



# FOREVERWELL® CALENDAR

# APRIL 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

April 1 **Eras Senior Network** 12:00pm  
 April 8 & 29 **Secrets of Blue Zones** 12:00pm  
 April 10 **Bingo** 12:00pm  
 April 14 **Popcorn & Movie** 1:00pm  
 April 16 **FOREVERWELL Orientation** 1:00pm  
 April 24 **Wisconsin Diamond Dancers** 11:00am

May 6 **Strength & Conditioning for Bone Health** 12:00-1:30PM  
 May 7 **Heritage Senior Living Care Options** 12:00-1:30PM  
 May 12 **Popcorn & Movie** 1:00PM  
 May 13 **Secrets of Blue Zones** 12:00PM  
 May 15 **FOREVERWELL Orientation** 2:00PM  
 May 27 **Core & More Presentation** 12:00PM

**WEST SUBURBAN**  
**YMCA**

2420 N. 124th Street  
 Wauwatosa, WI 53226  
 414-302-9622  
 gwcymca.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>VISIT OUR WEBSITE FOR EVEN MORE WAYS TO HAVE FUN AT THE Y!</b>		<b>1</b> Pickleball 10:15-12:30PM  Puzzles 12:00PM (Meet front lobby)	<b>2</b> Beginner Pickleball 9:30-11:30AM (Meet in gym)  Mahjong 11:00AM (Meet front lobby)	<b>3</b> Pickleball  10:15-12:30PM	<b>4</b>
	<b>5</b>  <b>YMCA</b>  <b>CLOSED!</b>	<b>6</b> Pickleball 10:15-12:30PM  <b>FOREVERWELL Intro to Cycle</b> <b>11:00am</b> <b>Register Online</b>	<b>7</b> Pickleball  9:30-12:30PM	<b>8</b> Pickleball  10:15-12:30PM	<b>9</b> Beginner Pickleball 9:30-11:30AM (Meet in gym)  Mahjong 11:00AM (Meet front lobby)	<b>10</b> Pickleball  10:15-12:30PM
<b>12</b>	<b>13</b> Pickleball  10:15-12:30PM	<b>14</b> Pickleball  9:30-12:30PM	<b>15</b> Pickleball 10:15-12:30PM  Puzzles 12:00PM (Meet front lobby)	<b>16</b> Beginner Pickleball 9:30-11:30AM (Meet in gym)  Mahjong 11:00AM	<b>17</b> Pickleball  10:15-12:30PM	<b>18</b>
<b>19</b>	<b>20</b> Pickleball 10:15-12:30PM  <b>FOREVERWELL Intro to Cycle</b> <b>11:00am</b> <b>Register Online</b>	<b>21</b> Pickleball  9:30-12:30PM	<b>22</b> Pickleball  10:15-12:30PM	<b>23</b> Beginner Pickleball 9:30-11:30AM (Meet in gym)  Mahjong 11:00AM (Meet front lobby)	<b>24</b> Pickleball  10:15-12:30PM	<b>25</b>
<b>26</b>	<b>27</b> Pickleball 10:15-12:30PM  <b>FOREVERWELL Intro to Cycle</b> <b>11:00am</b> <b>Register Online</b>	<b>28</b> Pickleball  9:30-12:30PM	<b>29</b> Pickleball 10:15-12:30PM  Puzzles 12:00PM (Meet front lobby)	<b>30</b> Beginner Pickleball 9:30-11:30AM (Meet in gym)  Mahjong 11:00AM (Meet front lobby)		

**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!

# WEST SUBURBAN SOCIALS



## ERAS SENIOR NETWORK

 WED, APRIL 1 | 12:00 PM – 1:30 PM

Our greatest need right now at Eras Senior Network is volunteer drivers. Volunteers use their own vehicles.

## BINGO

 FRI, APRIL 10 | 12:00 PM – 1:00 PM

Join for a game of Bingo.



## ARDEN PROPERTY GROUP

 WED, APRIL 21 | 12:00 PM – 1:00 PM

Learn about Arden Property Group and join for fun and games!

## WISONSIN DIAMOND DANCERS

 FRI, APRIL 24 | 11:00—12:00 PM

Come watch our Wisconsin Diamond Dancers perform some of their routines!



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

WEST SUBURBAN YMCA | 2420 N 124 St Wauwatosa, WI, 53225 | 414-302-9622 | GWCYMCA.ORG

# WEST SUBURBAN SOCIALS



## SECRETS OF BLUE ZONES 1

 WED, APRIL 8 | 12:00 PM - 1:30 PM

Bring your own lunch to enjoy while we watch part 1 of this series and stay for group discussion afterwards.

## POPCORN & MOVIE

 TUE, APRIL 14 | 1:00 PM - 2:30 PM

Join for a classic movie and popcorn!



## FOREVERWELL ORIENTATION

 THU, APRIL 16 | 1:00 PM - 2:00 PM

The FOREVERWELL orientation introduces members to the facility layout, equipment usage, and safety guidelines.

## BLUE ZONES PRESENTATION

 WED, APRIL 29 | 12:00 PM - 1:30 PM

Lunch and learn discussion with Jeannine Rowe, PhD, MSW. Exploring the Blue Zones — what can we learn?



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## INTRO TO CYCLE

# FOREVERWELL®

## West Suburban YMCA



**Mondays; April 6, 13 & 27**



**11:00 AM – 11:45 AM**

Intro to Cycle is a beginner-friendly class designed to help build confidence, strength, and endurance in a supportive environment. Participants ride at their own pace while improving cardiovascular health, balance, and joint mobility with guidance from a trained instructor. The class focuses on low-impact movement, proper bike setup, and safe cycling techniques to ensure a comfortable and enjoyable experience for all fitness levels.

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