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EVERETT FAMILY YMCA SENIOR CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<div>Pickleball 7-9 am West Gym</div> <div>Water Fitness w/Esther 7:45-8:45 am Rec Pool</div> <div>Forever Fit w/Kathleen 10:15-11 am Gym</div> <div>Coffee & Connection 11 am-Noon Kitchen</div> <div>Pedaling for Parkinson's 10:15 am- 11:15am Cycle studio</div>	<div>Deep Water Fitness w/Nelly 7:45-8:30 am Lap Pool</div> <div>Cardio Fitness w/Linda 9:15-10 am Studio 2</div> <div>Chair Yoga w/Kathleen 10:15-11 am Gym</div> <div>Coffee & Connections 11 am-Noon Kitchen</div> <div>Pickleball 11:15 am-1:30 pm Gym</div> <div>Water Fitness w/Judy 11:15 am-12:15 pm Rec Pool</div>	<div>Pickleball 7-9 am West Gym</div> <div>Water Fitness w/Nelly 7:45-8:45am Rec Pool</div> <div>Forever Fitness w/Karen 10:15-11 am Gym</div> <div>Pedaling for Parkinson's 10:15 am- 11:15am Cycle studio</div> <div>Coffee & Connections 11 am-Noon Kitchen</div>
THURSDAY	FRIDAY	SATURDAY
<div>Deep Water Fitness w/ Christopher 7:45-8:30 am Lap Pool</div> <div>Cardio Fitness w/Linda 9:15-10am Studio 2</div> <div>Chair Yoga w/Andi 10:15-11 am Gym</div> <div>Coffee & Connections 11 am-Noon Kitchen</div> <div>Pickleball 11:15-1:30 pm Gym</div> <div>Water Fitness w/Nelly 11:15 am-12:15 pm Rec Pool</div>	<div>Pickleball 7-9 am West Gym</div> <div>Water Fitness w/Christopher 7:45-8:45 am Rec Pool</div> <div>Forever Fitness w/Kathleen 10:15-11 am Gym</div> <div>Pedaling for Parkinson's 10:15 am- 11:15am Cycle studio</div> <div>Coffee & Connections 11 am-Noon Kitchen</div> <div>Potluck Event 11 am-Noon Friday, June 27</div>	<div>Pickleball 1:30-3:30 pm West Gym</div>
		SUNDAY
		<div>Pickleball 1:30-3:30 pm West Gym</div> <div>SEE BACK FOR SPECIAL EVENTS</div>



JUNE 2025

EVERETT FAMILY YMCA SENIOR CALENDAR

★ ★ SPECIAL EVENTS ★ ★

WEDNESDAY JUNE 4	WEDNESDAY JUNE 11 & 25	WEDNESDAY JUNE 11	THURSDAY JUNE 12
Craft Event 11 am–Noon Enjoy a monthly craft event with Coffee Connections. Location – Multipurpose Room	Senior Support Group 11:15– 12:15pm Join Y members for an affinity group (member led) meeting. This group is wanting to discuss the some of the issues and joys we experience as we age, including grief and caregiving. The group wants to be able to support each other with our shared knowledge and experiences. Location – Everett YMCA – Chapel	Crochet Group & Help the Homeless 11:15 am–Noon Come and join the crochet group, maybe learn to crochet, then use that new skill to help make blankets for the homeless. Or bring your own project and spend time with some other creative members. Location – Multipurpose and Intergeneration room.	Family Dinner 5:30–6:30 pm * <u>Pricing:</u> Senior (65+) / Youth (18 and younger): \$6 M/ \$8NM Adult (19–64 year old): \$8M / \$10NM The Y is One big Family! We would like to have you over for dinner. Bring your family and friends and come enjoy a meal prepared by us. There's a spot at the table for everyone! This Month we will offer pulled pork or chicken sliders! <u>*Registration Required</u> Location: Multipurpose room and Kitchen
FRIDAY JUNE 13	TUESDAY JUNE 17	FRIDAY JUNE 20	FRIDAY JUNE 27
Monthly Birthday Celebration 11am– Noon Join us during coffee hour to celebrate the June birthdays with your Y friends! It is also a great place to meet new friends! Location: Multipurpose room and Kitchen	New Member Orientation 11:30 am –12:30 pm Are you new to the Everett YMCA? Are you a member but you have some questions that you would like to ask? Come to this informative session and find the answers you seek. Location: TBD – Membership staff will direct you to the correct room on the day	BINGO 11:30 am–12:20 pm This is complimentary with your YMCA Membership. You have the chance to win some fun little prizes if you win and you get to spend quality time with your Y friends! Location: Multipurpose room and Kitchen	Potluck 11 am–Noon A once-a-month event for Seniors. Bring your favorite food or drink to share and engage in a fun and delicious community event. Location: Multipurpose room Kitchen and Community Room



PICKLEBALL

Join in the fun and participate in the fastest growing sport in the nation! The game of Pickleball combines the sport of Badminton, tennis and Ping-Pong. The rules are simple and the game is easy for anyone to catch on fast.



GROUP EXERCISE

Multiple formats offered to accommodate a wide range of ability levels on land. Pick up a group exercise schedule for more detailed descriptions of each class.



WATER FITNESS

Water Fitness offers a fun, upbeat, low-impact workout to get the heart pumping and blood flowing throughout the body while exercising in the water. It is not only aerobic, but also strength-training oriented due to the water resistance.



COFFEE & CONNECTIONS

Enjoy a complimentary cup of coffee while meeting new friends and socially connecting with your fellow class participants and members of your YMCA.



POTLUCK

A once-a-month event for Seniors. Bring food or drink to share and engage in a fun and delicious community engagement.



SPECIAL EVENT

Events that very each week or month to serve the interest and hobbies of our senior members. Do you have a special event you would like to see the YMCA host? Come to an even and talk to our Senior program leaders.

STRONG ALL SUMMER LONG

Ready to make this your strongest summer yet? The "Strong All Summer Long" challenge empowers you to progressively increase your reps, pounds lifted, and workouts each week. Get ready to build a stronger, healthier you by the end of summer! Ask a membership staff to sign you up for a Body Composition Analysis. This will give you a starting point for measurements like body fat percentage, muscle mass, and more. After that you can track your exercise, reps and weight and record them in the tracker you can pick up at the membership desk!