



# SEPTEMBER 2023

## MARYSVILLE FAMILY YMCA SENIOR CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<p> Water Fitness with Connie <b>7:45–8:45 am</b> Pool (max 45)</p> <p> Chair Yoga with Leah <b>9:30–10:30 am</b> Studio 2</p> <p> AOA Basketball Pickup <b>10–11:45 am</b> Gym</p> <p> Forever Fit with Connie <b>Noon–1 pm</b> Gym</p> <p> Planning Meeting 9/11 <b>1:15–2 pm</b> Lobby All Welcome</p>	<p> Basic Strength &amp; Tone with Kirsten <b>9–10 am</b> Studio 2</p> <p> Pickleball <b>8:45–11:45am</b> Gym</p> <p> Water Fitness with Teresa <b>Noon–1 pm</b> Pool</p>	<p> Water Fitness with Connie <b>7:45–8:45 am</b> Pool (max 45)</p> <p> Coffee &amp; Connections <b>9–10am</b> Lobby</p> <p> AOA Basketball Pickup <b>10–11:45 am</b> Gym</p> <p> Forever Fit with Connie <b>Noon–1 pm</b> Gym</p> <p> Special Event Sep 13 <b>10–11 am</b> Pilchuck Room</p>
THURSDAY	FRIDAY	SUNDAY
<p> Basic Strength &amp; Tone with Kirsten <b>9–10 am</b> Studio 2</p> <p> Pickleball <b>8:45–11:45 am</b> Gym</p> <p> FitWalk <b>10:30–11:30am</b> Meet up at the Y</p> <p> Water Fitness with Teresa <b>Noon–1 pm</b> Pool</p> <p> Special Event Sep 28 <b>11 am–1 pm</b> Haller Park, Arlington</p>	<p> Water Fitness with Connie <b>7:45–8:45 am</b> Pool (max 45)</p> <p> Pickleball <b>8:45–11:45 am</b> Gym</p> <p> Forever Fit with Connie <b>Noon–1 pm</b> Gym</p>	<p> Tai Chi with Alex <b>Noon–1 pm</b> Main Studio</p> <p><b>FitWalk Schedule</b> Meet up at 10:30 am sharp!</p> <p>9/7– Meet up at Y for Jennings Park Walk</p> <p>9/14– Meet up at Ebey Waterfront Park off of 1st &amp; State St.</p> <p>9/21 –Meet up at the Y for a Neighborhood Walk</p> <p>9/28–*Special Event 11AM Meet up at Haller Park, Arlington for a Potluck Picnic &amp; Walk with the Stanwood Camano Y!</p>



### 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. See Event flyers for details Do you have a special event idea? Contact Suzanne at sbarrett@ymca-snoco.org



### AOA BASKETBALL

Drop-in basketball time offers a milder form of the game we all love in a fun and supportive environment exclusively offered for YMCA members over the age of 60.



### FIT WALK

Meet up at trailheads for brisk 60 minute fitness walk. Participants need to provide own transportation to trailhead, feel comfortable walking on uneven ground, and able to move independently. Water, hat, and sunscreen recommended. See schedule for weekly meet up location. Dress for the weather!



### Medicare Basics Seminar Wednesday, September 13 10-11 am Pilchuck Room

Join us for a FREE education seminar about what role Medicare will play during your retirement.

#### Topics Covered

- Medicare Basics: A, B, C & D
- When to Enroll
- The difference between Medicare Supplements and Medicare Advantage Plans
- How Medicare will work for YOU!



### Potluck Picnic & Walk Thursday, September 28 11 am-1 pm Haller Park, Arlington

Bring a dish to share for our fall potluck picnic. We will be meeting up with the Stanwood Camano YMCA AOA/Senior community at Haller Park in Arlington for a wonderful multi-branch event. The Centennial Trail connects to the park, so bring your walking shoes for a little extra adventure.