

































DECEMBER 2025

EVERETT FAMILY YMCA SENIOR CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<div> Pickleball 7-9 am West Gym</div> <div> Water Fitness w/Kathleen D.H. 7:45-8:30 am Rec Pool</div> <div> Forever Fit w/Kathleen B. 10:15-11 am Gym</div> <div> Coffee & Connection 11 am-Noon Kitchen</div> <div> Pedaling for Parkinson's 10:15-11:15 am Cycle studio</div>	<div> Deep Water Fitness w/Christopher 7:45-8:30 am Lap Pool</div> <div> Cardio Fitness w/Linda 9:15-10 am Studio 2</div> <div> Chair Yoga w/Kathleen B. 10:15-11 am Gym</div> <div> Coffee & Connections 11 am-Noon Kitchen</div> <div> Pickleball 11:15 am-1:30 pm Gym</div> <div> Water Fitness - Kathleen D.H. 11:15 am-12pm Rec Pool</div>	<div> Pickleball 7-9 am West Gym</div> <div> Water Fitness w/Nelly 7:45-8:30 am Rec Pool</div> <div> Forever Fit w/Karen 10:15-11 am Gym</div> <div> Pedaling for Parkinson's 10:15- 11:15 am Cycle studio</div> <div> Coffee & Connections 11 am-Noon Kitchen</div>
THURSDAY	FRIDAY	SATURDAY
<div> Deep Water Fitness w/ Nelly 7:45-8:30 am Lap Pool</div> <div> Cardio Fitness w/Linda 9:15-10am Studio 2</div> <div> Chair Yoga w/Andi 10:15-11 am Gym</div> <div> Coffee & Connections 11 am-Noon Kitchen</div> <div> Pickleball 11:15-1:30 pm Gym</div> <div> Water Fitness w/Leslee 11:15 am-12pm Rec Pool</div>	<div> Pickleball 7-9 am West Gym</div> <div> Water Fitness w/Christopher 7:45-8:30 am Rec Pool</div> <div> Forever Fit w/Kathleen B. 10:15-11 am Gym</div> <div> Pedaling for Parkinson's 10:15 am- 11:15am Cycle studio</div> <div> Coffee & Connections 11 am-Noon Kitchen</div> <div> Potluck Event 11 am-Noon Friday, Dec 19</div>	<div><p>• See back for holiday hours and closures</p></div> <div><h3>SUNDAY</h3><div> Pickleball 1:30-3:30 pm West Gym</div><div>Board Games DEC 14 see back for more details</div><div>SEE BACK FOR SPECIAL EVENTS </div></div>



DECEMBER 2025

EVERETT FAMILY YMCA SENIOR CALENDAR

★ ★ SPECIAL EVENTS ★ ★

WEDNESDAY DEC 3	WEDNESDAY DEC 3	WEDNESDAY DEC 10	FRIDAY DEC 12
Craft Event 11 am–Noon Enjoy a monthly craft event with Coffee Connections. Location – Multipurpose Room	Festival of Trees 1–2 pm Meet me at the Tulalip Resort – Orca Ballroom, 10200 Quil Ceda Boulevard, Tulalip, WA, for the Festival of Trees Community Day by Providence General Foundation. You can view the fabulously decorated trees, enjoy entertainment, crafts and festive treats.	Senior Support Group 11:15– 12:15 pm Join Y members for an affinity group (member led) meeting. This group is wanting to discuss 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	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: Multipurpose Room and Kitchen
SUNDAY DEC 14	FRIDAY DEC 19	TUESDAY DEC 30	WEDNESDAY DEC 31
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!	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	Winter Wonderland Pancake Breakfast 11:30am–12:30pm * Pricing: Senior (65+)/Youth (18 & younger): \$6M \$8NM Adults (19–64 years): \$8M/\$10NM The Y is One big Family! We would like to have you over for a pancake breakfast! Bring your family and friends and enjoy a meal prepared by us. There's a spot at the table for everyone. There will be a Photo booth for some fun photos! Location: Multipurpose Room & Kitchen *Registration required by Dec 28th Note there will NOT be Coffee & Connections Tuesday Dec 30	"Noon" Year's Eve celebration! 11 am–1 pm Some of us do not stay awake until midnight so let's celebrate the New year at 12pm instead of 12am! We will cheer the new year with some sparkling apple juice and maybe do some dancing too! Location: Multipurpose Room, Kitchen & 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

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.

Wellness Week Closure Dec 22–26

This extra week of paid time-off allows staff to spend time with loved ones, recharge and gives us an opportunity to say, "thank you!" for all of the valuable work they've accomplished throughout the year. Without our dedicated staff, we would be unable to do to the important work we do every day in the Snohomish County community.

New Years Eve & Day Hours

**Dec 31 (New Years Eve):
5 am–5 pm
Jan 1: 8 am–3 pm**