



FOREVERWELL® CALENDAR

MAY 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

May 6 **Strength & Conditioning for Bone Health** 12:00-1:30PM
 May 7 **Heritage Senior Living Care Options** 12:00-1:30PM
 May 8 **BINGO!** 12:00-1:00PM
 May 13 **Blue Zones (2)** 12:00PM
 May 14 **FOREVERWELL Orientation** 2:00PM
 May 27 **Senior Health & Wellness Day Core & More** 12:00PM

June 10 **Blue Zones 3** 12:00-1:30PM
 June 12 **Bingo** 12:00-1:00PM
 June 16 **AARP Downsize & De-cluttering** 12:00-1:00PM
 June 25 **Squats & Lunges** 12:00-1:30PM

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 Pickleball 10:15-12:30PM	2
3	4 Pickleball 10:15-12:30PM	5 Pickleball 9:30-12:30PM	6 Pickleball 10:15-12:30PM Strength & Cond. For Bone Health 12:00PM Register Online	7 Beginner Pickleball 9:30-11:30AM (Meet in gym) Mahjong 11:00AM	8 Pickleball 10:15-12:30PM BINGO! 12:00PM Register Online	9
10	11 Pickleball 10:15-12:30PM	12 Pickleball 9:30-12:30PM Small Group Train. Presentation 12:00PM Register Online	13 Pickleball 10:15-12:30PM Secrets of Blue Zones 2 12:00PM Register Online	14 Beginner Pickleball 9:30-11:30AM (Meet in gym) Mahjong 11:00AM	15 Pickleball 10:15-12:30PM	16
17	18 Pickleball 10:15-12:30PM	19 Pickleball 9:30-12:30PM Small Group Train. Presentation 12:00PM	20 Pickleball 10:15-12:30PM	21 Beginner Pickleball 9:30-11:30AM (Meet in gym) Mahjong 11:00AM	22 Pickleball 10:15-12:30PM	23
24	25 YMCA CLOSED!	26 Pickleball 9:30-12:30PM	27 Pickleball 10:15-12:30PM SENIOR HEALTH & WELLNESS 12:00PM Register Online	28 Beginner Pickleball 9:30-11:30AM (Meet in gym) Mahjong 11:00AM	29 Pickleball 10:15-12:30PM	30
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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!