



# MAY 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/Charlie  
**11-11:45 am**  
Gym



Forever Fit w/Charlie  
**12:15-1 pm**  
Gym



Coffee & Connections May 4, 18  
**11:15 am-12:15 pm**  
Cascade Room



Mahjong  
**1:30-3:30 pm**  
MPR



Galapagos Presentation May 4  
**12:15 -1:15 pm**



"Home Health Care" May 18 12:15

### 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 May 19  
**1-2:30 pm**  
Cascade Room



AI Presentation - "Setting up  
Password Manager" May 12  
**12:15 pm**  
YDC



BUNCO May 26  
**1-3 pm**  
MPR

### 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 May 13  
**10-11 am**  
Cascade Room



Forever Fit w/Charlie  
**11-11:45 am**  
Gym



Forever Fit w/Charlie  
**12:15-1 pm**  
Gym



Grief Support, Wednesdays  
**Noon-2 pm**  
Cascade Room



Creative Coffee Klatch May 13. 27  
**Noon**



Book Club  
**2-3 pm May 20**  
Cascade Room



AI Seminar "Google Maps"  
**12:30-2 pm May 6**  
YDC

### THURSDAY



ZUMBA GOLD w/Debbie  
**11 am-Noon**  
Gym



Chair Yoga w/Vandana  
**12:15-1 pm**  
Gym



Sound Bath May 7, 21  
**1:15-1:45 pm**  
MPR



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



Pinochle  
**2:30-4:30 pm**  
Cascade Room



AI Presentation "Intro. to Digital  
Wallets"  
**12:30-2 pm YDC May 14**



"Grease"  
Village Theatre, Everett  
**2 pm May 21**

### 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  
**1:30-3:30 pm**  
MPR



Kentucky Derby Salad Potluck  
**1:30-3 pm May 4**  
MPR



AI Presentation "My Chart"  
**12:30-2 pm May 8**  
YDC

### SUNDAY

"Mysterious Affair at Styles"  
Wade James Theatre, Edmonds May 17  
**2 pm**

### 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





# MAY 2026

## MILL CREEK FAMILY YMCA SENIOR CALENDAR

### ★ ★ SPECIAL EVENTS ★ ★

MAY 6,8,12,14	FRI. MAY 1	MON. MAY. 4	SUN. MAY 17	MON. MAY 18
<b>Technology/AI Seminars</b> <b>12:30-2 pm YDC</b> 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	<b>Kentucky Derby Potluck/Party</b> <b>1:30-3 pm MPR</b> Celebrate spring with the Mill Creek Y's version of the Kentucky Derby -complete with horse racing and fancy hats. It is a very fun afternoon so bring a salad or starter to share for a "light lunch" and join us. Register by email: pleahy@ymca-snoco.org	<b>Galapagos Presentation 12:15 YDC</b> Join Howie Silver on a journey to the Galapagos Islands. In this seminar we explore the uniqueness, geology and history of the islands.  Register by email: pleahy@ymca-snoco.org FREE	<b>"The Mysterious Affair at Styles" 2 pm Wade James Theatre Edmonds</b> 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. \$27.00	<b>Home Health Care-Is it for You?</b> Rebecca Houser from FirstLight Home Care will be here to answer questions you might have about Home Health Care. It could very well help you decide if this it the right option for you. Register by email: pleahy@ymca-snoco.org FREE
THURS. MAY 21	TUES. MAY 26	FRI. JUNE 5	FRI. JUNE 19	WEDNESDAYS
<b>"Grease" Village Theatre 2 pm</b> 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	<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: pleahy@ymca-snoco.org	<b>Burke Museum Field Trip</b> We will begin our trip at McCollum Park and travel by Link Light Rail for a visit to the Burke Museum of Natural History on the UW Campus. Maximum # 20. There will be about 2 miles of total walking. Tickets: \$20.00. Register online with your YMCA account or at the Welcome Center.	<b>"New Member Welcome" 2:30 pm Cascade Room</b> Join us to get your questions answered and to discover the variety of social and fitness opportunities available. You will meet other new members, tour the facility, and gain helpful insight so that you can make the most of your Y membership. Register by email: pleahy@ymca-snoco.org	<b>Every Wed. Grief Support Group Noon-2 pm</b>  <b>Alzheimer's Caregiver Support Group May 13 10-11 am</b>  <b>Crafty Coffee Klatch May 13, 27 Noon</b>  <b>Book Club May 20 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

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.

Dementia freindly program:

