



MARCH 2023




MILL CREEK FAMILY YMCA SENIOR CALENDAR

MONDAY	
	Water Fitness w/ Esther 7:30-8:15 am Pool
	PICKLEBALL 8:30-10:30 am GYM
	Pedaling for Parkinson's w/Nikki 10:30-11:30 am Cycle Studio
	Forever Fit w/Anneke 11-11:45 am GYM
	Coffee & Connections 11:45-12:30am Lobby
	Special Event March 6 12:15-1:15 pm YDC
	PICKLEBALL 12:30-2:30 pm GYM

TUESDAY	
	Special Event 3/14 10:30am-6 pm Off Site
	St. Paddy's Potluck and More 11:45-1 pm March 21st, YDC
	ZUMBA GOLD w/Debbie 11-Noon GYM
	Chair Yoga w/Tracie 12:15-1pm MPR
	PICKLEBALL 12:30-2:30 pm GYM
	Water Fitness w/ Maria 1:30-2:15 pm Pool

WEDNESDAY	
	Water Fitness w/ Terry 7:30-8:15 am Pool
	PICKLEBALL 8:30-10:30 am GYM
	Pedaling for Parkinson's w/Nikki 10:30-11:30 am Cycle Studio
	Forever Fit w/Anneke 11-11:45 am GYM
	Special Event March 15 11:50-12:15 pm YDC
	Special Events March 8,22 Noon-1:30 pm YDC
	Grief Support Noon-2 pm Cascade Room
	PICKLEBALL 12:30-2:30 pm GYM

THURSDAY	
	PICKLEBALL 8:30-10:30 am GYM
	ZUMBA GOLD w/Debbie 11-Noon GYM
	Chair Yoga w/Tracie 12:15-1pm MPR
	PICKLEBALL 12:30-2:30 pm GYM
	Special Event, March 9 1-2 pm YDC
	Water Fitness w/ Maria 1:30-2:15 pm Pool

FRIDAY	
	Water Fitness w/ Stephanie 7:30-8:15 am Pool
	Forever Fit w/Anneke 11-11:45 am GYM
	Chair Yoga w/Maria 12:15-1pm MPR

SATURDAY	
SUNDAY	
	



MARCH 2023

MILL CREEK FAMILY YMCA SENIOR CALENDAR

Monday, March 6th



Advanced Directives
12:15-1:15 pm
Free event
"Advanced Directives for Honoring Choices" presentation

Tuesday, March 14th



Field Trip
10:30 am-6 pm
Cost \$65.00*Theo Chocolate Factory /UW Green House/Burk-Gillman Brewery
Register with Cyd
pleahy@ymca-snoco.com

Wednesday, March 8th and 22nd


Crafty Coffee Klatch



Noon-1:30 pm
Knitting, Crochet, Needlepoint – whatever, just join us!

Wednesday, March 15th

Perfecting your Posture



11:50-12:15 pm
Instructor: Ellen Beaumont. Location: Gym

Friday, March 17



Art Workshop
1-2 pm
Silverkites presents - Visual Journaling. Registration required. Email Cyd Leahy, pleahy@ymca-snoco.org for registration information



UPCOMING EVENTS

Mariners Baseball Game! Wednesday, September 13, 2023. Cost: \$88. Registration required. – Tulip Fields/Art in the Schoolhouse/La Connor/Pasek Winery Date: Thursday, April 20 Cost: \$50.00 Registration required. Contact Cyd – pleah@ymca-snoco.org



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.



POTLUCK

A once-a-month event for Seniors. With St.Patrick's Day Trivia and Bingo! Bring a dish to share.



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.