































MAY 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> Craft Time- May 18 12:30-2 pm Lighthouse Room</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> Mah Jongg 12:30-2:30 pm Lighthouse Room</p> <p> Senior Bunco April 29 12:30 - 2 pm YDC</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 -April 16 12:15 pm Family Room</p> <p> Presentation-Small Steps to Change May 14 1 pm Family Room</p> <p> Library Walk and Talk- May 28 12:30 pm</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>	
		SUNDAY
		<p>SEE BACK FOR SPECIAL EVENTS</p> 



MAY 2026

MUKILTEO FAMILY YMCA SENIOR CALENDAR

★ ★ SPECIAL EVENTS ★ ★

Potluck

Thursday, May 14, 12:15 pm–Family Room

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

Presentation–Small Steps to Change

Thursday, May 14, 1–2 pm–Family Room

Change doesn't have to feel overwhelming or all-or-nothing. In this presentation, we'll explore how small, realistic shifts can lead to meaningful, lasting results. Led by Stephanie Corbelli, a National Board Certified Health & Wellness Coach and Health & Wellness Director at Mukilteo Family YMCA, this session focuses on simple, practical strategies you can start using right away. You'll learn how to build habits that fit your life without burnout or perfection.

Library Walk and Talk

Thursday, May 28

Join us on Thursday, May 28 for a walk to the Mukilteo Library (about half a mile) followed by an informative presentation from a librarian. You'll learn how to make the most of the Sno-Isle Libraries, including access to free eBooks, audiobooks, events, and more!

We'll meet in the lobby of the Mukilteo Family YMCA at 12:30 PM to begin the walk, so be sure to dress comfortably and plan for the weather. Prefer to drive? You're welcome to meet us directly at the library for the presentation, which will begin at 1 PM.

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



May is Dementia Awareness Month

Awareness and education are key to understanding dementia—a complex condition that impacts millions of individuals, families, and caregivers. Organizations like the Dementia Society of America help raise awareness, provide support, and empower those affected, fostering a more informed and compassionate community.



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.



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.



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 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.



AOA BASKETBALL

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.