

JUNE 2025

EVERETT FAMILY YMCA SENIOR CALENDAR

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





SPECIAL EVENTS 🔭 🖈			
WEDNESDAY JUNE 11 & 25	WEDNESDAY JUNE 11	THURSDAY JUNE 12	
Senior Support Group	Crochet Group & Help the	Family Dinner	
11:15 – 12:15 pm 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	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.	5:30-6:30 pm * Pricing: 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! *Registration Required Location: Multipurpose room and Kitchen	
TUESDAY JUNE 17	FRIDAY JUNE 20	FRIDAY JUNE 27	
New Member	BINGO	Potluck	
Orientation	11:30 am-12:20 pm	11 am-Noon	
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	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	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	
	WEDNESDAY JUNE 11 & 25 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 TUESDAY JUNE 17 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.	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 TUESDAY JUNE 17 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: TRD - Membership staff will direct.	

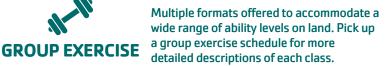
Kitchen



room and Kitchen

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.

you to the correct room on the day







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.

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



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



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!