
































JUNE 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, June 26th</p>	<p style="text-align: center;">SUNDAY</p>
		<p>Pickleball 1:30-3:30 pm West Gym</p> <p>SEE BACK FOR SPECIAL EVENTS </p>

★ ★ SPECIAL EVENTS ★ ★

TUESDAY JUNE 2	WEDNESDAY JUNE 3	WED JUNE 10 & 24	FRIDAY JUNE 12
<p>Diabetes, What's Going On Inside Me? (and what to do about it) - Workshop 11:15am -12:15pm</p> <p>Diabetes touches almost every American - but few have ever had it explained clearly. In one honest hour Dr. Rai unpacks what's driving the condition and the real steps to prevent or reverse it. All members welcome. Location: CPC Everett YMCA</p>	<p>Craft Event ★</p> <p>11 am-Noon</p> <p>Enjoy a monthly craft event with Coffee Connections. Crafting is a great way to engage a different part of your brain, help you with your fine motor skills and it is fun!</p> <p>Location: Multipurpose Room</p>	<p>Senior Support Group ★</p> <p>11:15 am-12:15 pm</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. Location: Everett YMCA - Chapel</p>	<p>Monthly Birthday Celebration ★</p> <p>11 am-Noon</p> <p>Join us during coffee hour to celebrate the June birthdays with your Y friends! It is also a great place to meet new friends!</p> <p>Location: Multipurpose Room and Kitchen</p>
SUNDAY JUNE 14	THURSDAY JUNE 18	FRIDAY JUNE 19	THURSDAY JUNE 25
<p>Board Game Day</p> <p>1-4:30 pm (ages 11 & up)</p> <p>Do you enjoy Board games like Wingspan or Abducktion 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>Family Dinner ★</p> <p>5:30-6:30 pm *</p> <p>Pricing: Senior (65+) / Youth (18 and younger): \$8M/ \$10NM Adult (19-64): \$10M / \$12NM We would like to have you over for dinner. Bring your family and friends and come enjoy a meal prepared by us. There's a spot at the table for everyone! This Month we are serving tacos. *Registration Required Location: Multipurpose room and Kitchen</p>	<p>BINGO ★</p> <p>11:30 am-12:15 pm</p> <p>This is complimentary with your YMCA Membership. You have the chance to win a fun little prize, and you get to spend quality time with your Y friends!</p> <p>Location: Multipurpose Room, Kitchen</p>	<p>Speaker - Nutrition ★</p> <p>11:15am - 12pm</p> <p>Join us for an engaging and informative nutrition talk designed specifically for seniors who want to stay active, healthy, and independent. This session will cover balanced nutrition, protein needs for healthy aging, hydration, bone and muscle health, label reading, meal planning, and simple ways to support energy and overall wellness. Attendees will also learn practical grocery shopping tips, healthy snack ideas, and how nutrition can support mobility, strength, brain health, and quality of life. Perfect for older adults looking for realistic, sustainable strategies to feel their best every day. Location: Community Program Center Everett</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. 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. it is 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.

NOTES FOR JUNE

School ends on June 15th, 2026
Expect more kids in the building.



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 event and talk to our Senior program leaders.

FRIDAY JUN 26

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



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