



JANUARY 2026

EVERETT FAMILY YMCA
SENIOR CALENDAR

MONDAY	TUESDAY	WEDNESDAY
Pickleball 7-9 am West Gym	Deep Water Fitness w/Christopher 7:45-8:30 am Lap Pool	Pickleball 7-9 am West Gym
Water Fitness w/Kathleen D.H. 7:45-8:30 am Rec Pool	Cardio Fitness w/Linda 9:15-10 am Studio 2	Water Fitness w/Nelly 7:45-8:30 am Rec Pool
Forever Fit w/Kathleen B. 10:15-11 am Gym	Chair Yoga w/Kathleen B. 10:15-11 am Gym	Forever Fit w/Karen 10:15-11 am Gym
Coffee & Connection 11 am-Noon Kitchen	Coffee & Connections 11 am-Noon Kitchen	Pedaling for Parkinson's 10:15- 11:15 am Cycle studio
Pedaling for Parkinson's 10:15-11:15 am Cycle studio	Pickleball 11:15 am-1:30 pm Gym Water Fitness - Kathleen D.H. 11:15 am-12pm Rec Pool	Coffee & Connections 11 am-Noon Kitchen
THURSDAY	FRIDAY	SATURDAY
Deep Water Fitness w/ Nelly 7:45-8:30 am Lap Pool	Pickleball 7-9 am West Gym	*Please note, we will be open, Thursday, Jan 1, 8 am-3 pm
Cardio Fitness w/Linda 9:15-10 am Studio 2	Water Fitness w/Christopher 7:45-8:30 am Rec Pool	
Chair Yoga w/Andi 10:15-11 am Gym	Forever Fit w/Kathleen B. 10:15-11 am Gym	
Coffee & Connections 11 am-Noon Kitchen	Pedaling for Parkinson's 10:15 am-11:15 am Cycle studio	
Pickleball 11:15-1:30 pm Gym	Coffee & Connections 11 am-Noon Kitchen	
Water Fitness w/Leslee 11:15 am-Noon Rec Pool	Potluck Event 11 am-Noon Friday, Jan 30	
SUNDAY		
	Pickleball 1:30-3:30 pm West Gym	
		Board Games DEC 14 see back for more details
		SEE BACK FOR SPECIAL EVENTS



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★★ SPECIAL EVENTS ★★

WEDNESDAY JAN 7	SUNDAY JAN 11	WEDNESDAY JAN 14	FRIDAY JAN 16
Craft Event 11 am-Noon Enjoy a monthly craft event with Coffee Connections. Location - Multipurpose Room	Board Game Day 1-4:30 pm (ages 11 & up) Do you enjoy Board games like Wingspan and Abduction? 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! Location - Teen Center	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 11 am-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
New Member Orientation 11:30 am-12:30 pm Are you new to the Everett YMCA? Are you already a member but you have some questions you would like to ask? Come to this informative session and find the answers you seek. Location TBD -Membership staff will direct you to the correct location on the day	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	Speaker - Senior Drug Education 11:15 am-12:15 pm A speaker from Homage will be here to present information on how to take, store, and dispose of medications safely, provide information about opioids, give tips on how to communicate with your doctor, and how to use adaptive tools so nothing slips through the cracks. Location: Intergenerational Room	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.	POTLUCK 	A once-a-month event for Seniors. Bring a food or drink to share and engage in a fun and delicious community event.
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.	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.
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.	JANUARY CHALLENGE: Visit the Y 11 times in the month of January and win a towel!	
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.	New Years Day Hours	Jan 1: 8 am-3 pm



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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.



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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.



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A once-a-month event for Seniors. Bring a food or drink to share and engage in a fun and delicious community event.



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We are excited to have you here in 2026! Why not share the place you love. Bring your friend for free and let them see what it is all about at the Y.

**New Years
Day Hours**

Jan 1: 8 am-3 pm