



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 3 **FW App Masterclass** 11:15M
 August 5 **FW App Masterclass** 12:00PM
 August 6 **FW Orientation** 1:30PM
 August 7 **FW App Masterclass** 12:00PM
 August 14 **Bingo!** 12:00PM
 August 21 **Arts & Crafts** 12:00PM
 August 28 **Humana Habits of Healthy People** 12:00PM

September 10 **Wills and Trusts** 12:00PM
 September 18 **Arts & Crafts** 12:00PM
 September 24 **FW Orientation** 1:00PM
 September 21-25 **Fall Prevention Week**

WEST SUBURBAN YMCA

2420 N. 124th Street
 Wauwatosa, WI 53226
 414-302-9622
 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 Pickleball 10:15-12:30PM FOREVERWELL App Masterclass REGISTER ONLINE	4 Pickleball 9:30-12:30PM	5 Pickleball 10:15-12:30PM FOREVERWELL App Masterclass REGISTER ONLINE	6 Pickleball 9:30-12:30PM Mahjong 11:00AM (Meet front lobby)	7 Pickleball 10:15-12:30PM FOREVERWELL App Masterclass REGISTER ONLINE	8
9	10 Pickleball 10:15-12:30PM	11 Pickleball 9:30-12:30PM	12 Pickleball 10:15-12:30PM	13 Pickleball 9:30-12:30PM Mahjong 11:00AM (Meet front lobby)	14 Pickleball 10:15-12:30PM	15
16	17 Pickleball 10:15-12:30PM	18 Pickleball 9:30-12:30PM	19 Pickleball 10:15-12:30PM	20 Pickleball 9:30-12:30PM Mahjong 11:00AM (Meet front lobby)	21 Pickleball 10:15-12:30PM Arts & Crafts REGISTER ONLINE	22
23	24 Pickleball 10:15-12:30PM	25 Pickleball 9:30-12:30PM	26 Pickleball 10:15-12:30PM	27 Pickleball 9:30-12:30PM Mahjong 11:00AM (Meet front lobby)	28 Pickleball 10:15-12:30PM	29
30	31 Pickleball 10:15-12:30PM					

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

GO TO GWCYMCA.ORG • CALL 414-302-9622 • VISIT THE BUSINESS SERVICE DESK AT THE WEST SUBURBAN Y!

STAY ACTIVE, STAY SOCIAL, STAY INSPIRED

FOREVERWELL® SOCIALS | West Suburban YMCA



YMCA360 APP MASTERCLASS

 AUGUST 3 | AUGUST 5 | AUGUST 7

Learn about our app! Get the most out of your smartphone or tablet with easy, step-by-step guidance in a relaxed, supportive setting.

BINGO!

 FRI, AUGUST 14 | 12:00 PM – 1:00 PM

Join us for Bingo and fun! Optional bring bag lunch.



ARTS & CRAFTS

 FRI, AUGUST 21 | 12:00 PM – 1:00 PM

Explore fun, hands-on projects in a welcoming and social environment.

HABITS OF HEALTHY PEOPLE BY HUMANA

 FRI, AUGUST 28 | 12:00 PM – 1:00 PM

This presentation explores strategies for staying active, eating well, managing stress, and healthy routines.



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

WEST SUBURBAN YMCA | 2420 N 124 St, Wauwatosa, WI, 53226 | 414.302.9622 | GWCYMCA.ORG