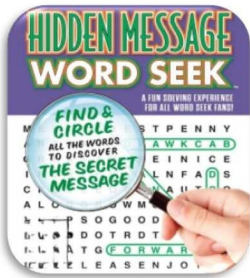
 FRI, MAY 1 | 12:30PM - 1:30PM

Celebrate the season with a relaxed May Day Social! Enjoy tea, lemonade, cookies, muffins, and scones in a potluck-style gathering. Sign up to bring a treat and stay for friendly conversation with others in the community. **LOCATION: LOUNGE**

CARDIO DRUMMING

 FRI, MAY 1 | 12:45PM - 1:45PM

Cardio drumming takes a simple movement, drumming, and turns it into a full-body workout. Using an exercise ball, drumsticks, and the floor, cardio drumming turns keeping a rhythm into a workout you won't want to stop. \$5 per person for members and \$8 per person for non-members. **LOCATION GROUPEX STUDIO**



PUZZLE QUEST

 FRI, MAY 8 | 12:30PM - 2:00PM

Put your thinking skills to the test in Puzzle Quest! Search for hidden words throughout the facility to collect clues and unlock a secret message waiting to be revealed. **LOCATION: LOUNGE**

TRIVIA

 FRI, MAY 15 | 12:30PM - 1:30PM

How well do you know the Badger State? Join us for a round of Wisconsin Trivia featuring fun facts, local history, and friendly competition. Snacks will be provided. **LOCATION: LOUNGE**



SENIOR HEALTH & WELLNESS

 WED, MAY 27 | 10:00AM - 3:00 PM

Enjoy a variety of activities including balance presentation from Athletico, outdoor cornhole, Wii Sports, Escape the Studio, and a relaxing Glow Yoga session (\$5 fee). We'll also celebrate our May birthdays together.

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

NEW BERLIN YMCA | 3610 Michelle Witmer Mem. Dr, New Berlin, WI 53151 | 262-330-5190 | GWCYMCA.ORG