



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 Birthday Party:

Sept 8th 10-11 am Lower Lobby

FOREVERWELL Orientation:

Sept 9 11 am-12 pm Lower Lobby

Fall Prevention Week:

Sept 21-25

Let's Prevent Falls Presentation:

Sept 22 10-11 am Lower Lobby

Active Aging Week:

Oct 5th-11th

Oct FOREVERWELL Orientation:

Oct 8th 11 am-12 pm
Lower Lobby

Oct Birthday Party:

Oct 20th 10-11 am

SOUTHWEST YMCA

11311 W. Howard Ave
Greenfield, WI 53228

414-546-9622

gwcymca.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Pickleball 6-9:30 am Lower Gym	2 Sheepshead 10 am - 12 pm Lower Lobby	3 Bible Study 9-10 am Conference Room Crochet Club 10-11 am Lower Lobby	4 No Sweat Club 9:30 - 11 am Conference Room	5
6	7 YMCA IS CLOSED	8 Pickleball 6-9:30 am Lower Gym	9 Sheepshead 10 am - 12 pm Lower Lobby	10 Bible Study 9-10 am Conference Room Crochet Club 10-11 am Lower Lobby	11 No Sweat Club 9:30 - 11 am Conference Room	12
13	14 Game Series 11 am - 12 pm Lower Lobby	15 Pickleball 6-9:30 am Lower Gym	16 Sheepshead 10 am - 12 pm Lower Lobby	17 Bible Study 9-10 am Conference Room Crochet Club 10-11 am Lower Lobby	18 No Sweat Club 9:30 - 11 am Conference Room	19
20	21 Game Series 11 am - 12 pm Fall Prevention: Doc Talk 10-11 am Lower Lobby	22 Pickleball 6-9:30 am Home Safety Bingo 10-11 am	23 Sheepshead 10 am - 12 pm Lower Lobby Balance Seminar w/ Char 10-11 am 10-11 am	24 Bible Study 9-10 am Crochet Club 10-11 am Buddy Walk 10-11 am	25 No Sweat Club 9:30 - 11 am Balloon-minton 10-11 am	26
Fall Prevention Week						
27	28 Game Series 11 am - 12 pm Lower Lobby	29 Pickleball 6-9:30 am Lower Gym	30 Sheepshead 10 am - 12 pm Lower Lobby			

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 414-546-9622 • VISIT THE BUSINESS SERVICE DESK AT THE SOUTHWEST Y!

STEP INTO CONFIDENCE

FOREVERWELL® SOCIALS | SOUTHWEST YMCA



SEPT BIRTHDAY PARTY

 TUES, SEPT 8TH | 10:00 – 11:00 AM

Come celebrate with all those who have a September birthday!

FOREVERWELL ORIENTATION

 WED, SEPT 9TH | 11:00 AM – 12:00 PM

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



FALL PREVENTION WEEK

 SEPT 21– 25 | VARIOUS EVENTS

Check the FOREVERWELL calendar to see the daily events for the week.

LET'S PREVENT FALLS PRESENTATION

 TUES, SEPT 22 | 10:00 – 11:00 AM

Join Dr. Katie Lichtenberg from Humana on the topic of: How to stay healthy after 60.



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

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