



NOVEMBER 2025

MILL CREEK FAMILY YMCA SENIOR CALENDAR

MONDAY	TUESDAY	WEDNESDAY
Water Fitness w/Christopher 7:30–8:15 am Pool Pedaling for Parkinson's w/Nikki 10:30–11:30 am Cycle Studio Forever Fit w/Anneke 11–11:45 am Gym Forever Fit w/Anneke 12:15–1 pm Gym Coffee & Connections Nov. 3, 17 11:15 am –12:15 pm Cascade Room Mahjong 1–3 pm Cascade Room Property Taxes Seminar Nov. 3 12:15 pm How to Lie with Statistics? Seminar Nov. 17 12:15 pm	ZUMBA GOLD w/Debbi 11 am–Noon Gym Chair Yoga w/Vandana 12:15–1 pm Gym Water Fitness w/Melissa 1:30–2:15 pm Pool BUNCO Day at the Y Nov. 18 1–3 pm	Water Fitness w/Terry 7:30–8:15 am Pool Pedaling for Parkinson's w/Nikki 10:30–11:30 am Cycle Studio Alzheimer's Support Nov. 12 10–11 am Cascade Room Forever Fit w/Anneke 11–11:45 am Gym Forever Fit w/Anneke 12:15–1 pm Gym Grief Support, Wednesdays Noon–2 pm Cascade Room Creative Coffee Klatch Nov. 12,26 Noon–1:30 pm Book Club 1–3:30 pm Nov. 19 YDC/Cascade Room
THURSDAY	FRIDAY	SUNDAY
ZUMBA GOLD w/Debbie 11 am–Noon Gym Chair Yoga w/Vandana 12:15–1 pm Gym SoundBath Nov. 6, 20 1:15–1:45 pm MPR Water Fitness w/Maria 1:30–2:15 pm Pool Pinochle 2:30–4:30 pm Cascade Room Beginner Pickleball Nov. 13 8:30–10:30 am	Water Fitness w/Melissa 7:30–8:15 am Pool Pedaling for Parkinson's 10:30–11:30 am Cycle Studio Forever Fit w/Maria 11–11:45 am Gym Chair Yoga w/Maria 12:15–1 pm MRP Mahjong 1–3 pm Cascade Room New Member Welcome Nov. 21 2:30– 3:30 pm Veteran's/Thanksgiving Potluck Nov. 14 1– 3 pm	"Cinderella" at Wade James Theatre Nov. 23 2:00 pm
		PICKLEBALL
		M, W, TH 8:30–10:30 am M – TH 1:15–2:45 pm Beginner Clinic Nov. 13 8:30–10:30 am–all courts in use for clinic
		SEE BACK FOR SPECIAL EVENTS 



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★ ★ SPECIAL EVENTS ★ ★

MON. NOV. 3	THURS. NOV. 13	FRI. NOV.14	FRI. NOV. 14	MON. NOV. 17
Property Tax Seminar 12:15-1:15 Linda Hjelle, Snohomish County Assessor will be here to discuss Senior Property Tax exemptions as well as how property taxes work for Seniors. You will have questions answered about how the program works and application process. FREE	Beginner Pickleball Clinic/Play 8:30-10:30 am Come learn the basics of pickleball – the rules, how to score as well as play games with other folks who are learning to play. FREE Register – pleahy@ymca-snoco.org No open pickleball during this time. FREE	Veteran’s Day/ Thanksgiving Potluck 1-3 pm Join us to honor our Vets & celebrate our gifts and friendships. We will have the Everett ROTC with a Color Guard presentation, patriotic songs/slides and delicious food – prepared by YOU plus turkey provided by the YMCA. Register by email: pleahy@ymca-snoco.org	Tech Support for Seniors 2-3:30 pm 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	How to Lie with Statistics 12:15 pm Howie Silver, PHD and instructor at Creative Retirement Institute will expose the many tricks, fallacies and mathematical or linguistic quirks in advertising and statistics that lead to misleading or downright incorrect conclusions. FREE Register by email: pleahy@ymca-snoco.org
TUES. NOV.18	FRI. NOV. 21	SUN. NOV. 23	THURS. DEC. 4	WEDNESDAYS
BUNCO Day at the YMCA 1-3 pm 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	New Member Welcome 2:30 pm Learn how to make the most of your YMCA experience. We’ll talk about the many social opportunities and special events for Seniors as well as answer the “how to’s” and all your questions. FREE Register by email: pleahy@ymca-snoco.org	Cinderella Wade James Theatre 2 pm This is the new Broadway adaptation of the classic musical by Rodgers & Hammerstein. 25 tickets are available. Members provide their own transportation to Wade James Theatre in Edmonds. Cost: \$27.00 Sign up with your Y account or at the Welcome Center.	Victorian Country Christmas 8:30 am Don’t miss this holiday favorite. We’ll travel by motorcoach to experience the magic of the holidays. Find the perfect gift at the dozens of booths and take in the music, lights and holiday cheer. We’ll meet our bus at McCollum Park Park and Ride. Fee: \$55.00 Register with your Y account or at the Welcome Center.	Every Wed. Grief Support Group Noon – 2 pm Alzheimer’s Caregiver Support Group Nov. 12 10-11 am Crafty Coffee Klatch Nov. 12, 26 Noon Book Club Nov. 19 2 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.