



JANUARY 2026

MUKILTEO FAMILY YMCA
SENIOR CALENDAR

MONDAY	TUESDAY	WEDNESDAY
Water Fitness w/Carolyn 7:30-8:30 am Pool Pickleball 7 am-1:30 pm* Gym Coffee & Connections 8:45-9:45 am Lobby Chair Yoga w/Karen 11:30-12:15 pm W2 Senior New Member Orientation 12:30 pm Lighthouse Room	Water Fitness w/Leslee 7:30-8:30 am Pool Pickleball 7 am-1:30 pm* Gym Coffee & Connections 8:45-9:45 am Lobby Forever Fit w/Karen 11:30-12:15 pm W2	Water Fitness w/Leslee 7:30-8:30 am Pool Pickleball 7 am-1:30 pm* Gym Coffee & Connections 8:45-9:45 am Lobby Chair Yoga w/Sarah 11:30-12:15 pm W2 Craft and Crochet January 14 12:30 pm Lighthouse Room
THURSDAY	FRIDAY	SATURDAY
Water Fitness w/Leslee 7:30-8:30 am Pool Pickleball 7 am-1:30 pm* Gym Forever Fit w/David 11:30-12:15 am W2 Potluck -January 15 12:15 pm Family Room Presentation- January 15 1:00 pm Family Room	Water Fitness w/Carolyn 7:30-8:30 am Pool Pickleball 7 am-1:30 pm* Gym Coffee & Connections 8:45-9:45 am Lobby Zumba Gold w/Szu 10:15-11:15 am W2 TRX w/David 11:30 am-12:15 pm W2 Chair Yoga w/ Varies 12:30 pm W2	
SUNDAY		SEE BACK FOR SPECIAL EVENTS >



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★★ SPECIAL EVENTS ★★

Craft and Crochet

Wednesday, January 14, 12:30 pm -Lighthouse Room

Interested in learning to crochet? Have unfinished craft projects you've been meaning to complete? Join us! Whether you're starting something new or finishing something old, we'd love to have you. Bring your own craft supplies or jump into our crochet workshop—materials included!

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

January Potluck

Thursday, January 15, 12:15 pm-Family Room

Join us for our monthly potluck! Bring your favorite dish to share!

January Presentation-The 5 Key Phases to Protect Your Savings

Throughout Retirement

Thursday, January 15, 1-2 pm-Family Room

Retirement is a time to enjoy what you've built—let's make sure your money lasts as long as you do. In this easy-to-follow session designed for current retirees (and soon-to-be retirees), you'll learn tax-smart withdrawal strategies, how to handle RMDs with confidence, what to consider for legacy planning, and how to keep your financial plan adaptable for the years ahead.

Senior New Member Orientation

Monday, January 26, 12:30 pm-Lighthouse Room

Whether you are a new member or not, you are welcome to join as we go over different benefits of your membership!



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 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.

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.