



# MAY 2026

## EVERETT FAMILY YMCA SENIOR CALENDAR

### MONDAY



Pickleball  
**7-9 am**  
West Gym



Water Fitness w/Kathleen D.H. ✨  
**7:45-8:30 am**  
Rec Pool



Forever Fit w/Kathleen B. ✨  
**10:15-11 am**  
Gym



Coffee & Connection ✨  
**11 am-Noon**  
Kitchen



Pedaling for Parkinson's ✨  
**10-11 am**  
Cycle studio

### TUESDAY



Deep Water Fitness ✨  
w/Christopher  
**7:45-8:30 am**  
Lap Pool



Cardio Fitness w/Linda ✨  
**9:15-10 am**  
Studio 2



Chair Yoga w/Kathleen B. ✨  
**10:15-11 am**  
Gym



Coffee & Connections ✨  
**11 am-Noon**  
Kitchen



Pickleball  
**11:15 am-1:30 pm**  
Gym



Water Fitness - Kathleen D.H. ✨  
**11:15 am-Noon**  
Rec Pool

### WEDNESDAY



Pickleball  
**7-9 am**  
West Gym



Water Fitness w/Nelly ✨  
**7:45-8:30 am**  
Rec Pool



Forever Fit w/Karen ✨  
**10:15-11 am**  
Gym



Pedaling for Parkinson's ✨  
**10- 11 am**  
Cycle studio



Coffee & Connections ✨  
**11 am-Noon**  
Kitchen

### THURSDAY



Deep Water Fitness w/ Nelly ✨  
**7:45-8:30 am**  
Lap Pool



Cardio Fitness w/Linda ✨  
**9:15-10 am**  
Studio 2



Chair Yoga w/Andi ✨  
**10:15-11 am**  
Gym



Coffee & Connections ✨  
**11 am-Noon**  
Kitchen



Pickleball  
**11:15-1:30 pm**  
Gym



Water Fitness w/Leslee ✨  
**11:15 am-Noon**  
Rec Pool

### FRIDAY



Pickleball  
**7-9 am**  
West Gym



Water Fitness ✨  
w/Christopher  
**7:45-8:30 am**  
Rec Pool



Forever Fit w/Kathleen B. ✨  
**10:15-11 am**  
Gym



Pedaling for Parkinson's ✨  
**10-11 am**  
Cycle studio



Coffee & Connections ✨  
**11 am-Noon**  
Kitchen



Potluck Event ✨  
**11 am-Noon**  
Friday, May 29th

### SATURDAY

### SUNDAY

Pickleball  
**1:30-3:30 pm**  
West Gym

SEE BACK  
FOR SPECIAL  
EVENTS



### ★ ★ SPECIAL EVENTS ★ ★

| WEDNESDAY MAY 6  | SUNDAY MAY 10   | WEDNESDAY MAY 13  | FRIDAY MAY 15  |
|--|---|---|--|
| <p><b>Craft Event</b> ★</p> <p><b>11 am–Noon</b></p> <p>Enjoy a monthly craft event with Coffee Connections.<br/>Location – Multipurpose Room</p> <p><b>May 8th</b> ★</p> <p><b>Garden Buddies</b><br/><b>11:15am – Noon</b></p> <p>In honor of Belonging Month, we're welcoming the kids from the Kids Zone to join us for a fun planting activity. Join us as we plant and connect together!</p> | <p><b>Board Game Day</b></p> <p><b>1–4:30 pm (ages 11 &amp; up)</b></p> <p>Do you enjoy Board games like Wingspan or Abduktion or Lords of Waterdeep? Never heard of them but it sounds like fun. Come in and join Rose, our volunteer, while she walks you through some games or plays them with you!</p> <p>Location – Intergenerational Room</p> | <p><b>Senior Support Group</b> ★</p> <p><b>11:15–12:15 pm</b></p> <p>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.</p> <p>Location – Everett YMCA – Chapel</p>   | <p><b>Monthly Birthday</b> ★</p> <p><b>Celebration</b></p> <p><b>11 am–Noon</b></p> <p>Join us during coffee hour to celebrate the May birthdays with your Y friends! It is also a great place to meet new friends!</p> <p>Location: Multipurpose Room and Kitchen</p> |
| WEDNESDAY MAY 20   | FRIDAY MAY 22   | WEDNESDAY MAY 27  | FRIDAY MAY 29  |
| <p><b>Speaker/Slideshow</b> ★</p> <p><b>A Peace Corp Volunteer's life: Afghanistan, 1976 – 1978</b></p> <p><b>11:15am – 12:15pm</b></p> <p>Chad, our awesome Volunteer, and Stephanie will share the story of their time in the Peace Corp. Come and learn some interesting facts about that time and see some amazing images too.</p> <p>Location: Community Resource Center</p>                  | <p><b>BINGO</b> ★</p> <p><b>11:30 am–12:15 pm</b></p> <p>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!</p> <p>Location: Multipurpose Room, Kitchen</p>   | <p><b>Speaker – Building a</b> ★</p> <p><b>Dementia Friendly Community</b></p> <p><b>11:15am – 12:15pm</b></p> <p>May is Dementia Awareness month. At the YMCA, we value inclusivity and strive to maintain a welcoming space for all, including our aging community and people with dementia. Being part of the Y community, you may meet individuals with dementia in the halls, in a group fitness class, or in other programming. Learn more about how we can be involved in fostering a dementia-friendly environment at our YMCA and in your life outside the Y too!</p> <p>Location: Everett YMCA – Room TBD</p> | <p><b>Potluck</b> ★</p> <p><b>11 am–Noon</b></p> <p>A once-a-month event for Seniors. Bring your favorite food or drink to share and engage in a fun and delicious community event.</p> <p>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

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 event and talk to our Senior program leaders.

#### Campaign for Belonging

The Campaign for Belonging celebrates the welcoming community the Y creates every day—bringing to life the you belong place through the programs, people, and connections inside our Y spaces.

This month, we will have punch cards and anyone (new and existing members) can Visit 9 times, May 1–31 and be entered into a drawing for a free 6 month membership. Must be Adult 19+, 1 visit per day.