

# FOREVERWELL® CALENDAR

## MAY 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

FOREVERWELL Orientation  
May 20th, 11:00-12:00 pm


FW Social—Paper Plate Flowers  
for Mother’s Day  
May 21th, 12:30-1:30 pm

FOREVERWELL Orientation  
June 9th, 11:00-12:00 pm

June Social—UNO & Snacks  
June 11th, 12:30-1:30 pm

**TRI COUNTY  
YMCA**

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<b>VISIT OUR WEBSITE FOR EVEN MORE WAYS TO HAVE FUN AT THE Y!</b>					1	2
3	<b>4</b> CRIBBAGE 12:30 pm (GATHERING AREA)	<b>5</b> UNO CARD CLUN 12:30 pm (GATHERING AREEA)	<b>6</b> SHEEPSHEAD 12:30 pm (GATHERING AREA)	<b>7</b> WALKING CLUB 12:30 pm (TRACK OR OUTSIDE)	<b>8</b> YAHTZEE 12:30 pm (GATHERING AREA)	9	
10	<b>11</b> CRIBBAGE 12:30 pm (GATHERING AREA)	<b>12</b> UNO CARD CLUN 12:30 pm (GATHERING AREEA)	<b>13</b> SHEEPSHEAD 12:30 pm (GATHERING AREA)	<b>14</b> WALKING CLUB 12:30 pm (TRACK OR OUTSIDE)	<b>15</b> YAHTZEE 12:30 pm (GATHERING AREA)	16	
17	<b>18</b> CRIBBAGE 12:30 pm (GATHERING AREA)	<b>19</b> UNO CARD CLUN 12:30 pm (GATHERING AREEA)	<b>20</b> SHEEPSHEAD 12:30 pm (GATHERING AREA)	<b>21</b> WALKING CLUB 12:30 pm (TRACK OR OUTSIDE)	<b>22</b> YAHTZEE 12:30 pm (GATHERING AREA)	23	
24	25	<b>26</b> UNO CARD CLUN 12:30 pm (GATHERING AREEA)	<b>27</b> SHEEPSHEAD 12:30 pm (GATHERING AREA)	<b>28</b> WALKING CLUB 12:30 pm (TRACK OR OUTSIDE)	<b>29</b> YAHTZEE 12:30 pm (GATHERING AREA)	30	
31							

**LOOKING FOR MORE INFO? WE'RE HERE TO HELP!**  
 GO TO [GWCYMCA.ORG](http://GWCYMCA.ORG) • CALL 262-255-9622 • VISIT THE BUSINESS SERVICE DESK AT THE TRI COUNTY Y!

# MAY FLOWER'S ARE COMING

## FOREVERWELL® SOCIALS

Tri County YMCA



### FOREVERWELL ORIENTATION

 Wednesday, May 20

 11:00 AM - 12:00 PM

"The ForeverWell Orientation is designed to welcome and empower new YMCA members ages 55+ by providing the tools, confidence, and support they need to thrive in their wellness journey. This interactive 60-minute session ensures participants feel comfortable, capable, and connected from day one.

### SENIOR SOCIAL—PAPER PLATE FLOWERS FOR MOTHER'S DAY

 Thursday, May 21

 12:30 PM - 1:30 PM

Mother's Day paper plate flower making! Grab your sister, your mom, your daughter or your granddaughter and Let's get creative and bring some color to our day with paper plate flowers!

Host: Mary Melka/Fitness Director



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

TRI COUNTY YMCA | N84W17501 Menomonee Ave | 262-255-9622 | [GWCYMCA.ORG](http://GWCYMCA.ORG)