

































APRIL 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, April 24</p>		
		<th data-bbox="1075 1627 1624 1722">SUNDAY</th> <p data-bbox="1096 1753 1469 1858"> Pickleball 1:30-3:30 pm West Gym</p> <p data-bbox="1209 1890 1502 1953">*Note we will be closed Sunday, April 5</p> <p data-bbox="1096 1984 1274 2068">SEE BACK FOR SPECIAL EVENTS</p> 	SUNDAY



APRIL 2026

EVERETT FAMILY YMCA SENIOR CALENDAR

★ ★ SPECIAL EVENTS ★ ★

WEDNESDAY APRIL 1	WED APRIL 8 & 22	FRIDAY APRIL 10	SUNDAY APRIL 12
Craft Event 11 am–Noon Enjoy a monthly craft event with Coffee Connections. Location – Multipurpose Room T	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 April birthdays with your Y friends! It is also a great place to meet new friends! Location: Multipurpose Room and Kitchen	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
WEDNESDAY APRIL 15	FRIDAY APRIL 17	FRIDAY APRIL 24	
Speaker – What You Need to know about Strokes You will learn the signs to look for in a stroke, how to help someone who may be having a stroke and what you can do to prevent yourself from having a stroke. Location: Everett YMCA – Community Resource Room	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	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	April 4th is GO BLUE DAY Wear your favorite blue in honor of your commitment to preventing child abuse. Post to social media with the hashtag #EveryChildNeedsAHero APRIL 5 : CLOSED April 9: Workout Gear Sale 10am – 1pm 3pm – 5pm



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

Child Safety Month

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.

Child Safety Month is an opportunity to highlight and share with our community the many ways we work every day to keep youth safe. As a part of our commitment to protecting the children in our community, we're also participating in Five Days of Action, a weeklong campaign to increase awareness of child sexual abuse and to empower and equip us all to prevent it.

Community Campaign

April 2 is the last official day of the Community Campaign 2026! 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.