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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/Charlie 11–11:45 am Gym </p> <p> Forever Fit w/Charlie 12:15–1 pm Gym </p> <p> Coffee & Connections June 1, 15 11:15 am–12:15 pm Cascade Room </p> <p> Mahjong 1:30–3:30 pm MPR</p> <p> Legacy Planning Presentation June 15 12:15 –1:15 pm </p> <p> "Dementia" Presentation – Gael Gebow – June 1 12:15 pm </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 June 16 1–2:30 pm Cascade Room </p> <p> BUNCO June 30 1:00–3:00 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 June 10 10–11 am Cascade Room </p> <p> Forever Fit w/Charlie 11–11:45 am Gym </p> <p> Forever Fit w/Charlie 12:15–1 pm Gym </p> <p> Grief Support, Wednesdays Noon–2 pm Cascade Room</p> <p> Creative Coffee Klatch June 10, 24 Noon </p> <p> Book Club 2–3 pm June 17 Cascade Room</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> Sound Bath June 4, 18 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> "Pandas" Presentation – Paul Pei – June 25 12:30 pm MPR </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 1:30–3:30 pm MPR</p> <p> New Member Welcome 2:30–3:30 pm June 19 Cascade Room </p> <p> Burke Museum Trip 9:00–3 pm June 26 YDC</p>	<p style="text-align: center;">SUNDAY</p> <hr/> <p style="text-align: center;">PICKLEBALL</p> <p> M, W, TH 8:30–10:30 am M–TH 1:15–2:45 pm</p> <p>Beginner/Intermediate Focus 8:30–9:30 am M, W, TH</p>
<p style="text-align: right;">SEE BACK FOR SPECIAL EVENTS </p>		



JUNE 2026

MILL CREEK FAMILY YMCA SENIOR CALENDAR

★ ★ SPECIAL EVENTS ★ ★

MON. JUNE 1	MON. JUNE 15	FRI. JUNE 19	THURS. JUNE 25	FRI. JUNE 26
Dementia Seminar 12:15–1 pm YDC Learn how you can be involved in fostering a dementia-friendly environment at our YMCA and in life outside the Y as well. Register by email: pleahy@ymca-snoco.org FREE	“Planning for What Matters” 12:15 YDC Learn to develop a thoughtful strategy for estate and legacy planning. Make sure strategies are in place to make things easier for family. Identify common transition obstacles. Thoughtful planning helps maintain family harmony. Register by email: pleahy@ymca-snoco.org	“New Member Welcome” 2:30 pm Cascade Room Come get answers to your questions and to discover the variety of social and fitness opportunities available. Meet other new members, tour the facility, and learn to make the most of your Y membership. Register by email: pleahy@ymca-snoco.org	“Pandas” Presentation 12:30 MPR Join Paul Pei for this delightfully entertaining discussion on Giant Pandas. As former Senior Manager at Ocean Park in Hong Kong, Paul developed a deep interest in giant Pandas. Ocean Park hosted 4 of them. Register by email: pleahy@ymca-snoco.org	Burke Museum Field Trip 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. Register online with your YMCA account or at the Welcome Center.
TUES. JUNE 30	THURS. JUNE 4, 18	THURS. AUG. 6	EVERY 1 ST & 3 RD MON.	WEDNESDAYS
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	Sound Bath Try a Sound Bath and immerse yourself in the present experience with brass bowls, drums, chimes and other instruments designed to help you decompress and wind down from stresses of your day. FREE. No registration is required. Mats are optional – you may also use a chair if you like.	Senior Day at Seattle Mariners 32 tickets available! Let's fill the bus to watch the M's take on the Detroit Tigers from great 200 level seats. Lunch, tickets to the event and transportation are all included in the cost of your ticket. Pick up and drop off by motor coach will be at McCollum Park Park & Ride. Register online or at the Welcome Center. Fee: \$88	Coffee & Connections Mark your calendars for the first and third Monday of each month from 11am–12:15pm. The Y's delightful host, Dave Fisher invites you to join him following your workout for coffee and doughnuts and lots of great conversation. You'll meet fellow Y members outside of class	Every Wed. Grief Support Group Noon– 2 pm Alzheimer's Caregiver Support Group June 10– 11 am Crafty Coffee Klatch June 10, 24– Noon Book Club June 17, 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

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.



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.



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.



Dementia Friendly Program

