



FOREVERWELL® CALENDAR

OCTOBER 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

October 2 **Prunella Pharmacy** 12:00PM

October 5 **Mental Health Presentation**
12:00PM

October 8 **FW Orientation** 1:00PM

October 9 **Arts & Crafts** 12:00PM

October 9 **Bingo** 12:00PM

October 5-11 **Active Aging Week**

November 6 **Writing Letters with Humana** 12:00PM

November 11 **FW Orientation**
1:00PM

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 Beginner Pickleball 9:30-11:30AM Mahjong 11:00AM	2 Pickleball 10:15-12:30PM	3
4	5 SCRABBLE 11:30AM	6 SHEEPSHEAD 12:00PM	7 Humana 9:30-11:00AM Pickleball 10:15-12:30PM	8 Beginner Pickleball 9:30-11:30AM Mahjong 11:00AM	9 Pickleball 10:15-12:30PM	10
11	12 SCRABBLE 11:30AM	13 SHEEPSHEAD 12:00PM	14 Pickleball 10:15-12:30PM	15 Medicare Advantage/ Supplement Table 9:30-10:45AM Mahjong 11:00AM	16 Pickleball 10:15-12:30PM	17
18	19 SCRABBLE 11:30AM	20 SHEEPSHEAD 12:00PM	21 Pickleball 10:15-12:30PM	22 Beginner Pickleball 9:30-11:30AM Mahjong 11:00AM	23 Pickleball 10:15-12:30PM	24
25	26 SCRABBLE 11:30AM	27 Medicare Advantage/ Supplement Table 9:30-11:00AM SHEEPSHEAD 12:00PM	28 Pickleball 10:15-12:30PM	29 Beginner Pickleball 9:30-11:30AM Mahjong 11:00AM	30 Pickleball 10:15-12:30PM	31

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!

NURTURE YOUR EMOTIONAL & MENTAL HEALTH

FOREVERWELL® SOCIALS | West Suburban YMCA



PRUNELLA PHARMACY

 FRI, OCT 2 | 12:00-1:00PM

This is presented as an educational medication review, rather than a substitute for medical care from a prescribing provider.

MENTAL HEALTH PRESENTATION

 MON, OCT 5 | 12:00-1:00PM

Learn about anxiety and mental health from trusted experts. Learn to understand anxiety and support your overall mental well-being.



BINGO

 FRI, OCT 9 | 12:00-1:00PM

Join for fun as we have an afternoon to gather with friends and play Bingo!

STAY SOCIAL PRESENTED BY HUMANA

 FRI, OCT 23 | 12:00-1:00PM

Discover tips, expert insights, and practical ways to strengthen your social connections, and support your overall well-being.



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

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