



OCTOBER 2025

EVERETT FAMILY YMCA SENIOR CALENDAR

MONDAY



Pickleball
7-9 am
West Gym



Water Fitness w/Kathleen
7:45-8:45 am
Rec Pool



Forever Fit w/Kathleen
10:15-11 am
Gym



Coffee & Connection
11 am-Noon
Kitchen



Pedaling for Parkinson's
10:15-11:15 am
Cycle studio

TUESDAY



Deep Water Fitness
w/Christopher
7:45-8:30 am
Lap Pool



Cardio Fitness w/Linda
9:15-10 am
Studio 2



Chair Yoga w/Kathleen
10:15-11 am
Gym



Coffee & Connections
11 am-Noon
Kitchen



Pickleball
11:15 am-1:30 pm
Gym



Water Fitness - Kathleen
11:15 am-12:15 pm
Rec Pool

WEDNESDAY



Pickleball
7-9 am
West Gym



Water Fitness w/Nelly
7:45-8:45 am
Rec Pool



Forever Fit w/Karen
10:15-11 am
Gym



Pedaling for Parkinson's
10:15- 11:15 am
Cycle studio



Coffee & Connections
11 am-Noon
Kitchen

THURSDAY



Deep Water Fitness w/ Nelly
7:45-8:30 am
Lap Pool



Cardio Fitness w/Linda
9:15-10am
Studio 2



Chair Yoga w/Andi
10:15-11 am
Gym



Coffee & Connections
11 am-Noon
Kitchen



Pickleball
11:15-1:30 pm
Gym



Water Fitness w/Jenni
11:15 am-12:15 pm
Rec Pool

FRIDAY



Pickleball
7-9 am
West Gym



Water Fitness w/Christopher
7:45-8:45 am
Rec Pool



Forever Fit w/Kathleen
10:15-11 am
Gym



Pedaling for Parkinson's
10:15 am- 11:15am
Cycle studio



Coffee & Connections
11 am-Noon
Kitchen



Potluck Event
11 am-Noon
Friday, October 31

SATURDAY

SUNDAY



Pickleball
1:30-3:30 pm
West Gym

SEE BACK
FOR SPECIAL
EVENTS





OCTOBER 2025

EVERETT FAMILY YMCA SENIOR CALENDAR

★ ★ SPECIAL EVENTS ★ ★

WEDNESDAY OCT 1	WEDNESDAY OCT 8	FRIDAY OCT 10	SUNDAY OCT 12
Craft Event 11 am–Noon Enjoy a monthly craft event with Coffee Connections. Location – Multipurpose Room	Speaker – Fall Prevention 11:15 am– 12:15pm Learn how to stay safe and confident on your feet with guidance from a guest speaker from Providence Medical Center Everett. This Informative session will cover what defines a fall, why it is important to talk about falls and common risk factors. Location: Intergenerational Room and Multipurpose room – Free Registration	Monthly Birthday Celebration 11am– Noon Join us during coffee hour to celebrate the October birthdays with your Y friends! It is also a great place to meet new friends! Location:	Board Game Day 1pm–5pm (ages 11 & up welcome) Do you enjoy Board games like Wingspan and Abducktion? Never heard of them but it sounds like a fun. Come in and join Rose, our volunteer, while she walks you through some games or plays them with you!
WEDNESDAY OCT 15	FRIDAY OCT 22	FRIDAY OCT 24	FRIDAY OCT 31
Cooking Demo 11:30am– 12:30pm Are you stuck making the same dishes for yourself? Come and check out how to make homemade fish and chips from Mickey, a seasoned chef, and now a Y volunteer! Location: Kitchen and Multipurpose room	Senior Support Group 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	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, 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 a food or drink to share and engage in a fun and delicious community event.



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.

October Challenge

MOSSA group exercise challenge October 1–7. Every MOSSA class you attends will get them an entry to win a MOSSA shirt and one lucky member will get a free 6-month membership! Our MOSSA classes are ATHLETE30, Group Active, Group Blast, Group Centergy, Group Core, Group Fight, Group Power, Group Ride, and R30.

Friendship Campaign

We're celebrating friendships in October. If you have a story you want to share, we'd love to hear it!
<https://ymca.link/ymca-friends>