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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 5:30 - 6:30 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 October 8 Community Room</div> <div>Senior Advisory Committee 12:15-1:15 pm October 15 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 5:30-6:30 pm M2</div> <div>Senior Luncheon Potluck Noon- 1 pm October 23rd</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> <div></div>



OCTOBER 2025

STANWOOD-CAMANO YMCA SENIOR CALENDAR

★ ★ SPECIAL EVENTS ★ ★

MONDAYS IN OCTOBER	WEDNESDAYS IN OCTOBER	THURSDAY OCTOBER 9	TUESDAY OCTOBER 21
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.	Oct. 8 – 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 Oct. 15 Senior Advisory Committee 12:15pm 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.	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	SNOW GOOSE PRESENTATION 12:15-1:15PM Join us to learn more about Snow Goose Transit! Did you know anyone can or that they can pick you up from your home if you meet the requirements. Did you know they can stop anywhere along the route, not just the stops on the schedule? This and so much more to learn about our amazing Snow Goose Service! FREE TO ALL
WEDNESDAY OCTOBER 29	POSITIVE THOUGHTS	OPEN TO ALL	UPCOMING EVENTS!
REWIRE YOUR ANXIOUS BRAIN – DR. ROZINA LAKHANI 1-2 pm Feeling Overwhelmed by anxiety or stress? Join psychiatrist and author, Dr. Rozina Lakhani, for an engaging story-rich session based on her book – The Ultimate Toolkit to Rewire Your Anxious Brain. Learn 7 Science-Based Strategies to calm your mind, manage stress, and sleep better. –Register at the Welcome Center	KEEP YOUR FACE ALWAYS TOWARDS THE SUNSHINE AND SHADOWS WILL FALL BEHIND YOU. –WALT WHITMAN	BLOOD PRESSURE SELF MONITORING PROGRAM Blood Pressure monitoring is an evidence-based program that features personalized support for developing a self monitoring routine and tips for maintaining cardiovascular health and nutrition education. Contact Sara Thompson 425-357-3033 sarathompson@ymca-snoco.org	11/20 – Senior Self Defense and Fraud Prevention– 1:00–3:00 Senior Safety Event hosted by the Stanwood Sheriff’s Department. Join us for an important discussion about safety and scam prevention. COMING IN DECEMBER! Pickleball clinics Sunday, Dec. 14th 12:30-2:30 –or– 3:00-5:00 Registration Fee is \$20



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 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.



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.