FOREVERWELL® CALENDAR

NOVEMBER 2026

Flip over this calendar to learn more about programs and events happening at the Y this month.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 **Scrabble** 11:30AM - Lobby	3 **Sheepshead** 12:00PM - Lobby	4 **Pickleball** 10:15-12:30PM	5 **Beg. Pickleball** **9:30-11:30AM** **Mahjong** **11:00AM**	6 Pickleball 10:15-12:30PM **SPECIAL EVENT** Register Online	7
8	9 **Medicare Table** **9:30-11:00AM** **Scrabble** 11:30AM - Lobby	10 **Sheepshead** 12:00PM - Lobby	11 **Pickleball** 10:15-12:30PM	12 **Beg. Pickleball** **9:30-11:30AM** **Mahjong** **11:00AM**	13 **Pickleball** **10:15-12:30PM** **SPECIAL EVENT** Register Online	14
15	16 **Scrabble** 11:30AM - Lobby	17 **Sheepshead** 12:00PM - Lobby	18 **Pickleball** 10:15-12:30PM FW Orientation Register Online	19 **Beg. Pickleball** **9:30-11:30AM** **Mahjong** **11:00AM**	20 **Pickleball** **10:15-12:30PM** **SPECIAL EVENT** Register Online	21
22	23 **Scrabble** 11:30AM - Lobby	24 **Medicare Table** **9:30-11:00AM** **Sheepshead** 12:00PM - Lobby	25 **Pickleball** 10:15-12:30PM	26 **YMCA CLOSED**	27 **Pickleball** **10:15-12:30PM**	28
29	30 **Scrabble** 11:30AM - Lobby					

WEST SUBURBAN YMCA

2420 N. 124th Street
Wauwatosa, WI 53226

NOVEMBER SPECIAL EVENTS

Nov 6: Writing Letters with Humana
Nov 11: Core & More Presentation
Nov 13: Karaoke with Humana
Nov 13: Bingo
Nov 20: Arts & Crafts

DECEMBER SPECIAL EVENTS

Dec 7: Ask Dr Sam
Dec 8: FW Orientation
Dec 11: Bingo
Dec 16: Holiday Fitness Class

LOOKING FOR MORE INFO? WE'RE HERE TO HELP! GO TO GWCYMCA.ORG • CALL 414-302-9622 • VISIT THE BUSINESS DESK!

STAY STRONG, STAY ACTIVE

FOREVERWELL® SOCIALS | West Suburban YMCA



WRITING LETTERS TO SERVICE

FRI, NOV 6 | 12:00 PM–1:00 PM

Presented by Humana, writing to service men and women is a meaningful way to show our gratitude, encouragement, and appreciation for their courage and dedication.

CORE & MORE PRESENTATION

WED, NOV 11 | 12:00 PM–1:30 PM

The Core and More presentation helps build strength, improve balance, and support overall fitness through simple, effective exercises.





KARAOKE WITH HUMANA

FRI, NOV 13 | 11:00 AM–12:00 PM

Join us for a fun-filled karaoke event with great music, laughter, and good company!

BINGO

FRI, NOV 13 | 12:00 PM–1:00 PM

Join us for a fun game of bingo, friendly competition, and the chance to win exciting prizes!



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

West Suburban YMCA | 2420 N 124 St, Wauwatosa, WI 53226 | 414-302-9622 | GWC.YMCA.ORG