



FOREVERWELL® CALENDAR

OCTOBER 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

Oct-2 **Hitster & Potluck**
12:30-2:00pm
Oct 5-11 **Active Aging Week**
Times Vary
Oct-9 **Sip & Paint** 12:30-2:00pm
Oct-13 **Brunch** 9:30-10:30am
Oct-14 **FOREVERWELL® Orientation**
10:00-11:00am
Oct-16 **Cardio Drumming**
12:45-1:45pm
Oct-23 **Birthday Celebration**
12:30-1:30pm

Nov-6 **Fraud prevention Talk & Root Beer Float** 12:30-1:30pm
Nov-11 **FOREVERWELL® Orientation**
9:00-10:00am
Nov-13 **Birthday Celebration**
11:30am-12:30pm
Nov-13 **Cardio Drumming**
12:45-1:45pm
Nov-20 **Friends Giving & Musical Bingo**
12:00-2:00pm

NEW BERLIN YMCA

3610 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 Cribbage 12:30pm-2:00pm	2 5 Crowns 11:00am-12:30pm SPECIAL EVENT 12:30pm-2:00pm	3
4	5 Sheepshead 12:30pm-2:30pm Indoor Cornhole 1:00pm-2:00pm	6 UHC-Dual Medicaid/Medicare Table 8:00am-9:30am Mahjong 12:30pm-2:00pm	7 WII Sports 12:30pm-1:30pm	8 Cribbage 10:45am-12:15pm	9 Humana Medicare Table 11:30am-3:00pm 5 Crowns 11:00am-12:30pm SPECIAL EVENT 12:30pm-2:00pm	10
11	12 Blitz (31) 12:30pm-1:30pm Indoor Cornhole 1:00pm-2:00pm	13 Craft project for Jingle Bell Hustle 10:30am-11:30am Mahjong 12:30pm-2:00pm	14 WII Sports 12:30pm-1:30pm FOREVERWELL® Orientation 10:00am-11:00am Register Online	15 Cribbage 12:30pm-2:00pm	16 5 Crowns 11:00am-12:30pm SPECIAL EVENT 12:45pm-1:45pm	17
18	19 Sheepshead 12:30pm-2:30pm Indoor Cornhole 1:00pm-2:00pm	20 UHC-Dual Medicaid Table 9:30am-11:00am Medicare Adv Supp. Table 11:00am-12:00pm Mahjong 12:30pm-2:00pm	21 WII Sports 12:30pm-1:30pm	22 Cribbage 12:30pm-2:00pm	23 5 Crowns 11:00am-12:30pm SPECIAL EVENT 12:30pm-1:30pm	24
25	26 Blitz (31) 12:30pm-1:30pm Indoor Cornhole 1:00pm-2:00pm	27 Craft project for Jingle Bell Hustle 10:30am-11:30am Mahjong 12:30pm-2:00pm	28 WII Sports 12:30pm-1:30pm	29 Cribbage 12:30pm-2:00pm	30 5 Crowns 11:00am-12:30pm	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!

CREATE, CARDIO, CELEBRATE

FOREVERWELL® SOCIALS | NEW BERLIN YMCA



HITSTER & POTLUCK

 FRI, OCT 2 | 12:30PM - 2:00PM

Take a musical trip down memory lane with Hitster! Listen to popular hits from the 1950s through the 1980s, guess the year, and see if you can put the music in the right order. Sing along, reminisce, and enjoy some friendly competition! Sign up for a dish to pass at the desk.

LOCATION: LOUNGE

SIP & PAINT

 FRI, OCT 9 | 12:30PM - 2:00PM

Sip, paint, and enjoy refreshing mocktails with Jeanette! Unleash your creativity in a fun, relaxed setting while connecting with others and creating your own masterpiece. \$5 per person for members and \$8 per person for non-members.

LOCATION: LOUNGE



BRUNCH

 TUE, OCT 13 | 9:30 AM - 10:30 AM

Start your morning with good food and great company. Join us for a casual potluck style brunch where you can connect with others and enjoy a welcoming, social atmosphere.

LOCATION: LOUNGE

CARDIO DRUMMING

 FRI, OCT 16 | 12:45 PM - 1:45 PM

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**



BIRTHDAY BASH SOCIAL

 FRI, OCT 23 | 12:30 PM - 1:30 PM

Celebrate the month's birthdays with us! Enjoy treats, social time, and a chance to recognize and connect with fellow members in a fun, festive setting.

LOCATION: LOUNGE

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