



# FOREVERWELL® CALENDAR

# JUNE 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

June 10 **Blue Zones 3** 12:00-1:30PM

June 12 **Bingo!** 12:00-1:00PM

June 16 **AARP Downsizing & Decluttering** 12:00-1:30PM

June 17 **FOREVERWELL Orientation** 1:00-2:00PM

June 25 **Squats & Lunges** 12:00-1:30PM

July 1 **Cramer Multhauf and Trusts Discussion** 12:00-1:30PM

July 8 **Blue Zones 4** 12:00-1:30PM

July 10 **Bingo!** 12:00-1:00PM

July 16 **Scams Seminar** 1:00-2:00PM

July 28 **AARP Six Pillars of Brain Health** 12:15-1:15PM

**WEST SUBURBAN**  
**YMCA**

2420 N. 124th Street  
Wauwatosa, WI 53226

414-302-9622  
gwcymca.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <b>Pickleball</b> 10:15-12:30PM	2 <b>Pickleball</b> 9:30-12:30PM	3 <b>Pickleball</b> 10:15-12:30PM	4 <b>Pickleball</b> 9:30-11:30AM <b>Mahjong</b> 11:00AM	5 <b>Pickleball</b> 10:15-12:30PM	6
7	8 <b>Pickleball</b> 10:15-12:30PM	9 <b>Pickleball</b> 9:30-12:30PM	10 <b>Pickleball</b> 10:15-12:30PM	11 <b>Pickleball</b> 9:30-11:30AM <b>Mahjong</b> 11:00AM	12 <b>Pickleball</b> 10:15-12:30PM	13
14	15 <b>Pickleball</b> 10:15-12:30PM	16 <b>Pickleball</b> 9:30-12:30PM	17 <b>Pickleball</b> 10:15-12:30PM	18 <b>Pickleball</b> 9:30-11:30AM <b>Mahjong</b> 11:00AM	19 <b>Pickleball</b> 10:15-12:30PM	20
21	22 <b>Pickleball</b> 10:15-12:30PM	23 <b>Pickleball</b> 9:30-12:30PM	24 <b>Pickleball</b> 10:15-12:30PM	25 <b>Pickleball</b> 9:30-11:30AM <b>Mahjong</b> 11:00AM	26 <b>Pickleball</b> 10:15-12:30PM	27
28	29 <b>Pickleball</b> 10:15-12:30PM	30 <b>Pickleball</b> 9:30-12:30PM	 <p><b>VISIT OUR WEBSITE FOR EVEN MORE WAYS TO HAVE FUN AT THE Y!</b></p>			

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!



# Downsizing & Decluttering

FOREVERWELL® SOCIAL  
 WEST SUBURBAN YMCA



Tuesday, June 16



12:00 PM – 1:30 PM

Downsizing and decluttering involve simplifying your living space by reducing unnecessary belongings and organizing what truly matters. This process can create a more functional, peaceful environment while making daily life easier, less stressful, and more manageable.

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



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

# JUNE

## FOREVERWELL® SOCIALS | West Suburban YMCA



### BLUE ZONES (DOCUMENTARY)

 WED JUNE 10 | 12:00 PM – 1:30 PM

Blue Zones are regions of the world where people tend to live longer, healthier lives than average, often reaching age 100.

### BINGO

 FRI JUNE 12 | 12:00 PM – 1:00 PM

Join for a fun game of Bingo — feel free to bring a lunch!



### FOREVERWELL ORIENTATION

 WED JUNE 17 | 1:00 PM – 2:00 PM

Learn about policies and how to safely use the equipment in the fitness center.

### SQUATS & LUNGES PRESENTATION

 THU JUNE 25 | 12:00 PM – 1:30 PM

Learn how to squat and lunge safely so your knees stay healthy and strong!



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

WEST SUBURBAN | 2420 N 124 St, Wauwatosa, WI 53225 | 414-302-9622 | [GWCYMCA.ORG](http://GWCYMCA.ORG)