



MARCH 2026

MUKILTEO FAMILY YMCA SENIOR CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<p> Water Fitness w/Carolyn 7:30-8:30 am Pool</p> <p> Pickleball 7 am-1 pm* Gym</p> <p> Coffee & Connections 8:45-9:45 am Lobby</p> <p> Chair Yoga w/Karen 11:30-12:15 pm W2</p>	<p> Water Fitness w/Leslee 7:30-8:30 am Pool</p> <p> Pickleball 7 am-1 pm* Gym</p> <p> Coffee & Connections 8:45-9:45 am Lobby</p> <p> Forever Fit w/Karen 11:30-12:15 pm W2</p>	<p> Water Fitness w/Leslee 7:30-8:30 am Pool</p> <p> Pickleball 7 am-1 pm* Gym</p> <p> Coffee & Connections 8:45-9:45 am Lobby</p> <p> Chair Yoga w/Sarah 11:30-12:15 pm W2</p> <p> Senior Game Hour March 11 12:30-2 pm</p> <p> Craft Time March 25 12:30 - 2 pm Lighthouse Room</p>
THURSDAY	FRIDAY	SATURDAY
<p> Water Fitness w/Leslee 7:30-8:30 am Pool</p> <p> Pickleball 7 am- 1 pm* Gym</p> <p> Forever Fit w/David 11:30-12:15 am W2</p> <p> Potluck -March 26 12:15 pm Family Room</p> <p> Presentation-Intro to AI March 26 1 pm Family Room</p>	<p> Water Fitness w/Carolyn 7:30-8:30 am Pool</p> <p> Pickleball 7 am-1 pm* Gym</p> <p> Coffee & Connections 8:45-9:45 am Lobby</p> <p> Zumba Gold w/Gail 10:15-11:15 am W2</p> <p> TRX w/David 11:30 am-12:15 pm W2</p> <p> Chair Yoga w/Varies 12:30 pm W2</p>	
		<p style="text-align: center;">SUNDAY</p> <p>SEE BACK FOR SPECIAL EVENTS </p>

★ ★ SPECIAL EVENTS ★ ★

Senior Game Hour

Wednesday, March 11, 12:30–2 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 Time

Wednesday, March 25, 12:30–2 pm –Lighthouse Room

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, March 26, 12:15 pm–Family Room

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

Presentation–Intro to AI

Thursday, March 26, 1–2 pm–Family Room

Unlock the power of Artificial Intelligence in a simple, welcoming way! This beginner-friendly session is designed with seniors in mind, turning complex technology into a practical personal assistant for everyday life. I’ll share insider examples from my real estate experience, showing how AI can help with writing emails, organizing information, planning trips, and saving valuable time — so you can focus on what matters most! No tech experience needed. We’ll move at a comfortable pace with time for questions. Bring a laptop or tablet if you’d like, but it’s completely optional. Come with an open mind and discover your new everyday advantage!

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



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.



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 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.



Enjoy a complimentary cup of coffee while meeting new friends and socially connecting with your fellow class participants and members of your YMCA.



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 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.