





























# JANUARY 2026

## MUKILTEO FAMILY YMCA SENIOR CALENDAR

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



### ★ ★ 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!

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



#### 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.