



MARCH 2023

EVERETT FAMILY YMCA
SENIOR CALENDAR

MONDAY



PICKLEBALL
7-9 AM
West Gym



Water Fitness w/ Tina
7:45-8:45 am
Rec Pool



Forever Fit w/Kathleen
10:15-11 am
GYM



Coffee & Connections
11-Noon
Kitchen

TUESDAY



MOVE30 w/ Karen
9:15-9:45 am
Studio 2



Chair Yoga w/ Kathleen
10:15-11am
Gym



PICKLEBALL
11:15-1:15 PM
Gym



Coffee & Connections
11-Noon
Kitchen



Water Fitness w/ Terry
11:30-12:30pm
Rec Pool

WEDNESDAY



PICKLEBALL
7-9 AM
West Gym



Water Fitness w/ Tina
7:45-8:45 am
Rec Pool



Forever Fit w/Karen
10:15-11 am
GYM



Coffee & Connections
11-Noon
Kitchen

THURSDAY



Senior Cardio w/ Linda
9:15-10 am
Studio 2



Chair Yoga w/ Judy
10:15-11am
Gym



PICKLEBALL
11:15-1:15 PM
Gym



Coffee & Connections
11-Noon
Kitchen



Water Fitness w/ Terry
11:30-12:30pm
Rec Pool

FRIDAY



PICKLEBALL
7-9 AM
West Gym



Water Fitness w/ Tina
7:45-8:45 am
Rec Pool



Forever Fit w/Kathleen
10:15-11 am
Gym



Coffee & Connections
11-Noon
Kitchen



Potluck Event
11-Noon

Friday, March 31



Lucky Bruncheon Date
11-Noon
Kitchen

SATURDAY

SUNDAY



PICKLEBALL
Noon-2 pm
West Gym



**SEE BACK FOR
SPECIAL EVENTS**





MARCH 2023

EVERETT FAMILY YMCA
SENIOR CALENDAR

Wednesday, March 1



Craft Event

11:30 am-Noon

Enjoy a monthly craft event with Coffee Connections. Location- Kitchen/Intergenerational room.

Wednesday, March 8



Cribbage Event

11 am-Noon

Come meet new people and play a game or two. Location- Kitchen/Intergenerational room.

Wednesday, March 15



Egoscue Event

11:30 am-12:30pm

A presentation on posture and pain free living. This event is free to all. Location- Kitchen/Intergenerational room.

Friday, March 17th



Lucky Brunch

11 am-Noon

Time: 11pm-Noon Come into coffee connections and join us for snacks inspired by St. Patrick's day. Location- Kitchen/Intergenerational room.

Friday, March 24



Bingo Event

11:30 am-Noon

Enjoy a few rounds of Bingo with your Coffee Connections. Location- Kitchen/Intergenerational room.

Friday, March 31



Potluck

11 am-Noon

A once-a-month event for Seniors. Bring food or drink to share and engage in a fun and delicious community engagement. Location- Kitchen/Intergenerational 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.



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. Coffee & Connections included.