








































# FEBRUARY 2026

## MILL CREEK FAMILY YMCA SENIOR CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<div><b>Water Fitness w/Christopher</b> 7:30–8:15 am Pool</div> <div><b>Pedaling for Parkinson's w/Nikki</b> 10:30–11:30 am Cycle Studio</div> <div><b>Forever Fit w/Anneke</b> 11–11:45 am Gym</div> <div><b>Forever Fit w/Anneke</b> 12:15–1 pm Gym</div> <div><b>Coffee &amp; Connections Feb. 2, 16</b> 11:15 am–12:15 pm Cascade Room</div> <div><b>Mahjong</b> 1–3 pm Cascade Room</div> <div><b>Dementia Friends Seminar Feb.9</b> 12:15 –1:15 pm YDC</div>	<div><b>ZUMBA GOLD w/Debbi</b> 11 am–Noon Gym</div> <div><b>Chair Yoga w/Vandana</b> 12:15–1 pm Gym</div> <div><b>Water Fitness w/Melissa</b> 1:30–2:15 pm Pool</div> <div><b>Chinese New Year Feb. 17</b> Presentation/Paul Pei 1:15–2:15 pm YDC</div> <div><b>Books &amp; Banter Feb. 17</b> 1–2:30 pm Cascade Room</div> <div><b>BUNCO Feb. 24</b> 1–3 pm MPR</div>	<div><b>Water Fitness w/Terry</b> 7:30–8:15 am Pool</div> <div><b>Pedaling for Parkinson's w/Nikki</b> 10:30–11:30 am Cycle Studio</div> <div><b>Alzheimer's Support Feb. 11</b> 10–11 am Cascade Room</div> <div><b>Forever Fit w/Anneke</b> 11–11:45 am Gym</div> <div><b>Forever Fit w/Anneke</b> 12:15–1 pm Gym</div> <div><b>Grief Support, Wednesdays</b> Noon–2 pm Cascade Room</div> <div><b>Creative Coffee Klatch Feb.11, 25</b> Noon</div> <div><b>Book Club</b> 2–3 pm Feb. 18 Cascade Room</div>
THURSDAY	FRIDAY	SUNDAY
<div><b>ZUMBA GOLD w/Debbie</b> 11 am–Noon Gym</div> <div><b>Chair Yoga w/Vandana</b> 12:15–1 pm Gym</div> <div><b>SoundBath Feb. 5, 19</b> 1:15–1:45 pm MPR</div> <div><b>Water Fitness w/Maria</b> 1:30–2:15 pm Pool</div> <div><b>Pinochle</b> 2:30–4:30 pm Cascade Room</div> <div><b>Excursion to NW Garden Show</b> Feb. 19 8–4 pm</div> <div><b>Beginner Pickleball Clinic Feb.12</b> 8:30–10:30 am</div>	<div><b>Water Fitness w/Melissa</b> 7:30–8:15 am Pool</div> <div><b>Pedaling for Parkinson's</b> 10:30–11:30 am Cycle Studio</div> <div><b>Forever Fit w/Maria</b> 11–11:45 am Gym</div> <div><b>Chair Yoga w/Maria</b> 12:15–1 pm MRP</div> <div><b>Mahjong</b> 1–3 pm Cascade Room</div> <div><b>Valentine's Dessert Potluck Feb. 13</b> 1:30– 3 pm</div> <div><b>New Member Welcome Feb. 27</b> 2:30– 3:30 pm</div>	<div><b>M, W, TH 8:30–10:30 am</b> <b>M – TH 1:15–2:45 pm</b></div> <div><b>Beginner Clinic Feb. 12</b> 8:30–10:30 am–all courts in use for clinic</div>
		<div><b>SEE BACK FOR SPECIAL EVENTS</b></div> <div></div>



# FEBRUARY 2026

## MILL CREEK FAMILY YMCA SENIOR CALENDAR

### ★ ★ SPECIAL EVENTS ★ ★

MON. FEB. 9	THURS. FEB. 12	FRI. FEB. 13	FRI. FEB. 13	THURS. FEB. 19
<b>Dementia Friends 12:15-1:45 pm</b> 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: <a href="mailto:pleahy@ymca-snoco.org">pleahy@ymca-snoco.org</a> FREE	<b>Beginner Pickleball Clinic 8:30-10:30 am</b> Learn the basics so that you feel comfortable playing in open pickleball sessions. Score-keeping and strategy/technique will be covered. Registration by email ( <a href="mailto:pleahy@ymca-snoco.org">pleahy@ymca-snoco.org</a> ) is required. Class will be cancelled if fewer than 4 register. FREE	<b>Valentine's Dessert Potluck 1:30-3 pm</b> 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: <a href="mailto:pleahy@ymca-snoco.org">pleahy@ymca-snoco.org</a> FREE.	<b>Tech Support for Seniors 2-3:30 pm</b> 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	<b>Community Transit Trip to NW Home &amp; Garden Show 8 am-4 pm</b> 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
MON. FEB. 23	TUES. FEB. 24	FRI. FEB. 27	THURSDAY, MAR. 19	WEDNESDAYS
<b>Chinese New Year Seminar 12:15-1:15 pm</b> 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: <a href="mailto:pleahy@ymca-snoco.org">pleahy@ymca-snoco.org</a>	<b>BUNCO Day 1-3 pm</b> 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: <a href="mailto:pleahy@ymca-snoco.org">pleahy@ymca-snoco.org</a>	<b>New Member Welcome 2:30</b> 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: <a href="mailto:pleahy@ymca-snoco.org">pleahy@ymca-snoco.org</a>	<b>Transit Trip to UW Cherry Blossoms &amp; Botanical Gardens 9 am-3:30 pm</b> 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: <a href="mailto:pleahy@ymca-snoco.org">pleahy@ymca-snoco.org</a> 2.5-3.5 miles of walking	<b>Every Wed. Grief Support Group Noon-2 pm</b>  <b>Alzheimer's Caregiver Support Group Jan. 14 10-11 am</b>  <b>Crafty Coffee Klatch Jan. 14, 28 Noon</b>  <b>Book Club Jan. 21, 2 pm</b>



#### 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.