



DECEMBER 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 Dec. 1, 15 11:15 am–12:15 pm Cascade Room Mahjong 1–3 pm Cascade Room	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 "Going All In" Seminar Dec. 9 1:15–2:15 pm MPR Holiday Potluck Dec. 16 1–3 pm MPR Next Bunco Jan. 27 1–3 pm MPR (no Bunco in Dec)	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 Dec. 10 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 Dec. 10 Lunch at Brianna's. 1 pm Book Club 1–3:30 pm Dec. 17 YDC/Cascade Room
THURSDAY	FRIDAY	SUNDAY
ZUMBA GOLD w/Debbie 11 am–Noon Gym Chair Yoga w/Vandana 12:15–1 pm Gym SoundBath Dec. 4, 18 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 Dec. 11 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 Tech Support for Seniors 2:30– 3:30 pm	Winter Solstice Walk – Everett Arboretum 7:30 am Meet at Arboretum
		PICKLEBALL
		M, W, TH 8:30–10:30 am M – TH 1:15–2:45 pm Beginner Clinic Dec.11 8:30–10:30 am–all courts in use for clinic
		SEE BACK FOR SPECIAL EVENTS 



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★ ★ SPECIAL EVENTS ★ ★

TUES. DEC. 9	WED. DEC. 10	WED. DEC. 10	THURS. DEC. 11	FRI. DEC. 12
Going all In Seminar 1:15-2:15 pm Facilitator Melodie West is a Well-Being Coach and will help you unpack what is "holding you back". Stop playing small and bet on "You" with purpose and heart. Register by email: pleahy@ymca-noco.org FREE	Holiday Blues with Kelly Baughman Noon Dealing with loss is not easy during the holidays. Come learn the self-care tools that you have in your toolbox and just how powerfully important the support of community can be. Register by email: pleahy@ymca-snoco.org FREE	Crafty Coffee Klatch Lunch at Brianna's Cafe 1 pm Our crafting gang will meet to celebrate the holidays for lunch at Brianna's 13215 39 th Ave. SE in Mill Creek at 1 pm. This will be the only session in Dec. Contact Chris K. for info. at: ckurkow@hotmail.com	Beginner Pickleball Clinic 8:30-10:30 am Learn the basics so that you feel comfortable playing in open pickleball sessions. Score-keeping and strategy/technique will be covered. Registration by email (pleahy@ymca-snoco.org) is mandatory. Class will be cancelled if fewer than 4 register. FREE	Tech Support for Seniors 2-3:30 pm Bring your questions about cell phones, laptops, desktops, software etc. to our "teen tech wizards". They love to help you with questions or problems you want to solve. No registration is necessary. Drop in to the teen center between the hours of 2:00-3:30. FREE
TUES. DEC. 16	DEC. 4 & 18	SUN. DEC. 21	THURS. JAN. 22	WEDNESDAYS
Holiday Potluck 1-3 pm Always a favorite! Wear your favorite Holiday attire and bring a dish to share. There will be lots of great food, entertainment (Archbishop Murphy Choir and Holiday songs by Kelly Baughman) and fun games to play as well as a visit from Santa. Register on the clipboard with Senior Programs or by email: pleahy@ymca-snoco.org	Sound Baths 1:15 Sound baths are offered each 1 st and 3 rd Thursday monthly. This is a relaxing way to experience the mental and physical benefits that singing bowls, drums, and other instruments can provide. Free Drop-in If you have questions, email: pleahy@ymca-snoco.org	Winter Solstice at the Arboretum 7:30 am Brrrrrrrr. Rise and shine to celebrate Winter Solstice. We will meet at the arboretum and do a dawn walk (7:53) led by an arboretum board member. Bring a luminary or use one at the event. This will be followed by treats/ hot beverages in the classroom and then crafts. Register by email: Pleahy@ymca-snoco.org FREE	Trip to MOPOP 8:30 am-4 pm We will travel by Community Transit to the Museum of Pop Culture at the Seattle Center. The museum offers multiple exhibits that we will explore for 2 hours followed by a lunch together. Register at the Welcome Center or online. Fee: \$14.00 You will also need an ORCA card with \$8.00 loaded for transportation fares plus money for lunch.	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.