



# FOREVERWELL® CALENDAR

# MARCH 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

March 6th—Friday Flick  
[Terms of Endearment](#)

March 13th—St. Patrick's  
Day Celebration

March 13th—Book Buddy

March 20th—Presentation

March 28th—BINGO

April 17th

1:00–2:00 PM

Conference Room

Educational Presentation

April 24th

1:00–2:00 PM—Lounge

BINGO

WAUKESHA

YMCA

320 E. Broadway

Waukesha, WI 53186

262-542-2557

[gwcymca.org](http://gwcymca.org)

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

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

GO TO [GWCYMCA.ORG](http://GWCYMCA.ORG) • CALL 262-542-2557 • VISIT THE BUSINESS SERVICE DESK AT THE WAUKESHA Y!

# FOREVERWELL EVENTS | WAUKESHA YMCA



## FLICKS FRIDAY

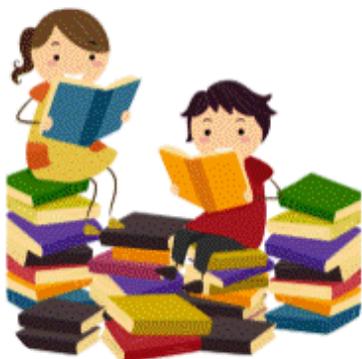
 FRI, MARCH 7 | 1:00 PM

Enjoy the magic of the movie theater right here at the Y! This month, we'll be showing the classic *Terms of Endearment*—a heartfelt and unforgettable film. Sit back, relax, and enjoy **FREE popcorn** while you watch!

## ST. PATTY'S PARTY

 THUR, MARCH 13 | 1:00 PM - 2:00 PM

Get into the festive spirit early and join us in the Lounge for an **Early St. Patty's Day Party** at the Y! Enjoy a fun-filled celebration with exciting themed games, tasty snacks, and plenty of laughs. Bring your friends and family to celebrate the luck of the Irish with good vibes and great company!



## BOOK BUDDY

 FRI, MARCH 14 | 12:30 PM - 1:00 PM

Partner with our preschool program and share the joy of reading to our 3- and 4-year-old classroom in the Lounge! (Book will be

## ST. PATTY'S BINGO

 FRI, MARCH 28 | 1:00 PM - 2:00 PM

Join us in the lounge for a festive **St. Patty's Day BINGO!** We'll have a fun prize that gets passed along to each round's winner, building the excitement as the hour goes on. The **final winner** at the end of the hour will be our lucky leprechaun, walking away with the grand prize. Don't miss this playful and spirited way to celebrate St. Patrick's Day!



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

WAUKESHA YMCA | 320 E Broadway, Waukesha, WI 53186 | 262-409-2973 | GWCYMCA.ORG



# EDUCATIONAL PRESENTATION: RECOGNIZING STROKE

WAUKESHA YMCA



Friday, March 20



1:00 PM

**Presenter: Adrienne Mayberry, MSN, RN, SCRN, Stroke Program Coordinator at ProHealth Care**

**Stroke: Did You Know?**

- Stroke is the 4<sup>th</sup> leading cause of death in the United States.
- Stroke is the leading cause of serious long-term disability in the United States.
- Within minutes – brain cells can die, and often this damage is unable to be reversed.

This presentation will go over different types of strokes, risk factors, warning signs, treatment options, and what to do if you or someone you know is showing signs of a stroke.

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