



NOVEMBER 2025

EVERETT FAMILY YMCA SENIOR CALENDAR

MONDAY	TUESDAY	WEDNESDAY
 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	 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	 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	FRIDAY	SATURDAY
 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	 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  Water Fitness w/Kathleen 11:15 am-12:15 pm Rec Pool  Coffee & Connections 11 am-Noon Kitchen  Potluck Event 11 am-Noon Friday, Nov 21	SUNDAY  Pickleball 1:30-3:30 pm West Gym Board Games Nov 9 see back for more details SEE BACK FOR SPECIAL EVENTS 

• see back for Thanksgiving day info



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★ ★ SPECIAL EVENTS ★ ★

WEDNESDAY NOV 5	FRIDAY NOV 7	SUNDAY NOV 9	MONDAY NOV 10
Craft Event 11 am–Noon Enjoy a monthly craft event with Coffee Connections. Location – Multipurpose Room	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 1–4:30 pm (ages 11 & up welcome) Do you enjoy Board games like Wingspan and Abduktion? 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!	Pom-Pom Making for the Arboretum 11 am–Noon The Arboretum is planning a daytime celebration for December 1–31. They would love to have members make some pom-poms to help decorate for the event. All supplies provided. Join them on Dec 21 at 7:53am for the sunrise solstice walk. Location: Multipurpose room
WEDNESDAY NOV 12 & 26	FRIDAY NOV 14	FRIDAY NOV 21	MONDAY NOV 24
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	Speaker – Scam Prevention 11:15 am– 12:15pm Community guide to staying safe from modern scams & how to Outsmart them. How to spot red flags and what to do if you or a loved one gets scammed. Offered by Claudia from Operation Shamrock Location: Intergenerational 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

Thankfully Active

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.

Fall into fitness with our Thankfully Active Challenge. The more classes you attend, the more chances you have to win. Attend 8 classes, receive a prize! Repeat for more prizes!

**Closed
Thanksgiving
except for
Burn the Bird
8–10 am**

The YMCA is closed but we will be open to the community, Thursday November 27 for a special Thanksgiving Day workout. Pick and choose your favorite classes (see flyer) from 8–10 am. Locker Rooms and showers are not available.