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MILL CREEK FAMILY YMCA SENIOR CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<div> Water Fitness w/Christopher 7:30–8:15 am Pool</div> <div> Pedaling for Parkinson's w/Nikki 10:30–11:30 am Cycle Studio</div> <div> Forever Fit w/Anneke 11–11:45 am Gym</div> <div> Forever Fit w/Anneke 12:15–1 pm Gym</div> <div> Coffee & Connections Jan. 5, 19 11:15 am–12:15 pm Cascade Room</div> <div> Mahjong 1–3 pm Cascade Room</div> <div> Thrivent Seminars: Jan. 5, 12 12:15 –1:15 pm YDC</div>	<div> ZUMBA GOLD w/Debbi 11 am–Noon Gym</div> <div> Chair Yoga w/Vandana 12:15–1 pm Gym</div> <div> Water Fitness w/Melissa 1:30–2:15 pm Pool</div> <div> Community Transit Presentation/Trip to Light Rail 12:15–3:30 pm YDC</div> <div> BUNCO January 27 1–3 pm MPR</div> <div> Books & Banter Jan. 20 1–2:30 pm Cascade Room</div>	<div> Water Fitness w/Terry 7:30–8:15 am Pool</div> <div> Pedaling for Parkinson's w/Nikki 10:30–11:30 am Cycle Studio</div> <div> Alzheimer's Support Jan. 14 10–11 am Cascade Room</div> <div> Forever Fit w/Anneke 11–11:45 am Gym</div> <div> Forever Fit w/Anneke 12:15–1 pm Gym</div> <div> Grief Support, Wednesdays Noon–2 pm Cascade Room</div> <div> Creative Coffee Klatch Jan. 14,28 Noon</div> <div> Book Club 2:00–3:00 pm Jan. 21 Cascade Room</div>
THURSDAY	FRIDAY	SUNDAY
<div> ZUMBA GOLD w/Debbie 11 am–Noon Gym</div> <div> Chair Yoga w/Vandana 12:15–1 pm Gym</div> <div> SoundBath Jan. 15 1:15–1:45 pm MPR</div> <div> Water Fitness w/Maria 1:30–2:15 pm Pool</div> <div> Pinochle 2:30–4:30 pm Cascade Room</div> <div> Square Dancing Jan 8 1:30–3 pm</div> <div> Excursion to MOPOP Jan 22 8–4 pm</div> <div> Fraud Prevention Talk Jan. 29 1:15 pm</div>	<div> Water Fitness w/Melissa 7:30–8:15 am Pool</div> <div> Pedaling for Parkinson's 10:30–11:30 am Cycle Studio</div> <div> Forever Fit w/Maria 11–11:45 am Gym</div> <div> Chair Yoga w/Maria 12:15–1 pm MRP</div> <div> Mahjong 1–3 pm Cascade Room</div> <div> Tech Support for Seniors Jan. 9 2:30– 3:30 pm</div>	<div> M, W, TH 8:30–10:30 am M – TH 1:15–2:45 pm</div> <div>Beginner Clinic Jan.15 8:30–10:30 am–all courts in use for clinic</div>
		<div>SEE BACK FOR SPECIAL EVENTS</div> <div></div>



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MILL CREEK FAMILY YMCA SENIOR CALENDAR

★ ★ SPECIAL EVENTS ★ ★

MON. JAN 5	THURS. JAN. 8	MON. JAN 12	FRI. JAN 9	THURS. JAN. 15
Retirement-Red Flags to Consider 12:15-1:45 pm Bruno Dornelas from Thrivent presents a workshop that covers critical warning signs that could jeopardize your financial future. Learn practical ways to protect your assets. Register by email: pleahy@ymca-snoco.org FREE	Square Dancing Fun 1:30-3 pm Come "Do-Si-Do" with local square dance celeb "Dancing Dave". No experience is necessary for this opportunity to learn a fun, new skill while getting great exercise. Y members from local square-dancing clubs - join us! Register by email: pleahy@ymca-snoco.org FREE	Five Phases to Retirement Planning 12:15-1:45 pm Take control of your retirement journey. Join Bruno Dornelas with Thrivent to learn how to optimize your savings, minimize taxes and plan your legacy. Register by email: pleahy@ymca-snoco.org 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 2-3:30 pm. FREE	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
TUES. JAN. 13	THURS. JAN. 22	TUES. JAN. 27	THURS. JAN. 29	WEDNESDAYS
Community Transit Seminar/ Bus/ Light Rail Trip 12:15-3:30 pm Learn to use public transportation and avoid traffic and parking fees. You will get an ORCA card with a free 30-day pass and become comfortable with using public transportation. Register with your YMCA account online or at the Welcome Center. 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.	BUNCO Day 1-3 pm Join the group in this fun game involving dice and a whole lotta luck. Don't know how to play? Come learn how to score points, win rounds and break ties. Easy-peasy. Bring a snack to share. Prizes for most points, least points, most buncos and random prize. Registration required: 20 maximum Email: pleahy@ymca-snoco.org	Fraud Detection & Prevention 1:15-2:15 pm Boeing Employees Credit Union will present a seminar on fraud prevention. Learn about common scams in the banking industry so that you become more aware when "something just doesn't feel right". Register by email: pleahy@ymca-snoco.org	Every Wed. Grief Support Group Noon-2 pm Alzheimer's Caregiver Support Group Jan. 14 10-11 am Crafty Coffee Klatch Jan. 14, 28 Noon Book Club Jan. 21, 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.