



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

Active Aging Week:

Oct 5th-11th

Oct FOREVERWELL Orientation:

Oct 8th 11 am-12pm

Lower Lobby

Oct Birthday Party:

Oct 20th 10-11am

Line Dancing Fundraiser

Oct 23 10:45-1:30 pm Upper Gym

Nov FOREVERWELL Orientation:

Nov 6th 11 am-12pm Lobby

Nov Birthday Party- Packer Theme

Nov 3rd 10-11am Lobby

Thanksgiving Pot Luck

Nov 17th 10-11am Lobby

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 Crochet Club 10-11 am Lobby	2 No Sweat Club 9:30 -11 am Conference Room	3
4	5 Game Series 11 am -12 pm Lobby Gratitude Wall- All Day Lobby	6 Pickleball 6-9:30 am Lower Gym Puzzles and Pizza! 11am-12 pm Lobby	7 Sheepshead 10 am -12 pm Lobby Tai Chi With Char 11-12 PM Studio 1	8 Crochet Club 10-11 am Lobby	9 No Sweat Club 9:30 -11 am Conference Room Chili Pot Luck 11:30 am- 12:30pm Lobby	10 Restorative Candle Lit Yoga 9:30-10:30 am Studio 1
Active Aging Week						
11 Take and Make Your Own Bird Seed Ornament	12 Mahjong 11 am -12 pm Lobby	13 Pickleball 6-9:30 am Lower Gym Medicare Table 9:30-11 am Lobby	14 Sheepshead 10 am -12 pm Lobby	15 Crochet Club 10-11 am Lobby	16 No Sweat Club 9:30 -11 am Conference Room	17
18	19 Mahjong 11 am -12 pm Lobby	20 Pickleball 6-9:30 am Gym 	21 Sheepshead 10 am -12 pm Lobby	22 Crochet Club 10-11 am Lobby	23 No Sweat Club 9:30 -11 am Conference Room Medicare Table 9:30-11 am Lobby	24
25	26 Mahjong 11 am -12 pm Lobby	27 Pickleball 6-9:30 am Lower Gym	28 Sheepshead 10 am -12 pm Lobby	29 Crochet Club 10-11 am Lobby	30 No Sweat Club 9:30 -11 am Conference Room	31

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!

ACTIVE, AGING, FITNESS & FUN!

FOREVERWELL® SOCIALS | SOUTHWEST YMCA



ACTIVE AGING WEEK

 MON, OCT 5TH – SUN, OCT 11TH

We have a lot planned this week. See the calendar for daily events and be sure to register at the front desk to reserve your spot.

FOREVERWELL ORIENTATION

 MON, OCT 8TH | 11–12 PM

This interactive 60 minute session ensures participants feel comfortable, capable, and connected from day one.



OCTOBER BIRTHDAY PARTY

 TUE, OCT 20TH | 10 – 11 AM

Come celebrate with all those who have an October birthday!

LINE DANCING FUNDRAISER

 FRI, OCT 23RD | 10:45 AM– 1:30 PM

Dance to make a difference! Join us in the upper gym for fun, food, and some fancy footwork. Let's get festive with fun fall attire or Halloween costumes!



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

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