





























MAY 2023

EVERETT FAMILY YMCA SENIOR CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<p> Pickleball 7 – 9 am West Gym</p> <p> Water Fitness w/Tina 7:45 – 8:45 am Rec Pool</p> <p> Forever Fit w/Kathleen 10:15 – 11 am Gym</p> <p> Coffee & Connection 11:00 – Noon Kitchen</p>	<p> MOVE30 w/Karen 9:15 – 9:45 am Studio 2</p> <p> Chair Yoga w/Kathleen 10:15 – 11 am Gym</p> <p> Coffee & Connections 11 – Noon Kitchen</p> <p> Pickleball 11:15 – 1:15 pm Gym</p> <p> Water Fitness w/Terry 11:30 – 12:30 pm Rec Pool</p>	<p> Pickleball 7 – 9 am Gym</p> <p> Water Fitness w/Tina 7:45 – 8:45 am Rec Pool</p> <p> Forever Fitness w/Karen 10:15 – 11 am Gym</p> <p> Coffee & Connections 11 – Noon Kitchen</p>
THURSDAY	FRIDAY	SATURDAY
<p> Senior Cardio w/Linda 9:15 – 10 am Studio 2</p> <p> Chair Yoga w/Judy 10:15 – 11 am Gym</p> <p> Coffee & Connections 11 – Noon Kitchen</p> <p> Pickleball 11:15 – 1:15 pm Gym</p> <p> Water Fitness w/Terry 11:30 – 12:30 pm Rec Pool</p>	<p> Pickleball 7 – 9 am West Gym</p> <p> Water Fitness w/Tina 7:45 – 8:45 am Rec Pool</p> <p> Forever Fitness w/Kathleen 10:15 – 11 am Gym</p> <p> Coffee & Connections 11 – Noon Kitchen</p> <p> Potluck Event 11 – Noon Friday, May 26</p>	<p style="text-align: center;">SUNDAY</p> <p> Pickleball Noon – 2 pm West Gym</p> <p> SEE BACK FOR SPECIAL EVENTS</p>
		

WEDNESDAY
May 3



Craft Event

11:30 am-Noon

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

WEDNESDAY
May 10



Cribbage Event

11 am-Noon

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

FRIDAY
May 19



Bingo Event

11:30 am-Noon

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

FRIDAY
May 26



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.

WEDNESDAY
May 31



Overnight Oats Tasting

11:30 am-Noon

Looking for a healthy breakfast idea? Want to try something before you commit to a cost? Come join us to sample some overnight oats. We will provide a few different kinds for you to try and see if overnights work for you.

ONE STEP AT A TIME Walk or Run31



We challenge you to get up and walk or run each day in the month of May. Miles can be done ANYWHERE, at ANY TIME, at ANY PACE! There will be opportunities to meet with YMCA friends and get some miles done together. It is easier to accomplish goals by tracking yourself, and we will provide tracking sheets so you can check off the miles day by day. Free for anyone to participate - drawing at end of month for \$50 YMCA credit! Pick up up a tracker sheet at the Welcome Center



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 food or drink to share and engage in a fun and delicious community engagement.



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.