FOREVERWELL® CALENDAR

NOVEMBER 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

Avoiding Seasonal Depression—Humana
November 3rd, 11:00—12:00pm

FOREVERWELL® Orientation
November 11th, 11:00—12:00pm

FW Social—"Thankful"giving
November 12th, 12:30—1:30pm

FOREVERWELL® Orientation
December 8th, 11:00—12:00pm

Christmas Musical Bingo—Humana
December 8th, 11:00—12:00pm

FW Social—Christmas Card Crafts
December 17th, 12:30—1:30pm

TRI COUNTY YMCA

N84 W17501
Menomonee Avenue
Menomonee Falls, WI
262-255-9622

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 CRIBBAGE 12:30PM (GATHERING AREA)	3 UNO CARD CLUB 12:30PM (GATHERING AREA) SPECIAL EVENT 11:00AM-12:00PM	4 SHEEPSHEAD 12:30PM (GATHERING AREA)	5 LEARN: HEADBANDZ 12:30PM (GATHERING AREA)	6 UHC Medicare Table 10:00AM—11:00AM	7
8	9 CRIBBAGE 12:30PM (GATHERING AREA)	10 UNO CARD CLUB 12:30PM (GATHERING AREA)	11 SHEEPSHEAD 12:30PM (GATHERING AREA) FOREVERWELL® Orientation 11:00AM-12:00PM Register Online	12 SPECIAL EVENT 12:30PM-1:30PM	13	14
15	16 CRIBBAGE 12:30PM (GATHERING AREA)	17 UNO CARD CLUB 12:30PM (GATHERING AREA)	18 SHEEPSHEAD 12:30PM (GATHERING AREA)	19 LEARN: HEADBANDZ 12:30PM (GATHERING AREA)	20	21
22	23 CRIBBAGE 12:30PM (GATHERING AREA)	24 UNO CARD CLUB 12:30PM (GATHERING AREA)	25 SHEEPSHEAD 12:30PM (GATHERING AREA)	26	27	28
29	30 CRIBBAGE 12:30PM (GATHERING AREA)		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 262-255-9622 • VISIT THE BUSINESS SERVICE DESK AT THE TRI COUNTY Y!

SHARE THANKS, SPREAD JOY THROUGH SEASONAL CHANGES

FOREVERWELL® SOCIALS
TRI COUNTY YMCA



AVOIDING SEASONAL DEPRESSION — HUMANA

TUES, NOV 3 | 11:00 AM – 12:00 PM

Learn simple ways to support your mental and emotional well-being through the darker months.

FOREVERWELL ORIENTATION

WED, NOV 11 | 11:00 AM – 12:00 PM

A welcoming, hands-on 60-minute session for YMCA members ages 55+ to build confidence, learn equipment and app basics, and feel connected.





FW SOCIAL — "THANKFUL" GIVING

THURS, NOV 12 | 12:30 AM – 1:30 PM

Celebrate gratitude with food, friendship, and fun while sharing what you're thankful for with our community.

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

TRI COUNTY YMCA | N84W17501 MENOMONEE AVE, 53051 | 262-255-9622 | GWCYMCA.ORG