







































# OCTOBER 2025

## MILL CREEK FAMILY YMCA SENIOR CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<div> Water Fitness w/Christopher <b>7:30–8:15 am</b> Pool</div> <div> Pedaling for Parkinson's w/Nikki <b>10:30–11:30 am</b> Cycle Studio</div> <div> Forever Fit w/Anneke <b>11–11:45 am</b> Gym</div> <div> Forever Fit w/Anneke <b>12:15–1 pm</b> Gym</div> <div> Coffee &amp; Connections Oct. 6, 20 <b>11:15 am –12:15 pm</b> Cascade Room</div> <div> Mahjong <b>1–3 pm</b> Cascade Room</div> <div>Medicare Made Clear Oct. 27 <b>12:15 pm</b></div>	<div> ZUMBA GOLD w/Debbi <b>11 am–Noon</b> Gym</div> <div> Chair Yoga w/Vandana <b>12:15–1 pm</b> Gym</div> <div> Water Fitness w/Melissa <b>1:30–2:15 pm</b> Pool</div> <div> "Intuitive Eating" Oct. 14 <b>1:00 pm–2:30 pm</b></div> <div> "Computer Help for Seniors" Oct. 7, 14, 21 (by one-hour appointment with Sue) <b>2–4 pm</b></div> <div> "Bunco Day at the Y" Oct. 28 <b>1–3 pm</b></div>	<div> Water Fitness w/Terry <b>7:30–8:15 am</b> Pool</div> <div> Pedaling for Parkinson's w/Nikki <b>10:30–11:30 am</b> Cycle Studio</div> <div> Alzheimer's Support Oct. 8 <b>10–11 am</b> Cascade Room</div> <div> Forever Fit w/Anneke <b>11–11:45 am</b> Gym</div> <div> Forever Fit w/Anneke <b>12:15–1 pm</b> Gym</div> <div> Grief Support, Wednesdays <b>Noon–2 pm</b> Cascade Room</div> <div> Creative Coffee Klatch Oct. 8, 22 <b>Noon–1:30 pm</b></div> <div> Book Club <b>1–3:30 pm Oct. 15</b> YDC/Cascade Room</div> <div> Bridge <b>2:30–4:30 pm Oct. 8</b> Cascade Room</div>
THURSDAY	FRIDAY	SUNDAY
<div> ZUMBA GOLD w/Debbie <b>11 am–Noon</b> Gym</div> <div> Chair Yoga w/Vandana <b>12:15–1 pm</b> Gym</div> <div> SoundBath Oct. 2, 16 <b>1:15–1:45 pm</b> MPR</div> <div> Water Fitness w/Maria <b>1:30–2:15 pm</b> Pool</div> <div> Pinochle <b>2:30–4:30 pm</b> Cascade Room</div> <div> Bingo@Tulalip Bingo Oct. 9 <b>8:30 am–10:30 am</b></div> <div> Zumba Halloween/Paul Pei Presentation <b>12:15 am–1:45</b></div>	<div> Water Fitness w/Melissa <b>7:30–8:15 am</b> Pool</div> <div> Pedaling for Parkinson's <b>10:30–11:30 am</b> Cycle Studio</div> <div> Forever Fit w/Maria <b>11–11:45 am</b> Gym</div> <div> Chair Yoga w/Maria <b>12:15–1 pm</b> MRP</div> <div> Mahjong <b>1–3 pm</b> Cascade Room</div> <div> Tech Support for Seniors Oct.10 <b>2– 3:30 pm</b></div>	<div> <b>M, W, TH 8:30–10:30 am</b> <b>M – TH 1:15–2:45 pm</b></div> <div><b>*Beginner Clinic" Oct. 23</b> <b>8:30–10:30 am–all courts</b> <b>in use for clinic</b></div>
		<div>SEE BACK FOR SPECIAL EVENTS</div> <div></div>



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## MILL CREEK FAMILY YMCA SENIOR CALENDAR

### ★ ★ SPECIAL EVENTS ★ ★

THURS. OCT. 2, 16	WED. OCT. 8	THUR. OCT. 9	FRI. OCT. 10	TUES. OCT. 14
<b>Sound Bath 1:15–1:45 pm</b> 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	<b>Bridge Group 2:30 –4:30 pm</b> Join fellow Bridge lovers who would like to play on a regular basis. We have tables for both beginning and experienced players but need more! Still looking for someone to “lead” this activity. Email <a href="mailto:pleahy@ymca-snoco.org">pleahy@ymca-snoco.org</a> if interested. FREE	<b>Tulalip Bingo &amp; Slots 10:15–6:00pm</b> The Tulalip Casino shuttle will pick us up at McCollum Park for a fun day of Bingo or slots. 10% discount on lunch and \$5.00 free slots included. The average cost for Bingo for the day is \$28 – depending on the pot. BYO dobber or you may buy one for \$2.50	<b>Tech Support for Seniors 2–3:30 pm</b> Our teens are here 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	<b>Intuitive Eating Nutrition Seminar 1–2:30 pm</b> Focus on nutrition with Brooke Brandenberry licensed mental health & nutrition counselor. Brooke will share the 10 Principles of intuitive eating – a different approach to good nutrition. FREE
THURS. OCT. 23	MON. OCT. 27	TUES. OCT. 28	TUES. OCT. 28	WEDNESDAYS
<b>Beginner Pickleball Clinic/Play 8:30–10:30 am</b> 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 – <a href="mailto:pleahy@ymca-snoco.org">pleahy@ymca-snoco.org</a>	<b>Medicare Made Clear 12:15 pm</b> Hazel Borden will help us understand the mystery that is Medicare and changes for 2026. Make life less stressful by knowing your options. This is a fun, no pressure way to find answers to those perplexing questions about your health coverage.	<b>BUNCO Day at the YMCA 1–3pm</b> 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 <a href="mailto:Pleahy@ymca-snoco.org">Pleahy@ymca-snoco.org</a>	<b>Zumba Halloween Party/Paul Pei – Goblins in Hong Kong 12:15–1:45 pm</b> Don your costumes for Zumba and then enjoy Halloween treats at our annual bash! New this year, Paul Pei will talk about ghosts and goblins at the Hong Kong Zoo and his experience with a very superstitious culture.	<b>Every Wed. Grief Support Group Noon – 2 pm</b>  <b>Alzheimer’s Caregiver Support Group Oct. 8 10–11 am</b>  <b>Crafty Coffee Klatch Oct. 8, 22 Noon</b>  <b>Book Club Oct. 15 1 – 3:30 pm</b>



#### 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.