





























# OCTOBER 2025

## MUKILTEO FAMILY YMCA SENIOR CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<div><div>Water Fitness w/Carolyn <b>7:30–8:30 am</b> Pool</div></div>	<div><div>Water Fitness w/Leslee <b>7:30–8:30 am</b> Pool</div></div>	<div><div>Water Fitness w/Leslee <b>7:30–8:30 am</b> Pool</div></div>
<div><div>Pickelball <b>7 am–1:30 pm*</b> Gym</div></div>	<div><div>Pickelball <b>7 am–1:30 pm*</b> Gym</div></div>	<div><div>Pickelball <b>7 am–1:30 pm*</b> Gym</div></div>
<div><div>Coffee &amp; Connections <b>8:45–9:45 am</b> Lobby</div></div>	<div><div>Coffee &amp; Connections <b>8:45–9:45 am</b> Lobby</div></div>	<div><div>Coffee &amp; Connections <b>8:45–9:45 am</b> Lobby</div></div>
<div><div>Chair Yoga w/Karen <b>11:30–12:15 pm</b> W2</div></div>	<div><div>Forever Fit w/Karen <b>11:30–12:15 pm</b> W2</div></div>	<div><div>Chair Yoga w/Sarah <b>11:30–12:15 pm</b> W2</div></div>
		<div><div>Community Transit Trip October 15** <b>12:30–3:30pm</b></div></div>
		<div><div>FitWalk to Tapped October 29 <b>12:15</b></div></div>
THURSDAY	FRIDAY	SATURDAY
<div><div>Water Fitness w/Leslee <b>7:30–8:30 am</b> Pool</div></div>	<div><div>Water Fitness w/Carolyn <b>7:30–8:30 am</b> Pool</div></div>	
<div><div>Pickelball <b>7 am–1:30 pm*</b> Gym</div></div>	<div><div>Pickelball <b>7 am–1:30 pm*</b> Gym</div></div>	
<div><div>Forever Fit w/David <b>11:30–12:15 am</b> W2</div></div>	<div><div>Coffee &amp; Connections <b>8:45–9:45 am</b> Lobby</div></div>	
<div><div>Potluck <b>October 16</b> <b>12:15–1 pm</b> Family Room</div></div>	<div><div>Zumba Gold w/Szu <b>10:15–11:15 am</b> W2</div></div>	
<div><div>Understanding Medicare <b>October 16</b> <b>1–2 pm</b> Family Room</div></div>	<div><div>TRX w/David <b>11:30 am–12:15 pm</b> W2</div></div>	
<div><div>Fall Prevention <b>October 23</b> <b>1–2 pm</b> Family Room</div></div>		
		SUNDAY
		<div>SEE BACK FOR SPECIAL EVENTS</div> <div></div>



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## MUKILTEO FAMILY YMCA SENIOR CALENDAR

### ★ ★ SPECIAL EVENTS ★ ★

#### Community Transit Trip\*\*

**Wednesday, October 15**

Sign up online or at the welcome center to attend this event to learn how to plan your next trip utilizing public transportation. There will also be a bus ride to the Lynnwood Transit Center.

#### Senior Potluck – Family Room

**Thursday, October 16 12:15–1 pm**

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

#### Understanding Medicare–Family Room

**Thursday, October 16–1–2 pm**

Turning 65, retiring, or newly eligible for Medicare? Join this free, unbiased one-hour introduction to Medicare. You'll learn about Original Medicare, Advantage Plans, prescription, and supplemental coverage. We'll cover key terms, enrollment deadlines, and plan costs—with helpful charts and current rates.

#### Fall Prevention – Family Room

**Thursday, October 23– 1:00 pm**

Learn how to stay safe and confident on your feet with guidance from a guest speaker from Providence Regional Medical Center Everett. This informative session will cover what defines a fall, why it's important to talk about falls, current data and statistics, common risk factors, what life can look like after a fall, and practical strategies for prevention. Whether you're a senior or a caregiver, you'll leave with valuable knowledge and tools to help reduce fall risks and support healthy aging.

#### FitWalk

**Wednesday, October 29–12:15 pm**

Walk to Tapped Mukilteo for lunch (1 mile walk in total) – meet by the front desk. Each person covers their own food & drinks while we connect together in a room reserved for us!

\*Pickleball hours subject to change. On non-school days, pickleball will need to end or move to half court at 10:00 am

\*\*Registration Required



#### 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 on land. 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



#### SPECIAL EVENT



#### AOA BASKETBALL

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

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.

Drop-in basketball time offers a milder form of the game we all love in a fun and supportive environment exclusively offered for YMCA members over the age of 60.