



# DECEMBER 2025

## MARYSVILLE FAMILY YMCA SENIOR CALENDAR

### ★ ★ SPECIAL EVENTS ★ ★

| WEDNESDAY 12/3   | WEDNESDAY 12/10   | TUESDAY 12/16   | FRIDAY 12/19  |
|--|---|---|---|
| <b>Book Club Meet</b><br>1:15-2:15 pm<br>Location: Fireside Room | <b>Monthly Card Game</b><br>1:15-2:15 pm<br>Location: Lobby   | <b>Tulalip Lights Walkaround</b><br>4 pm<br>Location: Meet in Lobby | <b>Cookie Exchange<br/>Coffee Connection</b><br>8:30-9:30 am<br>Location: Lobby                           |
| MONDAYS  | TUESDAYS AND FRIDAYS  | WEDNESDAYS  | THURSDAYS   |
| <b>Mexican Train<br/>Dominos</b><br>1:15 pm<br>Location: Lobby   | <b>Senior Coffee<br/>Connections</b><br>Tuesdays 1:15-2:15 pm<br>Fridays 9-10 am<br>Location: Lobby | <b>Mahjong Game</b><br>1:20 pm<br>Location: Lobby                   | <b>Outdoor Fitwalks</b><br>Check Flyer for<br>location<br>9:30 am: Meet at<br>location posted on<br>flyer |



#### PICKLEBALL

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 quarterly Senior event. Bring food or drink to share and engage in a fun and delicious community engagement.



#### 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? Contact Danielle Bowen, [Dbowen@ymca-snoco.org](mailto:Dbowen@ymca-snoco.org)



#### AOA BASKETBALL

Drop-in basketball time offers a milder form of the game we all love in a fun and supportive environment exclusively offered for YMCA members over the age of 60.