











SEPTEMBER 2023

MUKILTEO FAMILY YMCA
SENIOR CALENDAR

MONDAY	TUESDAY	WEDNESDAY
 Water Fitness w/Gaynel or Carolyn 7:30-8:30 am Pool  Pickelball 8 am-Noon Gym  Coffee & Connections 8:45-9:45 am Lobby  Chair Yoga w/Karen 11:30-12:15 pm W2	 Pickleball 8 am-Noon GYM  Coffee & Connections 8:45-9:45 am Lobby  Forever Fit w/Karen 11:30-12:25 pm W2	 Water Fitness w/Gaynel 7:30 -8:30 am Pool  Pickleball 8 am- Noon Gym  Coffee & Connections 8:45-9:45 am Lobby  Chair Yoga w/Sarah 11:30-12:15 pm W2
THURSDAY	FRIDAY	SATURDAY
 Pickleball 8 am-Noon GYM  Forever Fit w/David 11:30-12:15 pm W2	 Water Fitness w/Carolyn 7:30 -8:30 am Pool  Pickleball 8 am - Noon Gym  Coffee & Connections 8:45-9:45 pm Lobby  Zumba GOLD w/Gail or Joan 10:15-11:15 am W2  Basic Sculpt & Tone w/David 11:30-12:15 pm W2	
 Potluck and Speaker September 21 12:30 pm YDC		SUNDAY  Fall Prevention Speaker October 26
		



Thursday, September 21



Grandchild Gifting Potluck and Speaker

12:30 pm

Join us for our potluck and hear from Russell Porter from New York Life share information on the topic of making financial gifts to grandchildren. Located in the YDC.

October 26



Future Event - Fall Prevention

1-2 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! Located in the Family 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.