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STANWOOD-CAMANO YMCA SENIOR CALENDAR

| MONDAY | TUESDAY | WEDNESDAY |
|--|---|--|
| <div>Pickleball 6:30-10:30 am Gym</div> <div>TRX w/Bernie 9-10 am M2</div> <div>Coffee & Connections 10-11:30 am Community Room</div> <div>Deep Water Fitness w/Lydia 10-11 am Lap Pool</div> <div>R30 w/Gena 10:15-10:45 am Cycle Studio</div> <div>Yoga w/Bernie 11 am-Noon M2</div> <div>Basic Strength & Tone w/ Jamie 11:15 am-Noon Gym</div> <div>Tai Chi w/Tom 12-12:45 pm M1</div> <div>Water Fitness w/ Teresa 1-2 pm Rec Pool</div> <div>Zumba w/ Lori 5:45-6:45 pm M2</div> | <div>Water Fitness w/ Connie 7:30-8:30 am Rec Pool</div> <div>Forever Fit w/Heather 10-10:45 am Gym</div> <div>Chair Yoga w/Heather 11am- Noon Gym</div> <div>Pickleball 12:15-1:45 pm Gym</div> <div>Pedaling for Parkinson's 1-2 pm Cycle Studio</div> <div>Yoga w/ Bernie 5:45 - 6:45 pm M2</div> | <div>Pickleball 6:30-9:30 am Gym</div> <div>TRX w/Bernie 9-10 am M2</div> <div>Deep Water Fitness w/Lydia 10-11 am Lap Pool</div> <div>R30 w/John 10:15-10:45 am Cycle Studio</div> <div>Yoga w/ Bernie 11 am-Noon M2</div> <div>Basic Strength and Tone w/Jamie 11:15 am-Noon Gym</div> <div>Tai Chi w/Tom 12-12:45 pm M1</div> <div>Water Fitness w/ Teresa 1-2 pm Rec Pool</div> <div>Zumba w/ Lori 5:45-6:45 pm M2</div> <div>Senior Orientation 12:15-12:45 pm September 10 Community Room</div> <div>Senior Advisory Committee 12:15-1:15 pm September 17 Community Room</div> |
| THURSDAY | FRIDAY | SATURDAY |
| <div>Water Fitness w/Connie 7:30-8:30 am Rec Pool</div> <div>Forever Fit w/Jill 10-10:45 am Gym Starts Jan 6</div> <div>Chair Yoga w/Sandy 11am - Noon Gym</div> <div>Pickleball 12:15-1:45 pm Gym</div> <div>Pedaling for Parkinson's 1-2 pm Cycle Studio</div> <div>Yoga w/ Bernie 5:45 -6:45 pm M2</div> <div>Senior Luncheon Potluck Noon- 1 pm July 24</div> | <div>Pickleball 6:30-10:30 am Gym</div> <div>Deep Water Fitness 10-11 am Lap Pool</div> <div>R30 w/Gena 10:15-10:45 am Cycle Studio</div> <div>Yoga w/ Bernie 11 am-Noon M2</div> <div>Beginner Line Dancing w/Kari 11:15-Noon Gym</div> <div>Water Fitness w/ Teresa 1-2 pm Rec Pool</div> | <div>Yoga w/ Bernie 10:15-11 :15 am M2</div> <div>SEE BACK FOR SPECIAL EVENTS</div> |



SEPTEMBER 2025

STANWOOD-CAMANO YMCA SENIOR CALENDAR

★ ★ SPECIAL EVENTS ★ ★

| MONDAYS IN SEPTEMBER | WEDNESDAYS IN SEPTEMBER | THURSDAY SEPTEMBER 11 | SEPTEMBER 2, 18, 23 |
|--|--|---|--|
| Senior Social Hour 10-11:30 am Coffee and Conversations are in the community room! A great time to make friends before or after a class. Come in for a round of cards, share fun stories, or read a book. | Sept. 10 - Senior Orientation 12:15-12:45 pm Connect with fellow seniors, discover the wealth of benefits your YMCA membership brings, and get all your questions answered. Coffee will be served. Guided Branch Tour with Q&A September 17- Senior Advisory Committee Noon-1 pm Do you love to advocate for/ advise for the needs and events for your community? This is a great way to volunteer and be a voice for seniors at the Stanwood-Camano Y. We would love to have your perspective. | Flying Heritage & Combat Armor Museum 10 am-3 pm Join us for a trip to Paine Field to the Flying Heritage and Combat Armor Museum. Tour the museum at your own pace Cost \$20 - ages 50+ Ticket includes transportation and lunch | Volunteer led Senior Gentle Hikes These hikes are independent, volunteer led and not held by the YMCA. Participants need to be comfortable walking on uneven ground and be able to walk independently. Meet at the trailhead, transportation not provided. See flyer for specific locations or inquire at the Welcome Center |
| TUESDAY SEPTEMBER 16 | SEPT 16-18 | THURSDAY SEPTEMBER 25 | UPCOMING IN OCTOBER |
| Senior Fall Prevention 1-2 pm Learn how to stay safe and confident on your feet with guidance from a guest speaker from Providence Regional Medical Center Everett. Leave with valuable knowledge and tools to help reduce fall risk and support healthy aging. Free to All | Senior Overnight Camp at Camp Casey Experience the joy of classic camp activities—yard games, arts & crafts, hiking, outdoor environmental education, indoor pickleball, morning chair yoga and cozy campfires—all designed with adults 55 and over in mind. FM \$260, CM \$285 Your registration fee includes all meals and snacks and dormitory-style lodging in the historic Camp Casey barracks on Whidbey Island. | Community Potluck Noon-1 pm Come Join us for a healthy meal. This event is free with a dish. Please help us plan for supplies and seating by registering. We meet in the Community Room. Invite friends and family. Low sugar and low sodium options please! | 10/16 - Snow Goose Presentation Did you know that anyone can ride, or that you can be picked up from home if you meet the requirements? Come and learn how to ride with us! Free and open to the community 10/29 - Rewire your Anxious Brain-Learn 7 strategies to calm your mind, manage stress and sleep better - Free |



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.



PEDALING FOR PARKINSON'S

The simple act of pedaling may change the life of someone with Parkinson's disease. Participants should be able to ride on an upright Spin bike. This class is open to members who have other conditions/injuries or would enjoy a light cycling class.



SENIOR SOCIAL HOUR

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 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.



Senior Gentle Hikes

Hikes are independent, volunteer led and not held by the YMCA. Participants need to be comfortable walking on uneven ground and be able to walk independently. Refer to flyer for more information.



VOLUNTEER OPPORTUNITIES

Stanwood-Camano YMCA is building a Senior Committee. We are looking for members who would love to help plan, facilitate, and speak for the seniors of our branch. This is a volunteer opportunity as well as a way to represent the senior voice.