























AUGUST 2025

MONROE/SKY VALLEY FAMILY YMCA SENIOR CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<div>Pickleball 7-9 am Gym</div> <div>Yoga with Stephanie 8:15-9:15 am Group Ex Rm #1</div> <div>Water Fitness with Jen 11-Noon Pool</div> <div>August 18 Senior Program Advisory Committee 11 am-Noon Club Room #1</div>	<div>Water Fitness with Megan 7:45-8:45 am Pool</div> <div>Basic Strength and Tone with Stephanie: 8:15-9:15 am Group Ex Rm #1</div> <div>Forever Fit with Claire 10:45-11:45 am Gym</div> <div>Water Fitness with Megan 11 am-Noon Pool</div>	<div>Pickleball 7-9 am Gym</div> <div>Chair Yoga with Heather 8:30-9:15 am Group Ex Rm #1</div> <div>Coffee & Connections 9-11 am Lobby</div> <div>Water Fitness with Jen 11 am-Noon Pool</div>
THURSDAY	FRIDAY	NEWS
<div>Water Fitness with Megan 7:45-8:45 am Pool</div> <div>Yoga with Denise 10:45-11:45 am Group Rm #1</div> <div>Forever Fit with Claire 10:45-11:45 am Gym</div> <div>Water Fitness with Megan 11 am-Noon Pool</div> <div>11:30 am-1:30 pm Lake Tye Potluck Picnic with Mill Creek YMCA Seniors!</div>	<div>Pickleball 7-9 am Gym</div>	<div>August Challenge: Strong all Summer Long! Gea tracker at the front desk or group ex rooms to help you maintain & progress throughout the Summer!</div>
		SUNDAY
		<div>Pickleball 10 am-Noon Gym</div> <div>SEE BACK FOR SPECIAL EVENTS</div>



AUGUST 2025

MONROE SKY VALLEY FAMILY YMCA SENIOR CALENDAR

★ ★ SPECIAL EVENTS ★ ★

THURSDAY, AUGUST 14	MONDAY, AUGUST 18	
Annual Senior Picnic Potluck 11:30-1:30 "Camp Tye" Dress in your camping outfit and join the fun at our annual Potluck/Picnic with the Mill Creek YMCA on beautiful Lake Tye. Bring a dish to share and we will see you there!	Senior Programs Advisory Committee 11 - NOON Club Room #1 Have a voice and a hand in programs for Seniors at the Y. Just show up or email Andi Skorheim at askorheim@ymca-snoco.org for more info.	
UPCOMING EVENTS		
Friday, September 19 12:30-2pm Potluck Group EX Room #1 Bring a dish to share and enjoy time to connect with friends and neighbors	Tuesday, September 23 12:30-1:30 Natural Disaster Preparedness	Friday, October 17 1-2pm Fall Prevention with Providence Reginal Medical Center



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 in class studios. 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 good time!



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.