




























SEPTEMBER 2023

EVERETT FAMILY YMCA SENIOR CALENDAR

MONDAY	TUESDAY	WEDNESDAY
 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 & Connection 11 am-Noon Kitchen	 MOVE30 w/Karen 9:15-9:45 am Studio 2  Chair Yoga w/Kathleen 10:15-11 am Gym  Coffee & Connections 11 am-Noon Kitchen  Pickleball 11:15 am -1:15 pm Gym  Water Fitness w/Terry 11:30 am -12:30 pm Rec Pool	 Pickleball 7-9 am Gym  Water Fitness w/Tina 7:45-8:45 am Rec Pool  Forever Fitness w/Karen 10:15-11 am Gym  Coffee & Connections 11 am-Noon Kitchen
THURSDAY	FRIDAY	SATURDAY
 Senior Cardio w/Linda 9:15-10 am Studio 2  Chair Yoga w/Andi 10:15-11 am Gym  Coffee & Connections 11 am-Noon Kitchen  Pickleball 11:15-1:15 pm Gym  Water Fitness w/Terry 11:30 am -12:30 pm Rec Pool	 Pickleball 7-9 am West Gym  Water Fitness w/Tina 7:45-8:45 am Rec Pool  Forever Fitness w/Kathleen 10:15-11 am Gym  Coffee & Connections 11 am-Noon Kitchen  Potluck Event 11 am-Noon Friday, September 29	<p style="text-align: center;">SUNDAY</p>  Pickleball Noon-2 pm West Gym <p style="text-align: center;">SEE BACK FOR SPECIAL EVENTS</p>
		

WEDNESDAY
September 6



Craft Event

11:30 am-Noon

Enjoy a monthly craft event with Coffee Connections. Location-Community Room room.

MONDAY
September 11



Picnic in the Park

11:30 am - 1 pm

Meet at the Boxcar Park in Everett! Bring your own lunch and a chair if you have one to enjoy time together in the outdoors. There will be outdoor games and time to spend together to connect outside of the Y! Hope we see you all there. Boxcar Park: 1200 Millwright Loop West, Everett WA 98201

WEDNESDAY
September 13



Cribbage Event

11 am-Noon

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

FRIDAY
September 15



Canasta Hand & Foot

11:30 am-2 pm

Bring your lunch and come play. All are welcome. Seasoned players and those new to the game. Come on out so we can get this started.

WEDNESDAY
September 20

Fall Prevention Speaker



11:15 am- 12:15 pm

We are delighted to introduce our empowering speaking series on Senior Fall prevention, brought to you by the Providence Institute for a Healthier Community. Falling is a serious concern with potential physical, mental, and emotional consequences for seniors. We invite you to join us for an enlightening one-hour seminar designed to provide vital information and empower you with practical strategies to reduce the risks of falling. Our expert speakers will share valuable insights, exercise tips, and home safety measures to help you maintain your independence and well-being. Together, let's create a safer and healthier environment for our senior community. Don't miss out on this opportunity to stay informed and take charge of your fall prevention journey!

FRIDAY
September 22



Bingo Event

11:30 am-Noon

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

FRIDAY
September 29



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 - Community Room 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.



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.



Self-Care Awareness Month in September is a time to remind us that taking care of ourselves, first and foremost, is essential. Self-care is often neglected in our everyday lives. We all tend to put others' needs before our own and it is crucial to remember, that we cannot fill another's cup from our own empty vessel. Complete as many rounds of "SEPTEMBER" all month long: S-Self-Care, E-Exercise, P-Play, T-Time for you, E-Exercise, M-Meditate, B-Balance (Yoga), E-Exercise, R-Relax. All activity counts but find time in each day and show you care for YOU. NO RULES! FOLLOW AS YOU DESIRE.