



# FEBRUARY 2026

EVERETT FAMILY YMCA  
SENIOR CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<b>Pickleball 7-9 am West Gym</b>  <b>Water Fitness w/Kathleen D.H. 7:45-8:30 am Rec Pool</b>  <b>Forever Fit w/Kathleen B. 10:15-11 am Gym</b>  <b>Coffee &amp; Connection 11 am-Noon Kitchen</b>  <b>Pedaling for Parkinson's 10:15-11:15 am Cycle studio</b>	<b>Deep Water Fitness w/Christopher 7:45-8:30 am Lap Pool</b>  <b>Cardio Fitness w/Linda 9:15-10 am Studio 2</b>  <b>Chair Yoga w/Kathleen B. 10:15-11 am Gym</b>  <b>Coffee &amp; Connections 11 am-Noon Kitchen</b>  <b>Pickleball 11:15 am-1:30 pm Gym</b>  <b>Water Fitness - Kathleen D.H. 11:15 am-12pm Rec Pool</b>	<b>Pickleball 7-9 am West Gym</b>  <b>Water Fitness w/Nelly 7:45-8:30 am Rec Pool</b>  <b>Forever Fit w/Karen 10:15-11 am Gym</b>  <b>Pedaling for Parkinson's 10:15- 11:15 am Cycle studio</b>  <b>Coffee &amp; Connections 11 am-Noon Kitchen</b>
<b>Deep Water Fitness w/ Nelly 7:45-8:30 am Lap Pool</b>  <b>Cardio Fitness w/Linda 9:15-10 am Studio 2</b>  <b>Chair Yoga w/Andi 10:15-11 am Gym</b>  <b>Coffee &amp; Connections 11 am-Noon Kitchen</b>  <b>Pickleball 11:15-1:30 pm Gym</b>  <b>Water Fitness w/Leslee 11:15 am-Noon Rec Pool</b>	<b>Pickleball 7-9 am West Gym</b>  <b>Water Fitness w/Christopher 7:45-8:30 am Rec Pool</b>  <b>Forever Fit w/Kathleen B. 10:15-11 am Gym</b>  <b>Pedaling for Parkinson's 10:15 am-11:15 am Cycle studio</b>  <b>Coffee &amp; Connections 11 am-Noon Kitchen</b>	<b>***Valentines Store***</b> <b>Wed &amp; Thurs Feb 11 &amp; 12, 9 am-Noon</b> <b>Sat Feb, 9:45 am-12:15 pm</b> <b>Support the Community Campaign!</b> <b>Come and buy something (like a valentine's card) and/or donate baked goods for us to sell. Volunteer sign-up sheet on the senior board or email Kim, <a href="mailto:kfreeman@ymca-snoco.org">kfreeman@ymca-snoco.org</a></b>  <b>SUNDAY</b>  <b>Pickleball 1:30-3:30 pm West Gym</b>  <b>Board Games DEC 14 see back for more details</b>
	<b>Coffee &amp; Connections 11 am-Noon Kitchen</b>  <b>Potluck Event 11 am-Noon Friday, February 27</b>	<b>SEE BACK FOR SPECIAL EVENTS</b>



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EVERETT FAMILY YMCA  
SENIOR CALENDAR

## ★★★ SPECIAL EVENTS ★★★

WEDNESDAY FEB 4	FRIDAY FEB 6	FRIDAY FEB 13	WEDNESDAY FEB 11 & 25
<p><b>Craft Event</b> <b>11 am-Noon</b>  Enjoy a monthly craft event with Coffee Connections.  Location – Multipurpose Room</p>	<p><b>New Community Resource Room Open House</b> <b>11:15 am-12:15 pm</b> Come and check out the new Community Resource Room (the old BBBS Space), enjoy a light snack learn about how we plan to use the space and learn about the community Campaign.</p>	<p><b>Monthly Birthday Celebration and Valentines Too!</b> <b>11 am-Noon</b> Join us during coffee hour to celebrate the February birthdays with your Y friends! It is also a great place to meet new friends!  Location: Multipurpose Room and Kitchen</p>	<p><b>Senior Support Group</b> <b>11:15-12:15 pm</b> 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</p>
SUNDAY FEB 15	WEDNESDAY FEB 18	FRIDAY FEB 20	FRIDAY FEB 27
<p><b>Board Game Day</b> <b>1-4:30 pm (ages 11 &amp; up)</b> 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 – Intergenerational Room</p>	<p><b>Info Session – Caregiver support services</b> <b>11:15 am- Noon</b> Caregiving is a stressful and often unrecognized role for many friends and family members caring for someone with dementia, other chronic illnesses, or disability. Homage is coming to do a brief introduction to their program (20-30 minutes) and they will stay to answer questions if you would like to learn more about the program.</p>	<p><b>BINGO</b> <b>11:30 am-12:20 pm</b> 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</p>	<p><b>Potluck</b> <b>11 am-Noon</b> 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</p>



### 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

### Heart Healthy Challenge

### Community Campaign

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.

Join us this February for the Heart Healthy Challenge, where we'll focus on achieving three key habits every day to boost heart health: nutrition, physical exercise, and sleep. Track your daily goals with the monthly calendar! Participants will receive a commemorative Heart stress ball while supplies last.

The YMCA is committed to ensuring everyone has access to our programs and services. Removing financial barriers is one of the ways that the Y delivers on this commitment. Together we can build stronger, healthier community that is welcoming and inclusive to all. We ask you to join us and help us raise \$1,700,000 across the county.

### VALENTINES STORE

Feb 11th & 12th, 9am-Noon  
Sat Feb, 14<sup>th</sup> 9:45am-12:15pm  
Support the Community Campaign by buying something (valentine's cards) and or donating baked goods for us to sell. Volunteer sign-up sheet on the senior board or email Kim, [kfreeman@ymca-snoco.org](mailto:kfreeman@ymca-snoco.org)