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## MUKILTEO FAMILY YMCA SENIOR CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<p> <b>Water Fitness w/Carolyn</b> 7:30–8:30 am Pool </p> <p> <b>Pickelball</b> 7 am–1 pm* Gym</p> <p> <b>Coffee &amp; Connections</b> 8:45–9:45 am Lobby </p> <p> <b>Chair Yoga w/Karen</b> 11:30 am–12:15 pm W2 </p> <p> <b>New Member Orientation</b> June 8, 12:30 pm Lighthouse Room </p> <p> <b>Craft Time</b> June 22, 12:30–1:30pm Lighthouse Room </p>	<p> <b>Water Fitness w/Leslee</b> 7:30–8:30 am Pool </p> <p> <b>Pickelball</b> 7 am–1 pm* Gym</p> <p> <b>Coffee &amp; Connections</b> 8:45–9:45 am Lobby </p> <p> <b>Forever Fit w/Karen</b> 11:30 am–12:15 pm W2 </p>	<p> <b>Water Fitness w/Leslee</b> 7:30–8:30 am Pool </p> <p> <b>Pickelball</b> 7 am–1 pm* Gym</p> <p> <b>Coffee &amp; Connections</b> 8:45–9:45 am Lobby </p> <p> <b>Chair Yoga w/Sarah</b> 11:30 am–12:15 pm W2 </p> <p> <b>Mah Jongg</b> 12:30–2:30 pm Lighthouse Room</p> <p> <b>Walk to Tapped</b> June 10 12:30 pm</p>
THURSDAY	FRIDAY	SATURDAY
<p> <b>Water Fitness w/Leslee</b> 7:30–8:30 am Pool </p> <p> <b>Pickelball</b> 7 am– 1 pm* Gym</p> <p> <b>Forever Fit w/David</b> 11:30–12:15 am W2 </p> <p> <b>Potluck – June 18</b> 12:15 pm Family Room </p>	<p> <b>Water Fitness w/Carolyn</b> 7:30–8:30 am Pool </p> <p> <b>Pickelball</b> 7 am–1 pm* Gym</p> <p> <b>Coffee &amp; Connections</b> 8:45–9:45 am Lobby </p> <p> <b>Zumba Gold w/Gail</b> 10:15–11:15 am W2 </p> <p> <b>TRX w/David</b> 11:30 am–12:15 pm W2</p>	
<p> <b>Presentation–Building a Dementia Friendly Community</b> June 18 –1:00 pm Family Room </p>	<p> <b>Chair Yoga w/ Varies</b> 12:30 pm W2 </p>	<p style="text-align: center;"><b>SUNDAY</b></p> <p><b>SEE BACK FOR SPECIAL EVENTS</b> </p>



### ★ ★ SPECIAL EVENTS ★ ★

#### **New Member Orientation**

**Monday, June 8 at 12:30 pm–Lighthouse Room**

Whether you are a new member or have been part of the Y for a long time, you are welcome to join us and learn how to make the most of your membership—maybe you will even meet a new friend!

#### **Walk to Tapped**

**Wednesday, June 10**

Let's get moving with some brisk walks! Dress for the weather and bring water. Please no dogs. Walk to Tapped Mukilteo for lunch (1 mile walk in total) - meet by the front desk at 12:15 PM. Each person covers their own food & drinks while we connect together in a room reserved for us! You can also drive if you prefer!

#### **Potluck**

**Thursday, June 18 at 12:15 pm–Family Room**

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

#### **Presentation–Building a Dementia Friendly Community**

**Thursday, June 18 at 1-1:45 pm–Family Room**

Building a dementia-friendly community at the YMCA of Snohomish County: At the YMCA, we value inclusivity and strive to maintain a welcoming space for all, including our aging community and people with dementia. Being part of the Y community, you may meet individuals with dementia in the halls, in a group fitness class, or in other programming. About 10% of adults aged 65 and older live with dementia, so there's a good chance you know someone—or even have a close friend or family member—who could benefit from extra kindness and understanding as they navigate the symptoms of this common condition. Learn more about how we can be involved in fostering a dementia-friendly environment at our YMCA and in your life outside the Y too!

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



**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.



**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.



**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 Friendly**