



FOREVERWELL® CALENDAR

AUGUST 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

Bump, Set, Spike: Aug 11th
10-11 am Upper Gym

FOREVERWELL Orientation:
Aug 19 11-12pm Lower Lobby

August Birthday Party: Aug 25th

Sept Birthday Party:
Sept 8 10-11 am Lower Lobby

ForeverWell Orientation:
Sept 9 11 am—12 pm

Fall Prevention Week
Sept 21-25

Let's Prevent Falls Presentation:
Sept 22 10 -11 am

SOUTHWEST YMCA

11311 W. Howard Ave
Greenfield, WI 53228

414-546-9622

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 Game Series 11 am -12 pm	4 Pickleball 6-9:30 am	5 Sheepshead 10 am -12 pm	6 Bible Study 9-10 am Conference Room Crochet Club 10 -11 am Lower Lobby	7 No Sweat Club 9:30 -11 am	8
9	10 Game Series 11 am -12 pm	11 Pickleball 6-9:30 am	12 Sheepshead 10 am -12 pm	13 Bible Study 9-10 am Conference Room Crochet Club 10 -11 am Lower Lobby	14 No Sweat Club 9:30 -11 am	15
16	17 Game Series 11 am -12 pm	18 Pickleball 6-9:30 am	19 Sheepshead 10 am -12 pm	20 Bible Study 9-10 am Conference Room Crochet Club 10 -11 am Lower Lobby	21 No Sweat Club 9:30 -11 am	22
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30	31 Game Series 11 am -12 pm					

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

GO TO GWCYMCA.ORG • CALL 414-546-9622 • VISIT THE BUSINESS SERVICE DESK AT THE SOUTHWEST Y!

PLAY. CONNECT. CELEBRATE.

FOREVERWELL® SOCIALS Southwest YMCA



BUMP, SET, SPIKE



TUE, AUG 11 | 10 - 11 AM | UPPER GYM

Time to get active! Standing or sitting, come play a fun game of balloon volleyball.

FOREVERWELL ORIENTATION



WED, AUG 19 | 11- 12 PM | LOBBY

FOREVERWELL ® Orientation is designed to help adults 55+ thrive in their wellness journey by gaining the tools, confidence, and support needed for success.



AUGUST BIRTHDAY PARTY



TUE, AUG 25 | 10 - 11 AM | LOBBY

Come celebrate with all those who have an August birthday. All are welcome no matter your birthday month.

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

SOUTHWEST YMCA | 11311 W. Howard Ave. Greenfield, WI. 53228 | 414-546-9622 | GWCYMCA.ORG