



FOREVERWELL® CALENDAR

SEPTEMBER 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

September 10 **Wills and Trusts** 12:00PM

September 11 **Bingo** 12:00PM

September 18 **Arts & Crafts** 12:00PM

September 24 **FW Orientation** 1:00PM

September 21-25 **Fall Prevention Week**

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

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

October 9 **Bingo** 12:00PM

October 5-11 **Active Aging Week**

WEST SUBURBAN
YMCA

2420 N. 124th Street
Wauwatosa, WI 53226

414-302-9622

gwcymca.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Pickleball 9:30-12:30PM	2 Pickleball 10:15-12:30PM	3 Pickleball 9:30-12:30PM Mahjong 11:00AM	4 Pickleball 10:15-12:30PM	5
6	7 YMCA CLOSED	8 Pickleball 9:30-12:30PM	9 Pickleball 10:15-12:30PM	10 Pickleball 9:30-12:30PM Mahjong 11:00AM	11 Pickleball 10:15-12:30PM SPECIAL EVENT REGISTER ONLINE	12
13	14 Pickleball 10:15-12:30PM	15 Pickleball 9:30-12:30PM	16 Pickleball 10:15-12:30PM	17 Pickleball 9:30-12:30PM Mahjong 11:00AM	18 Pickleball 10:15-12:30PM SPECIAL EVENT REGISTER ONLINE	19
20	21 Pickleball 10:15-12:30PM	22 Pickleball 9:30-12:30PM	23 Pickleball 10:15-12:30PM	24 Pickleball 9:30-12:30PM Mahjong 11:00AM	25 Pickleball 10:15-12:30PM	26
27	28 Pickleball 10:15-12:30PM	29 Pickleball 9:30-12:30PM	30 Pickleball 10:15-12:30PM			

VISIT OUR WEBSITE FOR
EVEN MORE WAYS TO
HAVE FUN AT THE Y!

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!

STAY ACTIVE, STAY SOCIAL, STAY INSPIRED

FOREVERWELL® SOCIALS | WEST SUBURBAN YMCA



WILLS & TRUSTS

 THU, SEP. 10 | 12:00 PM – 1:00 PM

Learn an overview of estate planning, including how wills and trusts can help protect assets and ensure a person's wishes are carried out.

BINGO!

 FRI, SEP. 11 | 12:00 PM – 1:00 PM

Join us for Bingo and fun! Optional bring bag lunch.



ARTS & CRAFTS

 FRI, SEP. 18 | 12:00 PM – 1:00 PM

Explore fun, hands-on projects in a welcoming and social environment. This month will be a FALL CRAFT!

MOVEMENT IS MEDICINE

 TUE, SEP. 22 | 12:00 PM – 1:00 PM

An interactive presentation designed to boost mental health, and improve joint longevity through actionable, mobility-focused wellness strategies.



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

WEST SUBURBAN YMCA | 2420 N 124 St, Wauwatosa, WI, 53226 | 414.302.9622 | GWCYMCA.ORG