

































# SEPTEMBER 2025

## EVERETT FAMILY YMCA SENIOR CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<div><b>Pickleball</b> <b>7-9 am</b> West Gym</div> <div><b>Water Fitness</b> w/Heather/Terry <b>7:45-8:45 am</b> Rec Pool</div> <div><b>Forever Fit w/Kathleen</b> <b>10:15-11 am</b> Gym</div> <div><b>Coffee &amp; Connection</b> <b>11 am-Noon</b> Kitchen</div> <div><b>Pedaling for Parkinson's</b> <b>10:15-11:15 am</b> Cycle studio</div>	<div><b>Deep Water Fitness</b> w/Christopher <b>7:45-8:30 am</b> Lap Pool</div> <div><b>Cardio Fitness w/Linda</b> <b>9:15-10 am</b> Studio 2</div> <div><b>Chair Yoga w/Kathleen</b> <b>10:15-11 am</b> Gym</div> <div><b>Coffee &amp; Connections</b> <b>11 am-Noon</b> Kitchen</div> <div><b>Pickleball</b> <b>11:15 am-1:30 pm</b> Gym</div> <div><b>Water Fitness - Varies</b> <b>11:15 am-12:15 pm</b> Rec Pool</div>	<div><b>Pickleball</b> <b>7-9 am</b> West Gym</div> <div><b>Water Fitness w/Nelly</b> <b>7:45-8:45 am</b> Rec Pool</div> <div><b>Forever Fit w/Karen</b> <b>10:15-11 am</b> Gym</div> <div><b>Pedaling for Parkinson's</b> <b>10:15- 11:15 am</b> Cycle studio</div> <div><b>Coffee &amp; Connections</b> <b>11 am-Noon</b> Kitchen</div>
THURSDAY	FRIDAY	SATURDAY
<div><b>Deep Water Fitness w/ Nelly</b> <b>7:45-8:30 am</b> Lap Pool</div> <div><b>Cardio Fitness w/Linda</b> <b>9:15-10am</b> Studio 2</div> <div><b>Chair Yoga w/Andi</b> <b>10:15-11 am</b> Gym</div> <div><b>Coffee &amp; Connections</b> <b>11 am-Noon</b> Kitchen</div> <div><b>Pickleball</b> <b>11:15-1:30 pm</b> Gym</div> <div><b>Water Fitness w/Nelly</b> <b>11:15 am-12:15 pm</b> Rec Pool</div>	<div><b>Pickleball</b> <b>7-9 am</b> West Gym</div> <div><b>Water Fitness w/Christopher</b> <b>7:45-8:45 am</b> Rec Pool</div> <div><b>Forever Fit w/Kathleen</b> <b>10:15-11 am</b> Gym</div> <div><b>Pedaling for Parkinson's</b> <b>10:15 am- 11:15am</b> Cycle studio</div> <div><b>Coffee &amp; Connections</b> <b>11 am-Noon</b> Kitchen</div> <div><b>Potluck Event</b> <b>11 am-Noon</b> Friday, Sept 26th</div>	<div><b>SUNDAY</b></div> <div><b>Pickleball</b> <b>1:30-3:30 pm</b> West Gym</div> <div><b>SEE BACK FOR SPECIAL EVENTS</b> </div>



# SEPTEMBER 2025

## EVERETT FAMILY YMCA SENIOR CALENDAR

### ★ ★ SPECIAL EVENTS ★ ★

WEDNESDAY SEPT 3	FRIDAY SEPT 5	WEDNESDAY SEPT 10 & 24	FRIDAY SEPT 12
<b>Craft Event 11 am–Noon</b>  Enjoy a monthly craft event with Coffee Connections.  Location – Community Room	<b>Grill Out at Silver Lake 11:45am–2 pm</b>  Join us at Silver Lake, 11405 Silver Lake Road, Everett, WA. The YMCA will provide the hotdogs, and you bring the sides. We can enjoy some food, yard games and maybe even some dancing! Please sign up on the paper sign-up sheet on the Senior info board in the multipurpose Room where we host Coffee & Connections	<b>Senior Support Group 11:15– 12:15 pm</b>  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	<b>Monthly Birthday Celebration 11am– Noon</b>  Join us during coffee hour to celebrate the September birthdays with your Y friends! It is also a great place to meet new friends! Location: Community Room
FRIDAY SEPT 19	FRIDAY SEPT 25	FRIDAY SEPT 26	
<b>BINGO 11:30 am–12:20 pm</b>  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: Community Room	<b>Family Dinner 5:30–6:30 pm *</b>  Pricing: Senior (65+) / Youth (18 and younger): \$6 M/ \$8NM Adult (19–64 years 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 chili! *Registration Required Location: Multipurpose room and Kitchen	<b>Potluck 11 am–Noon</b>  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 a food or drink to share and engage in a fun and delicious community event.



#### SPECIAL EVENT

Events that vary 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.