

























# SEPTEMBER 2025

MONROE/SKY VALLEY FAMILY  
YMCA SENIOR CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<div><div>Pickleball <b>7-11 am</b> Gym</div></div> <div><div>Yoga with Stephanie <b>8:15-9:15 am</b> Group Ex Rm #1</div></div> <div><div>Chair Yoga w/Stephanie <b>9:45-10:30 am</b> Group Ex 2</div></div> <div><div>Water Fitness with Jen <b>11-Noon</b> Pool</div></div> <div><div>September 22 Senior Program Advisory Committee <b>11 am-Noon</b> Club Room #1</div></div>	<div><div>Water Fitness with Megan <b>7:45-8:45 am</b> Pool</div></div> <div><div>Basic Strength and Tone with Stephanie: <b>8:15-9:15 am</b> Group Ex Rm #1</div></div> <div><div>Forever Fit with Claire <b>10:45-11:45 am</b> GX 2</div></div> <div><div>Water Fitness with Megan <b>11 am-Noon</b> Pool</div></div>	<div><div>Pickleball <b>7-11 am</b> Gym</div></div> <div><div>Chair Yoga with Heather <b>8:30-9:15 am</b> Group Ex Rm #1</div></div> <div><div>Coffee &amp; Connections <b>9-11 am</b> Lobby</div></div> <div><div>Water Fitness with Jen <b>11 am-Noon</b> Pool</div></div>
THURSDAY	FRIDAY	NEWS
<div><div>Water Fitness with Megan <b>7:45-8:45 am</b> Pool</div></div> <div><div>Yoga with Denise <b>10:45-11:45 am</b> Group Rm #1</div></div> <div><div>Forever Fit with Claire <b>10:45-11:45 am</b> GX2</div></div> <div><div>Water Fitness with Megan <b>11 am-Noon</b> Pool</div></div>	<div><div>Pickleball <b>7-11 am</b> Gym</div></div> <div><div>Potluck, Fri. Sept. 19 <b>12:30-2pm</b> Group Ex Rm 1</div></div>	<div><div>All Snohomish County YMCA's will be closed on 9/1 in observance of Labor Day.</div></div>
		SUNDAY
		<div><div>Pickleball <b>10 am-Noon</b> Gym</div></div> <div><div>SEE BACK FOR SPECIAL EVENTS</div></div>



# SEPTEMBER 2025

MONROE SKY VALLEY FAMILY  
YMCA SENIOR CALENDAR

## ★ ★ SPECIAL EVENTS ★ ★

FRIDAY, SEPTEMBER 19	MONDAY, SEPTEMBER 22	FRIDAY, SEPTEMBER 25
<p>12:30-2 pm</p> <p><b>Potluck</b></p> <p><b>Group Ex Room #1</b></p> <p><b>Bring a dish to share and enjoy time to connect with friends and neighbors</b></p>	<p>11 - NOON Club Room #1</p> <p><b>Senior Programs Advisory Committee</b></p> <p><b>Have a voice and a hand in programs for Seniors at the Y.</b></p> <p><b>Just show up or email Andi Skorheim at <a href="mailto:askorheim@ymca-snoco.org">askorheim@ymca-snoco.org</a> for more info</b></p>	<p>8:30am - 6 pm</p> <p><b>Trip to Leavenworth</b></p> <p><b>Cost \$50, Register by 9/10</b></p> <p><b>Meet at Gold Creek Community Church in Mill Creek.</b></p> <p><b>For more information contact <a href="mailto:pleahy@ymca-snoco.org">pleahy@ymca-snoco.org</a></b></p>
FRIDAY, OCTOBER 17	OCTOBER 25	SEPTEMBER 16-18
<p>1-2 pm</p> <p>Group Ex Room 1</p> <p><b>Fall Prevention with Providence Reginal Medical Center</b></p>	<p>3-5 pm</p> <p>Throughout the branch</p> <p><b>VOLUNTEER OPPERTUNITY</b></p> <p><b>Indoor Trunk or Treat!</b></p> <p><b>Grab a suitcase, candy and decorations for the kiddos to trick or get a treat! For more information contact <a href="mailto:HRodreguez@ymca-snoco.org">HRodreguez@ymca-snoco.org</a></b></p>	<p>Senior Overnight Camp</p> <p>Camp Casey</p> <p><b>Experience the joy of classic camp activities—all designed with adults 55 and over in mind</b></p> <p><b>Register at Member Services</b></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 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.