



MARCH 2026

EVERETT FAMILY YMCA SENIOR CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<p> Pickleball 7-9 am West Gym</p> <p> Water Fitness w/Kathleen D.H. 7:45-8:30 am Rec Pool</p> <p> Forever Fit w/Kathleen B. 10:15-11 am Gym</p> <p> Coffee & Connection 11 am-Noon Kitchen</p> <p> Pedaling for Parkinson's 10-11 am Cycle studio</p>	<p> Deep Water Fitness w/Christopher 7:45-8:30 am Lap Pool</p> <p> Cardio Fitness w/Linda 9:15-10 am Studio 2</p> <p> Chair Yoga w/Kathleen B. 10:15-11 am Gym</p> <p> Coffee & Connections 11 am-Noon Kitchen</p> <p> Pickleball 11:15 am-1:30 pm Gym</p> <p> Water Fitness - Kathleen D.H. 11:15 am-Noon Rec Pool</p>	<p> Pickleball 7-9 am West Gym</p> <p> Water Fitness w/Nelly 7:45-8:30 am Rec Pool</p> <p> Forever Fit w/Karen 10:15-11 am Gym</p> <p> Pedaling for Parkinson's 10- 11 am Cycle studio</p> <p> Coffee & Connections 11 am-Noon Kitchen</p>
THURSDAY	FRIDAY	SATURDAY
<p> Deep Water Fitness w/ Nelly 7:45-8:30 am Lap Pool</p> <p> Cardio Fitness w/Linda 9:15-10 am Studio 2</p> <p> Chair Yoga w/Andi 10:15-11 am Gym</p> <p> Coffee & Connections 11 am-Noon Kitchen</p> <p> Pickleball 11:15-1:30 pm Gym</p> <p> Water Fitness w/Leslee 11:15 am-Noon Rec Pool</p>	<p> Pickleball 7-9 am West Gym</p> <p> Water Fitness w/Christopher 7:45-8:30 am Rec Pool</p> <p> Forever Fit w/Kathleen B. 10:15-11 am Gym</p> <p> Pedaling for Parkinson's 10-11 am Cycle studio</p> <p> Coffee & Connections 11 am-Noon Kitchen</p> <p> Potluck Event 11 am-Noon Friday, March 27</p>	
		<p style="text-align: center;">SUNDAY</p> <p> Pickleball 1:30-3:30 pm West Gym</p> <p>Note: Gym will be closed one Sunday in March for Pickleball Fundraiser Tournament - Ask how to register</p> <p>SEE BACK FOR SPECIAL EVENTS </p>



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EVERETT FAMILY YMCA SENIOR CALENDAR

★ ★ SPECIAL EVENTS ★ ★

WEDNESDAY MAR 4	SUNDAY MAR 8	MONDAY MAR 9	WEDNESDAY MAR 11 & 25
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 or Abduction or lords of Waterdeep? 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	Vita Free Tax Preparation 11 am–5 pm We are proud to host Bluebell Rising for a VITA (Volunteer Income Tax Assistance) event offering FREE tax preparation services. No appointments are necessary; simply walk in for first-come, first-served assistance with your tax filing needs. *Bluebell Rising VITA offers free basic tax preparation to taxpayers who generally earn \$86,000 or less, limited English-speaking taxpayers, or persons with disabilities. Location Everett YMCA – CRC	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
THURSDAY MAR 12 Dinner for a Cause 5:30–6:30pm Preregistration required Seniors \$8, Adults \$10, Family \$30 Bring your family & friends and support the Community Campaign! This month we will have a loaded baked Potato bar! Location: Multipurpose Room and Kitchen			
FRIDAY MAR 13 Monthly Birthday Celebration 11 am–Noon Join us during coffee hour to celebrate the March birthdays with your Y friends! It is also a great place to meet new friends! Location: Multipurpose Room and Kitchen	WEDNESDAY MAR 18 Setting Boundaries Speaker/class 11:15 am – 12:45 pm No cost but pre-registration required In this class, presented by Homage, seniors will learn how to create healthy boundaries to promote optimal social, emotional and physical well-being. The class will teach older adults how to both set and respect healthy boundaries in their individual lives . Location: Everett YMCA – Community Resource Room	FRIDAY MAR 20 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	FRIDAY MAR 27 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.



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 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? Come to an even and talk to our Senior program leaders.

Ironman Challenge

During the month of March, challenge yourself to complete our 17th annual Ironman Challenge! That is 30 extra days to finish! Bike 112 miles, run 26.2 miles, and swim 2.4 miles throughout the month of March.

Community Campaign

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.