



FOREVERWELL® CALENDAR SEPTEMBER 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

Sept-8 **FOREVERWELL® Orientation**
11:00am-12:00pm
Sept-11 **Letters to Service Men**
12:30-1:30pm
Sept-18 **Cardio Drumming**
12:45-1:45pm
Sept 21-25 **Fall Prevention Week**
Times Varies
Sept-25 **Birthday Celebration**
12:30-1:30pm

Oct 5-11 **Active Aging Week**
Times Varies
Oct-13 **Brunch** 9:30-10:30am
Oct-15 **FOREVERWELL® Orientation**
10:00-11:00am
Oct-16 **Cardio Drumming**
12:45-1:45pm
Oct-23 **Birthday Celebration**
12:30-1:30pm

NEW BERLIN YMCA

3610 Michelle Witmer
Memorial Drive
New Berlin, WI 53151
262-330-5190
gwcymca.org

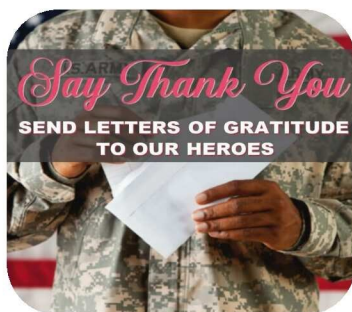
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Mahjong 12:30pm-2:00pm	2 WII Sports 12:30pm-1:30pm	3 Cribbage 12:30pm-2:00pm	4 5 Crowns 11:00am-12:30pm	5
6	7 YMCA IS CLOSED	8 Mahjong 12:30pm-2:00pm FOREVERWELL® Orientation 11:00am-12:00pm Register Online	9 WII Sports 12:30pm-1:30pm	10 Cribbage 12:30pm-2:00pm	11 5 Crowns 11:00am-12:30pm SPECIAL EVENT 12:30pm-1:30pm	12
13	14 Blitz (31) 12:30pm-1:30pm Indoor Cornhole 1:00pm-2:00pm	15 Mahjong 12:30pm-2:00pm	16 WII Sports 12:30pm-1:30pm	17 Cribbage 12:30pm-2:00pm	18 5 Crowns 11:00am-12:30pm SPECIAL EVENT 12:45pm-1:45pm	19
20	21 Sheepshead 12:30pm-2:30pm Indoor Cornhole 1:00pm-2:00pm	22 Mahjong 12:30pm-2:00pm	23 WII Sports 12:30pm-1:30pm	24 Cribbage 12:30pm-2:00pm	25 5 Crowns 11:00am-12:30pm SPECIAL EVENT 12:30pm-1:30pm	26
27	28 Blitz (31) 12:30pm-1:30pm Indoor Cornhole 1:00pm-2:00pm	29 Mahjong 12:30pm-2:00pm	30 WII Sports 12:30pm-1:30pm			

VISIT OUR WEBSITE FOR
EVEN MORE WAYS TO
HAVE FUN AT THE Y!

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, CONNECT, CELEBRATE FOREVERWELL



WRITE LETTERS TO SERVICE MEN & WOMEN

 FRI, SEPT 11 | 12:30 PM – 1:30 PM

Say thank you by writing letters to the men & women who serve to keep us and our communities safe. Sponsored by Humana.
Location: Lounge

CARDIO DRUMMING

 FRI, SEPT 18 | 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. Cost: \$5 **Location: GroupEX Studio**



BUDDY WALK & POT LUCK

 THUR, SEPT 24 | 12:30 PM – 1:30 PM

Bring a friend, family member, neighbor, or fellow members and enjoy a leisurely walk together. After the walk, stay for a potluck gathering. Be sure to stop by the desk to let us know what you will be bringing. **Location: Meet in the Lounge**

BIRTHDAY CELEBRATION

 FRI, SEPT 25 | 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**



MINUTE TO WIN IT BALANCE GAMES

 FRI, SEPT 25 | 12:30 PM – 1:30 PM

Balance Challenge Games as part of Fall Prevention Week's Fun & Confidence Day! Gather your team and get ready for a series of exciting one-minute challenges that will have everyone laughing, cheering, and working together **Location: Lounge**

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

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