




























# JANUARY 2026

## MARYSVILLE FAMILY YMCA SENIOR CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<div><div>Water Fitness with Connie <b>7:30–8:30 am</b> Pool (max 45)</div></div> <div><div>Chair Yoga with Leah <b>9:15–10:15 am</b> Gym</div></div> <div><div>AOA Basketball Pickup <b>10:30–Noon</b> Gym</div></div> <div><div>Forever Fit with Connie <b>12:15–1:15 pm</b> Gym</div></div>	<div><div>Basic Strength &amp; Tone with Teresa R. <b>8–8:45 am</b> Main Studio</div></div> <div><div>Pickleball <b>8–11 am Full Gym</b> 11am–12pm Half Gym</div></div> <div><div>Water Fitness with Teresa M. <b>Noon–1 pm</b> Pool (max 45)</div></div> <div><div>Coffee &amp; Connections <b>1:15–2:15 pm</b> Lobby</div></div>	<div><div>Water Fitness with Connie <b>7:30–8:30 am</b> Pool (max 45)</div></div> <div><div>Chair Yoga with Kimi <b>9:15–10:15 am</b> Gym</div></div> <div><div>AOA Basketball Pickup <b>10:30–Noon</b> Gym</div></div> <div><div>Forever Fit with Connie <b>12:15–1:15 pm</b> Gym</div></div> <div><div>Game Day Get Together Card Games – 1/14 <b>1:15–2:15 pm</b> Teen Center</div></div>
THURSDAY	FRIDAY	
<div><div>Basic Strength &amp; Tone with Teresa R. <b>8–8:45 am</b> Main Studio</div></div> <div><div>Pickleball <b>8–11 am Full Gym</b> 11 am–Noon Half Gym</div></div> <div><div>Outdoor Fitwalks <b>9:30–10:30 am</b> See flyer for weekly location</div></div> <div><div>Water Fitness with Teresa <b>Noon–1 pm</b> pool (45 max)</div></div>	<div><div>Water Fitness with Connie <b>7:30–8:30 am</b> Pool (max 45)</div></div> <div><div>Pickleball <b>8–10:15 am Full Gym</b> 10:15 am–Noon Half Court</div></div> <div><div>Coffee &amp; Connections <b>9–10 am</b> Lobby</div></div> <div><div>AOA Basketball Pickup <b>10:30–Noon</b> Gym</div></div> <div><div>Forever Fit with Connie <b>12:15–1:15 pm</b> Gym</div></div> <div><div>Tai Chi with Alex <b>6:30–7:30 pm</b> Main Studio</div></div>	<div><div>Check out monthly activity flyers on the Information Grid above the Coffee Bar in the lobby</div></div> <div><div>SEE BACK FOR SPECIAL EVENTS</div></div>



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## MARYSVILLE FAMILY YMCA SENIOR CALENDAR

### ★ ★ SPECIAL EVENTS ★ ★

WEDNESDAY 1/14	MONDAY 1/19	WEDNESDAY 1/28	FRIDAY 1/30
<b>Monthly Card Game</b> 1:15–2:15 pm Location: Teen Center	<b>Senior Event Planning</b> 1:15–2:15 pm Location: Lobby	<b>Book Club Meet</b> 1:15– 2:15 pm Location: Fireside Room	<b>Potluck</b> 1:30–2:30 pm Location: Pilchuck Room
MONDAYS	TUESDAYS AND FRIDAYS	WEDNESDAYS	THURSDAYS
<b>Mexican Train Dominos</b> 1:15 pm Location: Lobby	<b>Senior Coffee Connections</b> Tuesdays 1:15–2:15 pm Fridays 9–10 am Location: Lobby	<b>Mahjong Game</b> 1:20 pm Location: Lobby	<b>Outdoor Fitwalks</b> Check Flyer for location 9:30 am: Meet at location posted on 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.