



FEBRUARY 2026

MILL CREEK FAMILY YMCA SENIOR CALENDAR

MONDAY	TUESDAY	WEDNESDAY	
Water Fitness w/Christopher 7:30-8:15 am Pool	ZUMBA GOLD w/Debby 11 am-Noon Gym	Water Fitness w/Terry 7:30-8:15 am Pool	
Pedaling for Parkinson's w/Nikki 10:30-11:30 am Cycle Studio	Chair Yoga w/Vandana 12:15-1 pm Gym	Pedaling for Parkinson's w/Nikki 10:30-11:30 am Cycle Studio	
Forever Fit w/Anneke 11-11:45 am Gym	Water Fitness w/Melissa 1:30-2:15 pm Pool	Alzheimer's Support Feb. 11 10-11 am Cascade Room	
Forever Fit w/Anneke 12:15-1 pm Gym	Chinese New Year Feb. 17 Presentation/Paul Pei 1:15-2:15 pm YDC	Forever Fit w/Anneke 11-11:45 am Gym	
Coffee & Connections Feb. 2, 16 11:15 am-12:15 pm Cascade Room	Books & Banter Feb. 17 1-2:30 pm Cascade Room	Forever Fit w/Anneke 12:15-1 pm Gym	
Mahjong 1-3 pm Cascade Room	BUNCO Feb. 24 1-3 pm MPR	Grief Support, Wednesdays Noon-2 pm Cascade Room	
Dementia Friends Seminar Feb. 9 12:15-1:15 pm YDC		Creative Coffee Klatch Feb. 11, 25 Noon	
THURSDAY	FRIDAY		
ZUMBA GOLD w/Debbie 11 am-Noon Gym	Water Fitness w/Melissa 7:30-8:15 am Pool		
Chair Yoga w/Vandana 12:15-1 pm Gym	Pedaling for Parkinson's 10:30-11:30 am Cycle Studio		
SoundBath Feb. 5, 19 1:15-1:45 pm MPR	Forever Fit w/Maria 11-11:45 am Gym		
Water Fitness w/Maria 1:30-2:15 pm Pool	Chair Yoga w/Maria 12:15-1 pm MPR		
Pinochle 2:30-4:30 pm Cascade Room	Mahjong 1-3 pm Cascade Room		
Excursion to NW Garden Show Feb. 19 8-4 pm	Valentine's Dessert Potluck Feb. 13 1:30- 3 pm		
Beginner Pickleball Clinic Feb. 12 8:30-10:30 am	New Member Welcome Feb. 27 2:30- 3:30 pm		
SUNDAY		PICKLEBALL	
M, W, TH 8:30-10:30 am M - TH 1:15-2:45 pm		Beginner Clinic Feb. 12 8:30-10:30 am all courts in use for clinic	
SEE BACK FOR SPECIAL EVENTS			



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SPECIAL EVENTS

MON. FEB. 9	THURS. FEB. 12	FRI. FEB. 13	FRI. FEB. 13	THURS. FEB. 19
<p>Dementia Friends 12:15-1:45 pm Katie Ziegler with Dementia Friends presents an engaging workshop on dementia – normal vs. abnormal aging, communication tips and ways to take action. Register by email: pleahy@ymca-snoco.org FREE</p>	<p>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 required. Class will be cancelled if fewer than 4 register. FREE</p>	<p>Valentine's Dessert Potluck 1:30-3 pm Join the Friday Fun as we gather to play some Valentine themed games and enjoy a fabulous dessert potluck. Simply bring a dessert to share and sign up by email: pleahy@ymca-snoco.org FREE.</p>	<p>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</p>	<p>Community Transit Trip to NW Home & Garden Show 8 am-4 pm We'll meet at McCollum Park and travel by Light Rail to enjoy this globally recognized showcase of gardens. Limit 20. Cost \$20 plus lunch and ORCA Card fees. Register online or at the welcome center. 3-4 miles of walking</p>
<p>MON. FEB. 23</p>	<p>TUES. FEB. 24</p>	<p>FRI. FEB. 27</p>	<p>THURSDAY, MAR. 19</p>	<p>WEDNESDAYS</p>
<p>Chinese New Year Seminar 12:15-1:15 pm Paul Pei will lead us in this engaging seminar on the legends, traditions and customs of the "Spring Festival" or "Chinese New Year". Learn about the origins of the festival, how and why it is celebrated. February 17 marked the beginning of the "Year of the Horse". FREE Register by email: pleahy@ymca-snoco.org</p>	<p>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. FREE Registration required: 20 maximum Email: pleahy@ymca-snoco.org</p>	<p>New Member Welcome 2:30 Plan to attend this event specifically designed to welcome new Seniors to the Y. See how you can take advantage of the many fitness as well as social opportunities available at the Mill Creek YMCA. You'll have an opportunity to ask questions and to meet some of our staff. FREE Register by Email: pleahy@ymca-snoco.org</p>	<p>Transit Trip to UW Cherry Blossoms & Botanical Gardens 9 am-3:30 pm Experience the beauty of the UW Campus in early spring. We'll see the cherry trees, explore the library and red square and after a sack lunch, head to the indoor Botanical Gardens for a guided tour. Begins at McCollum Park. FREE with ORCA Card for transportation fees. Register by Email: pleahy@ymca-snoco.org 2.5-3.5 miles of walking</p>	<p>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</p>



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.



POTLUCK

A once-a-month event for Seniors. Bring food or drink to share and engage in a fun and delicious community engagement.



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.



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.