



# 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

October 5—11th (Time Varies)

### Healthy Sleep - Humana

October 6th, 11:00—12:00pm

### FOREVERWELL® Orientation

October 13th, 10:00—11:00am

### FW Social—Pumpkin Palooza

October 15th, 12:30—1:30pm

### 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

**TRI COUNTY**  
**YMCA**

N84 W17501

Menomonee Avenue

Menomonee Falls, WI

262-255-9622

| SUNDAY                                                                            | MONDAY                                                        | TUESDAY                                                                                                        | WEDNESDAY                                    | THURSDAY                                                                                     | FRIDAY                                   | SATURDAY |
|-----------------------------------------------------------------------------------|---------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|----------------------------------------------|----------------------------------------------------------------------------------------------|------------------------------------------|----------|
|  | VISIT OUR WEBSITE FOR EVEN MORE<br>WAYS TO HAVE FUN AT THE Y! |                                                                                                                |                                              | 1                                                                                            | 2                                        | 3        |
| 4                                                                                 | 5<br>CRIBBAGE<br>12:30PM<br>(GATHERING AREA)                  | 6 UNO CARD CLUB<br>12:30PM<br>(GATHERING AREA)<br><b>SPECIAL EVENT</b><br>11:00AM-12:00PM                      | 7 SHEEPSHEAD<br>12:30PM<br>(GATHERING AREA)  | 8 LEARN: HEADBANDZ<br>12:30PM<br>(GATHERING AREA)<br>Humana Medicare Table<br>8:30AM—11:00AM | 9                                        | 10       |
| 11                                                                                | 12<br>CRIBBAGE<br>12:30PM<br>(GATHERING AREA)                 | 13 UNO CARD CLUB<br>12:30PM<br><b>FOREVERWELL®</b><br><b>Orientation</b><br>11:00AM-12:00PM<br>Register Online | 14 SHEEPSHEAD<br>12:30PM<br>(GATHERING AREA) | 15 <b>SPECIAL EVENT</b><br>12:30PM-1:30PM                                                    | 16 UHC Medicare Table<br>10:00AM—11:00AM | 17       |
| 18                                                                                | 19<br>CRIBBAGE<br>12:30PM<br>(GATHERING AREA)                 | 20 UNO CARD CLUB<br>12:30PM<br>(GATHERING AREA)                                                                | 21 SHEEPSHEAD<br>12:30PM<br>(GATHERING AREA) | 22 LEARN: HEADBANDZ<br>12:30PM<br>(GATHERING AREA)                                           | 23                                       | 24       |
| 25                                                                                | 26<br>CRIBBAGE<br>12:30PM<br>(GATHERING AREA)                 | 27 UNO CARD CLUB<br>12:30PM<br>(GATHERING AREA)                                                                | 28 SHEEPSHEAD<br>12:30PM<br>(GATHERING AREA) | 29 UHC Medicare Table<br>10:00AM—11:00AM                                                     | 30                                       | 31       |

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!