



FOREVERWELL® CALENDAR

AUGUST 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

August 14: Presentation:
Estate Planning

August 21: FW Orientation

August 21: Presentation:
Fall Asleep Stay Asleep

August 28: Bingo

Sept 4: FW Orientation

Sept 11: Book Buddy

Sept 18: Music Bingo

Sept 21-25:

Fall Prevention Week

Sept 25: Bingo

WAUKESHA YMCA

320 E. Broadway
Waukesha, WI 53186
262-542-2557
gwcymca.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	VISIT OUR WEBSITE FOR EVEN MORE WAYS TO HAVE FUN AT THE Y!					1
2	3 Sheepshead 1:00-2:00 Lounge	4 Euchre 1:00 PM Lounge Walking Club 2:00 PM Track	5 5 Crowns (card game) 1:00-2:00 Lounge	6 Cribbage 2:00-3:00 Lounge	7 Special Event 11:00 Conference Room	8
9	10 Sheepshead 1:00-2:00 Lounge	11 Euchre 1:00 PM Lounge Walking Club 2:00 PM Track	12 5 Crowns (card game) 1:00-2:00 Lounge	13 Cribbage 2:00-3:00 Lounge	14 Special Event 1:00 Conference Room	15
16	17 Sheepshead 1:00-2:00 Lounge	18 Euchre 1:00 PM Lounge Walking Club 2:00 PM Track	19 5 Crowns (card game) 1:00-2:00 Lounge	20 Cribbage 2:00-3:00 Lounge	21 Special Event 1:00 Conference Room	22
23	24 Sheepshead 1:00-2:00 Lounge	25 Euchre 1:00 PM Lounge Walking Club 2:00 PM Track	26 5 Crowns (card game) 1:00-2:00 Lounge	27 Cribbage 2:00-3:00 Lounge	28 Special Event 1:00 Lounge	29
30	31					

LOOKING FOR MORE INFO? WE'RE HERE TO HELP!

GO TO GWCYMCA.ORG • CALL 262-542-2557 • VISIT THE BUSINESS SERVICE DESK AT THE WAUKESHA Y!

AUGUST FOREVERWELL EVENTS

Social Seniors | WAUKESHA YMCA



FW ORIENTATION

 **FRI, AUG 21 | 11:00 AM – 1:00 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.

PRESENTATION: SLEEP

 **FRI, AUG 21 | 1:00 PM – 2:00 PM**

Join us in the Basement Conference Room for an educational presentation hosted by Humana. Learn practical tips and strategies to help you fall asleep more easily, stay asleep throughout the night.



PRESENTATION: ESTATE PLANNING

 **FRI, AUG 14 | 1:00 PM – 2:00 PM**

Join us in the basement conference room for an presentation on estate planning and end-of-life decision-making. This presentation is designed to provide a helpful starting point and feel more prepared to think about your own planning needs.

BINGO

 **FRI, AUG 28 | 1:00 PM – 2:00 PM**

Join us in the lounge for a lively game of Bingo! Enjoy classic bingo with prizes. Bring your friends, relax, and celebrate the season with laughter, great company, and chances to win. Don't miss out on the fun!



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

WAUKESHA YMCA | 320 E Broadway, Waukesha, WI 53186 | 262-542-2557 | GWCYMCA.ORG