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MILL CREEK FAMILY YMCA SENIOR CALENDAR

MONDAY	TUESDAY	WEDNESDAY
 Water Fitness w/Ester 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, 18 11:45–12:15 pm YDC  Special Event, Sept. 11, 18 12:15–1:15 pm YDC  Pickleball 12:30–2:30 pm Gym	 Pickleball 12:30–2:30 pm Pool  ZUMBA GOLD w/Debbi 11 am–Noon MPR  Chair Yoga w/Tracie 12:15–1 pm Gym  Water Fitness w/Maria 1:30–2:15 pm Pool	 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  Field Trip September 13 10:30am–5:30 pm Seattle Mariners  Special Event Sept. 20 11:50–12:10 pm Gym  Special Event, Wednesdays Noon–2 pm Cascade Room  Special Event Sept. 13, 27 Noon–1:30 pm YDC  Pickleball 12:30–2:30 pm Gym  Special Event Sept. 20 2–3 pm Baker Room
THURSDAY	FRIDAY	SATURDAY
 Pickleball 8:30–10:30 am GYM  ZUMBA GOLD w/Debbie 11 am–Noon GYM  Chair Yoga w/Tracie 12:15–1 pm MPR  Pickleball 12:30–2:30 pm Gym  Water Fitness w/Maria 1:30–2:15 pm Pool  Silverkite Art Series: Sept. 14 Storytelling with HULA 1–2 pm YDC	 Water Fitness w/Stephanie 7:30–8:15 am Pool  Pedaling for Parkinson's 10:30–11:30 am Cycle Studio  Forever Fit w/Maria 11–11:45 am GYM  Chair Yoga w/Maria 12:15–1 pm MRP  Fall into Autumn Potluck Noon–1:30 pm YDC	SUNDAY
		



Monday,
September 11



Managing Risks in Today's Economic Environment Seminar

12:15-1:15 pm

Free event by Brandon Boeck with New York Life Insurance. Learn about economic risks in retirement that Seniors face.

Wednesday,
September 13



Senior Day at Seattle Mariners

10:30 am-5 pm

\$88.00 Wait list spots available. Take us out to the ballgame! Fee includes bus transportation, 200 level game ticket and lunch!

Thursday,
September 14



Storytelling with HULA

1-2 pm

SilverKite Art Series: Hula is a storytelling dance as well as a deeper understanding of Hawaiian culture. May be paired with chants and contemporary music.

Wednesdays



Grief Support

Noon-2 pm

The Y offers a sense of community, fellowship and support that can help on the journey from mourning to hope. It is powerful and can lead to lasting change.

Monday,
September 18



Gokhale Method Seminar

12:15-1:15 pm

Introduction to this discipline that can re-introduce your "natural posture" to help with pain reduction; increase energy, stamina and flexibility; etc.

Thursday
September 21



Senior Stroll

1-2 pm

South Snohomish Fire will lead Seniors on a short stroll around the property giving fall prevention tips as we go. The event will end with pastries and coffee.

Wednesday,
September 20



Book Club

2-3 pm

Register by Email: pleahy@ymca-snoco.org

Friday,
September 22



Fall into Autumn Potluck

Noon-1:30 pm YDC

Perfect your Posture



Wednesday, September 20 11:50-12:10pm Gym

Cribbage Game Day



Monday, October 16 12:15-1:15pm YDC



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

An 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.