



SEPTEMBER 2025

MILL CREEK FAMILY YMCA SENIOR CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<p> Water Fitness w/Christopher 7:30–8:15 am Pool</p> <p> Pedaling for Parkinson's w/Nikki 10:30–11:30 am Cycle Studio</p> <p> Forever Fit w/Anneke 11–11:45 am Gym</p> <p> Forever Fit w/Anneke 12:15–1 pm Gym</p> <p> Coffee & Connections Sept. 8, 15 11:15 am –12:15 pm Cascade Room</p> <p> Mahjong 1–3 pm Cascade Room</p>	<p> ZUMBA GOLD w/Debbi 11 am–Noon Gym</p> <p> Chair Yoga w/Vandana 12:15–1 pm Gym</p> <p> Water Fitness w/Melissa 1:30–2:15 pm Pool</p> <p> "Fall Prevention" Sept. 9 1:30 pm–2:30 pm</p> <p> "Computer Help for Seniors" Sept. 16, 23, 30 (by one-hour appointment with Sue) 2–4 pm</p> <p> "Bunco Day at the Y" Sept. 30 1–3 pm</p> <p> Overnight at Camp Casey Sept. 16–18</p>	<p> Water Fitness w/Terry 7:30–8:15 am Pool</p> <p> Pedaling for Parkinson's w/Nikki 10:30–11:30 am Cycle Studio</p> <p> Alzheimer's Support Sept. 10 10–11 am Cascade Room</p> <p> Forever Fit w/Anneke 11–11:45 am Gym</p> <p> Forever Fit w/Anneke 12:15–1 pm Gym</p> <p> Grief Support, Wednesdays Noon–2 pm Cascade Room</p> <p> Creative Coffee Klatch Sept. 10, 24 Noon–1:30 pm</p> <p> Book Club 2–3 pm Sept. 17 Cascade Room</p>
THURSDAY	FRIDAY	
<p> ZUMBA GOLD w/Debbie 11 am–Noon Gym</p> <p> Chair Yoga w/Vandana 12:15–1 pm Gym</p> <p> SoundBath Sept. 4, 18 1:15–1:45 pm MPR</p> <p> Water Fitness w/Maria 1:30–2:15 pm Pool</p> <p> Pinochle 2:30–4:30 pm Cascade Room</p> <p> Beginner Pickleball Clinic/Play Sept. 11 8:30 am–10:30 am</p> <p> Leavenworth Field Trip Sept. 25 8:15 am–6 pm</p>	<p> Water Fitness w/Melissa 7:30–8:15 am Pool</p> <p> Pedaling for Parkinson's 10:30–11:30 am Cycle Studio</p> <p> Forever Fit w/Maria 11–11:45 am Gym</p> <p> Chair Yoga w/Maria 12:15–1 pm MRP</p> <p> Mahjong 1–3 pm Cascade Room</p> <p> Tech Support for Seniors Sept. 12 2– 3:30 pm</p>	<p style="text-align: center;">SUNDAY</p>
		<p>A Fox on the Fairway - Sept. 28 2 pm Wade James Theatre</p>
		<p style="text-align: center;">PICKLEBALL</p>
		<p> M, W, TH 8:30–10:30 am M – TH 1:15–2:45 pm</p> <p>*Above Schedule Begins Sept. 8th*</p> <p>SEE BACK FOR SPECIAL EVENTS </p>



★ ★ SPECIAL EVENTS ★ ★

THURS. SEPT. 4, 18	MON., SEPT. 8, 15	TUES., SEPT. 9	THURS., SEPT. 11	FRI. SEPT. 12
Sound Bath 1:15-1:45 pm Come experience the soothing effects of singing bowls and other instruments with Sharon, our Volunteer Presenter. See the benefits that these energetic sessions provide. You may use a either a yoga mat or chair. FREE Drop-in	Coffee & Connections 11 am-12:15 pm Join Volunteer Dave Fisher as you meet new folks - or enjoy the company of your YMCA friends. Decaffeinated coffee and tempting treats complete the morning. FREE Drop-in	Fall Prevention 1:30-2:30 pm Stay safe and confident on your feet with guidance from Providence Regional Medical Center. We'll look at the data, risk factors and strategies for fall prevention. Let's reduce falls & support healthy aging. FREE Register online	Beginner Pickleball Clinic/Play 8:30-10:30 am Come learn the basics of pickleball - the fastest growing sport in the US. You will learn the rules, how to score as well as play games with other folks who are learning to play. FREE Register - pleahy@ymca-snoco.org	Tech Support for Seniors 2-3:30 pm Our teens are back to help with your software, hardware, computer programs, cell phones and just about all your technology needs. If they don't have answers, they will try to find them or point you in the right direction. FREE Drop-in
SEPT. 16-18	THURS. SEPT. 25	SUN. SEPT. 28	TUES. SEPT. 30	WEDNESDAYS
Senior Overnight Camp at Camp Casey Join our inaugural Golden Getaway Camp at historic Camp Casey on Whidbey Island. Activities are designed specifically for Seniors as well as beach walks, s'mores and campfires. 15 spots open - closes 9/8! \$260 Register online	Leavenworth Day Trip 8:15 am-6 pm We will see Fall Colors, have a fun stop at Smallwood Fruit Harvest, and experience the town of Leavenworth where you can eat, go wine or beer tasting, explore the many shops, take a walk by the river, or people watch! Cost: \$50 Register online	A Fox on the Fairway 2 pm 30 tickets are reserved for this laugh-out-loud comedy performed by the Driftwood Players. It is a madcap adventure about love, life and man's eternal love affair with...golf! Transportation not provided. Cost: \$27 Register online.	BUNCO Day at the YMCA 1-3pm Bunco is a game with dice and a whole lotta luck! All Levels welcome with players that can help you learn. Bring a snack to share and prizes will be awarded for Most Points, Least Points, Most Buncos and a "Random Prize". FREE Register Pleahy@ymca-snoco.org	Every Wed. Grief Support Group Noon - 2 pm Alzheimer's Caregiver Support Group Sept. 10 10-11 am Crafty Coffee Klatch Sept. 10, 24 Noon Book Club Sept. 17 2-3 pm



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.



POTLUCK

A once-a-month event for Seniors. Bring food or drink to share and engage in a fun and delicious community engagement.



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.



SPECIAL EVENT

Events that very 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.



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.