






























# FEBRUARY 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 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>Water Fitness</b> w/Leslee 7:30-8:30 am Pool</div> <div><b>Pickelball</b> 7 am-1 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 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>Senior Game Hour</b> Feb 11 12:30-1:30 pm</div> <div><b>Craft and Crochet</b> Feb 25 12:30 - 2 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 pm* Gym</div> <div><b>Forever Fit w/David</b> 11:30-12:15 am W2</div> <div><b>Potluck -Feb 26</b> 12:15 pm Family Room</div> <div><b>Presentation-</b> Feb 26 1 pm Family Room</div> <div><b>Community Transit Trip</b> 12:30 pm (Registration required)</div>	<div><b>Water Fitness</b> w/Carolyn 7:30-8:30 am Pool</div> <div><b>Pickelball</b> 7 am-1 pm* Gym</div> <div><b>Coffee &amp; Connections</b> 8:45-9:45 am Lobby</div> <div><b>Zumba Gold w/Gail</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></div> <div><b>SUNDAY</b></div> <div><div>SEE BACK FOR SPECIAL EVENTS</div></div>



### ★ ★ SPECIAL EVENTS ★ ★

#### Senior Game Hour

**Wednesday, February 11, 12:30-1:30 pm**

Come join us for games in the teen center at the Mukilteo Y for just seniors! We have board games, cards, and a ping pong table! If you would like, you are welcome to come right after class and bring snacks or a sack lunch, too!

#### Craft and Crochet

**Wednesday, February 25, 12:30-2 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!

#### Potluck

**Thursday, February 26 12:15 pm-Family Room**

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

#### Presentation-Nutrition and Finances

**Thursday, February 26, 1-2 pm-Family Room**

Learn ways to go after all of your goals!

#### Community Transit Trip

**Thursday, February 12, 12:30 pm**

We are partnering with Community Transit to help you feel confident navigating public transportation. Registration is free but required and can be completed online or at the front desk.

\*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 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.