MARCH 2026

MILL CREEK FAMILY YMCA SENIOR CALENDAR

MONDAY

Water Fitness w/Christopher
7:30–8:15 am
Pool

Pedaling for Parkinson's w/Nikki
10:30–11:30 am
Cycle Studio

Forever Fit w/Anneke
11–11:45 am
Gym

Forever Fit w/Anneke
12:15–1 pm
Gym

Coffee & Connections Mar. 2, 16
11:15 am–12:15 pm
Cascade Room

Mahjong
1–3 pm
Cascade Room

Alzheimer's Assoc. Seminar Mar.16
12:15 –1:15 pm
YDC

TUESDAY

ZUMBA GOLD w/Debbi
11 am–Noon
Gym

Chair Yoga w/Vandana
12:15–1 pm
Gym

Water Fitness w/Melissa
1:30–2:15 pm
Pool

Books & Banter Mar. 17
1–2:30 pm
Cascade Room

BUNCO Mar. 24
1–3 pm
MPR

AI Presentation Mar. 24
1:15–2:45 pm
YDC

WEDNESDAY

Water Fitness w/Terry
7:30–8:15 am
Pool

Pedaling for Parkinson's w/Nikki
10:30–11:30 am
Cycle Studio

Alzheimer's Support Mar. 11
10–11 am
Cascade Room

Forever Fit w/Anneke
11–11:45 am
Gym

Forever Fit w/Anneke
12:15–1 pm
Gym

Grief Support, Wednesdays
Noon–2 pm
Cascade Room

Creative Coffee Klatch Mar.11, 25
Noon

Book Club
2–3 pm Mar. 18
Cascade Room

Community Transit Seminar/Trip
12:15–3:30 pm Mar. 11
YDC

THURSDAY

ZUMBA GOLD w/Debbie
11 am–Noon
Gym

Chair Yoga w/Vandana
12:15–1 pm
Gym

SoundBath Mar. 5
1:15–1:45 pm
MPR

Water Fitness w/Maria
1:30–2:15 pm
Pool

Pinochle
2:30–4:30 pm
Cascade Room

Philanthropy Seminar Mar. 5
12:15

Excursion to UW Cherry Blossoms/Botanical Gardens Mar. 19
9 am–4 pm

FRIDAY

Water Fitness w/Melissa
7:30–8:15 am
Pool

Pedaling for Parkinson's
10:30–11:30 am
Cycle Studio

Forever Fit w/Maria
11–11:45 am
Gym

Chair Yoga w/Maria
12:15–1 pm
MRP

Mahjong
1–3 pm
Cascade Room

Tech Support for Seniors Mar. 13
2–3:30 pm
YDC

SUNDAY

ACCEPT THE "Senior Match Challenge"!

PICKLEBALL

**M, W, TH 8:30–10:30 am
M – TH 1:15–2:45 pm**

**Beginner/Intermediate Focus 8:30–9:30 am
M, W, TH**

SEE BACK FOR SPECIAL EVENTS ⟩⟩⟩⟩⟩

MARCH 2026

★★ SPECIAL EVENTS ★★

THURS. MAR. 5	WED. MAR. 11	FRI. MAR.13	MON. MAR. 16	COMMUNITY CAMPAIGN
Philanthropy Seminar 12:15–1:15 pm YDC Hear how promoting the welfare of others can give us a sense of purpose and activate the brain's reward system by giving you positive emotions and a sense of purpose. Register by email: pleahy@ymca-snoco.org FREE	**Community Transit Presentation/Trip 12:15–3:30** Learn the "How-To's" of public transportation. Following a brief seminar, you will ride a bus and Link Light Rail. All participants receive an ORCA Card with 30 days free travel. Limit 25. FREE Register online or at the welcome center.	**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	**Alzheimer's Association Presentation 12:15 YDC** Come to learn how to "Build Brain Healthy Habits". Research-backed guidance helps you to make lasting changes and take charge of your brain health. You will learn to design you own action plan to make sure your brain is getting the attention it needs. Register by email: pleahy@ymca-snoco.org FREE	**SENIOR MATCH CHALLENGE** Meet the Senior Match Challenge by donating to the Community Campaign in March. You will have your donation "matched" by a generous Senior donor and his wife – up to $2,500! Email: pleahy@ymca-snoco.org for information or to donate
THURS. MAR. 19	**TUES. MAR. 24**	**TUES. MAR. 24**	**TUES. MAR. 31**	**WEDNESDAYS**
Transit Trip to UW Cherry Blossoms & Botanical Gardens 9:30 –4:30 pm Experience the beauty of the UW Campus. 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	**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	**AI Seminar 12:15–1:45 pm** AARP sponsors the first in a series of informative classes about the internet and AI. Join us for our first class in the series, "Intro to AI" to explore how AI can be of use in your every-day life. FREE Register by email: pleahy@ymca-snoco.org	**"Get Your House in Order" Legal Seminar 1–2:30** Wall Group Law presents valuable estate planning information so that you create a plan that meets your needs and wishes. Even if you have a plan in place, it may be due for a good review. Don't be caught unprepared.	Every Wed. Grief Support Group Noon–2 pm Alzheimer's Caregiver Support Group Mar.11 10–11 am Crafty Coffee Klatch Mar. 11, 25 Noon Book Club Mar.18, 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.

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.