










































APRIL 2026

MILL CREEK FAMILY YMCA SENIOR CALENDAR

| MONDAY | TUESDAY | WEDNESDAY |
|--|---|--|
| <p> Water Fitness w/Christopher 7:30–8:15 am Pool</p> <p> Pedaling for Parkinson's w/Nikki 10:30–11:30 am Cycle Studio</p> <p> Forever Fit w/Anneke 11–11:45 am Gym</p> <p> Forever Fit w/Anneke 12:15–1 pm Gym</p> <p> Coffee & Connections Apr. 6, 20 11:15 am–12:15 pm Cascade Room</p> <p> Mahjong 1–3 pm Cascade Room</p> <p> Reverse Mortgage Sem. Apr 6 12:15 –1:15 pm</p> <p> AI Seminar # 4 Apr. 20 12:30pm</p> | <p> ZUMBA GOLD w/Debbi 11 am–Noon Gym</p> <p> Chair Yoga w/Vandana 12:15–1 pm Gym</p> <p> Water Fitness w/Melissa 1:30–2:15 pm Pool</p> <p> Books & Banter Apr. 21 1–2:30 pm Cascade Room</p> <p> Homage Presentation Apr. 21 12:15 pm YDC</p> <p> BUNCO Apr. 28 1–3 pm MPR</p> | <p> Water Fitness w/Terry 7:30–8:15 am Pool</p> <p> Pedaling for Parkinson's w/Nikki 10:30–11:30 am Cycle Studio</p> <p> Alzheimer's Support Apr. 8 10–11 am Cascade Room</p> <p> Forever Fit w/Anneke 11–11:45 am Gym</p> <p> Forever Fit w/Anneke 12:15–1 pm Gym</p> <p> Grief Support, Wednesdays Noon–2 pm Cascade Room</p> <p> Creative Coffee Klatch Apr. 8, 22 Noon</p> <p> Book Club 2–3 pm Apr. 15 Cascade Room</p> <p> AI Seminar # 3 12:30–2 pm Apr. 8 YDC</p> |
| THURSDAY | FRIDAY | |
| <p> ZUMBA GOLD w/Debbie 11 am–Noon Gym</p> <p> Chair Yoga w/Vandana 12:15–1 pm Gym</p> <p> NO APRIL SOUND BATH 5- Next Sound Bath MAY 7 1:15–1:45 pm MPR</p> <p> Water Fitness w/Maria 1:30–2:15 pm Pool</p> <p> Pinochle 2:30–4:30 pm Cascade Room</p> <p> AI Presentation # 2 April 2 12:30–2 pm YDC</p> <p> Excursion to Flying Heritage Combat Air Museum April 23 10 am–1 pm</p> | <p> Water Fitness w/Melissa 7:30–8:15 am Pool</p> <p> Pedaling for Parkinson's 10:30–11:30 am Cycle Studio</p> <p> Forever Fit w/Maria 11–11:45 am Gym</p> <p> Chair Yoga w/Maria 12:15–1 pm MRP</p> <p> Mahjong 1–3 pm Cascade Room</p> <p> Tech Support for Seniors NO Tech Support for April – Spring Break</p> <p> AI Presentation #5 Apr. 24 12:30–2 pm YDC</p> | <p data-bbox="1268 1402 1430 1434" style="text-align: center;">SUNDAY</p> <p data-bbox="1130 1497 1572 1598" style="text-align: center;">Thank you for your support of our "Senior Match Challenge"!</p> <p data-bbox="1243 1661 1463 1692" style="text-align: center;">PICKLEBALL</p> <p data-bbox="1089 1755 1593 1812" style="text-align: center;"> M, W, TH 8:30–10:30 am M – TH 1:15–2:45 pm</p> <p data-bbox="1211 1843 1576 1944" style="text-align: center;">Beginner/Intermediate Focus 8:30–9:30 am M, W, TH</p> <p data-bbox="1089 1986 1268 2070" style="text-align: center;">SEE BACK FOR SPECIAL EVENTS</p>  |



APRIL 2026

MILL CREEK FAMILY YMCA SENIOR CALENDAR

★ ★ SPECIAL EVENTS ★ ★

| APR. 2, 8, 20, 24 | MON. APR. 6 | THURS. APR. 16 | TUES. APR. 21 | COMMUNITY CAMPAIGN |
|--|--|--|---|---|
| Technology/AI Seminars 12:30–2 pm YDC AARP presents a series of technology seminars designed for Seniors. See the flyer and/or emails for specific dates and topics. Pre-registration is required. Maximum: 30 Register by email: pleahy@ymca-snoco.org FREE | Reverse Mortgage Presentation 12:15–1:15 pm YDC Do you have questions about how a reverse mortgage works? Come to learn so that you can make an informed decision on whether or not you wish to consider that option. Register by email: pleahy@ymca-snoco.org FREE | What you Need to Know About Strokes 1:30–2:15 MPR Learn to tell if someone might be having a stroke, how to help them, and tips for prevention. Our presenter, Damon Gates BSN/RN is the Stroke Program Coordinator at Providence Reg. Med. Center FREE Register – pleahy@ymca-snoco.org | Homage Senior Services Presentation 12:15 YDC Caregiving is a stressful and often unrecognized role. The Family Caregiver team at Homage provides hope and support to those caring for a loved one. Come to learn about their caregiver support program. Register by email: pleahy@ymca-snoco.org FREE | SENIOR MATCH CHALLENGE THANK YOU SENIORS – You not only met our Senior Match Challenge but exceeded all expectations! Thank you to all our Seniors for your support! We could not have the robust program that we have at Mill Creek without YOU! |
| THURS. APR. 23 | TUES. APR. 28 | SUN. MAY 17 | THURS. MAY 21 | WEDNESDAYS |
| Flying Heritage & Combat Air Museum Field Trip 10 am–1 pm Join us for a tour of this amazing museum for a tribute to the aviation industry. Hopefully, it will be led by a docent but if not, you may tour at your own pace. The museum no longer charges admission – FREE Register online with your YMCA account. | 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 | "The Mysterious Affair at Styles" 2 pm Edmonds Driftwood players present this delightful play based on the Agatha Christie novel. It is sure to keep you guessing "who done it" until the very end. Members provide their own transportation to Wade James Theatre. Cost: \$27.00 Register online or at the Welcome Center. Two tickets are available! Tickets are non-refundable. | "Grease" Village Theatre 2 pm Village Theatre in Everett performs one of the world's most popular musicals. Throw on a poodle skirt or leather jacket to experience the glamour of 1950's pop culture. Members provide own transportation. Tickets: \$53.00 Eleven tickets are available. Tickets are non-refundable. | Every Wed. Grief Support Group Noon–2 pm Alzheimer's Caregiver Support Group Apr. 8 10–11 am Crafty Coffee Klatch Apr. 8, 22 Noon Book Club Apr. 15 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.



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 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.



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.