

SOUTHWEST YMCA MAY CALENDAR



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

SPECIAL EVENTS

May 6

MOTHER'S DAY BOUQUETS

10:00-11:00AM

May 28

SENIOR HEALTH & FITNESS DAY

12:00-2:00PM

June 17


ICE CREAM SUNDAE BAR

10:00-11:00 AM

**SOUTHWEST
YMCA**

11311 W. Howard Ave
Greenfield, WI 53228

414-546-9622
gwcymca.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	VISIT OUR WEBSITE FOR EVEN MORE WAYS TO HAVE FUN AT THE Y!			1 Book Club 1:00-2:00PM (Lower Lobby)	2 Indoor Cornhole 1:00-2:00PM (Studio 1)	3
4	5 Card Games Series 1:00-2:00PM (Lower Lobby)	6 Y Garden 1:00-2:00PM (Lower Lobby)	7 Walking Club 1:00-2:00PM (Lower Lobby)	8 Book Club 1:00-2:00PM (Lower Lobby)	9 Indoor Cornhole 1:00-2:00PM (Studio 1)	10
11	12 Card Games Series 1:00-2:00PM (Lower Lobby)	13 Y Garden 1:00-2:00PM (Lower Lobby)	14 Walking Club 1:00-2:00PM (Lower Lobby)	15 Book Club 1:00-2:00PM (Lower Lobby)	16 Indoor Cornhole 1:00-2:00PM (Studio 1)	17
18	19 Card Games Series 1:00-2:00PM (Lower Lobby)	20 Y Garden 1:00-2:00PM (Lower Lobby)	21 Walking Club 1:00-2:00PM (Lower Lobby)	22 Book Club 1:00-2:00PM (Lower Lobby)	23 Indoor Cornhole 1:00-2:00PM (Studio 1)	24
25	26 Closed for Memorial Day	27 Y Garden 1:00-2:00PM (Lower Lobby)	28 Senior Health & Fitness Day	29 Book Club 1:00-2:00PM (Lower Lobby)	30 Indoor Cornhole 1:00-2:00PM (Studio 1)	31

LOOKING FOR MORE INFO? WE'RE HERE TO HELP!

GO TO GWCYMCA.ORG • CALL 414-546-9622 • VISIT THE BUSINESS SERVICE DESK AT THE SOUTHWEST Y!

ACTIVE & AGELESS

Senior Social
Mothers Day Bouquets
Southwest YMCA

TUESDAY
MAY 6TH AT 10AM
10:00-11:00 AM

Make friends, live better! Being social is an important part of healthy aging. Lets celebrate all mothers while showcasing your creative side.

Join us as we create Mother's Day bouquets that you get to take home to shower them with love and appreciation on this special day. Registration is required. Please sign up online or at the business desk.



QUESTIONS?

Karalen Senft
414-329-3855
ksenft@gwcymca.org OR
aborgardt@gwcymca.org



EVEN BETTER WITH AGE

SENIOR HEALTH AND FITNESS DAY

WED, MAY 28TH
12pm-2pm

Join us in our First Annual Senior Health and Fitness Day! On this day, we will have a presentation from our very own Anita Fyfe, Personal Trainer and Nutrition Coach. She will be presenting the topic "Senior Health and Wellness" and hitting topics of fall prevention, exercises good for bone health and senior nutrition.

Afterwards, Karalen will be having her Chair Boxing class at 1pm-1:45pm. Sign up for this class on the GWC mobile app or business desk



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REGISTER AT THE BUSINESS DESK, OVER THE PHONE OR ONLINE

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