

























OCTOBER 2025

MONROE/SKY VALLEY FAMILY YMCA SENIOR CALENDAR


MONDAY	TUESDAY	WEDNESDAY
<div><div>Pickleball 7-11 am Gym</div></div> <div><div>Yoga with Stephanie 8:15-9:15 am Group Ex Rm #1</div></div> <div><div>Chair Yoga w/Stephanie 9:45-10:30 am Group Ex Rm #2</div></div> <div><div>Water Fitness with Jen 11 am-Noon Pool</div></div> <div><div>Oct. 27 Senior Program Advisory Committee 11 am-Noon Club Room #1</div></div>	<div><div>Water Fitness with Megan 7:45-8:45 am Pool</div></div> <div><div>Basic Strength and Tone with Stephanie: 8:15-9:15 am Group Ex Rm #1</div></div> <div><div>Forever Fit with Claire 10:45-11:45 am Group Ex Rm #2</div></div> <div><div>Water Fitness with Megan 11 am-Noon Pool</div></div>	<div><div>Pickleball 7-11 am Gym</div></div> <div><div>Chair Yoga with Heather 8:30-9:15 am Group Ex Rm #2</div></div> <div><div>Coffee & Connections 9-11 am Lobby</div></div> <div><div>Water Fitness with Jen 11 am-Noon Pool</div></div>
THURSDAY	FRIDAY	NEWS
<div><div>Water Fitness with Megan 7:45-8:45 am Pool</div></div> <div><div>Yoga with Denise 10:45-11:45 am Group Ex Rm #1</div></div> <div><div>Forever Fit with Claire 10:45-11:45 am GX2</div></div> <div><div>Water Fitness with Megan 11 am-Noon Pool</div></div>	<div><div>Pickleball 7-11 am Gym</div></div> <div><div>Potluck, Fri. Oct. 17 12:30-2 pm Group Ex Rm #1</div></div>	<div><div>Fall Prevention has been moved to November. Check email for date and time.</div></div>
		SUNDAY
		<div><div>Pickleball 10 am-Noon Gym</div></div> <div><div>SEE BACK FOR SPECIAL EVENTS</div></div>



OCTOBER 2025

MONROE SKY VALLEY FAMILY YMCA SENIOR CALENDAR

★ ★ SPECIAL EVENTS ★ ★

	MONDAY, OCTOBER 27	
	11 – NOON Club Rm #1 Senior Programs Advisory Committee Have a voice and a hand in programs for Seniors at the Y. Just show up or email Jessica Hall at JHall@ymca-snoco.org for more info	
FRIDAY, OCTOBER 17		OCTOBER 25
12:30–2 pm Group Ex Rm #1 Spooky Potluck Prizes, games and FUN! Bring a dish to share and enjoy time to connect with friends and neighbors		3–5 pm Throughout the branch VOLUNTEER OPPORTUNITY Indoor Trunk or Treat! Grab a suitcase, candy and decorations for the kiddos to trick or get a treat! For more information contact HRodreguez@ymca-snoco.org



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.