



NOVEMBER 2025

STANWOOD-CAMANO YMCA SENIOR CALENDAR

MONDAY	TUESDAY	WEDNESDAY
Pickleball 6:30-10:30 am Gym TRX 9-10 am M2 Coffee & Connections 10-11:30 am Community Room Deep Water Fitness w/Lydia 10-11 am Lap Pool R30 w/Gena 10:15-10:45 am Cycle Studio Yoga 11 am-Noon M2 Basic Strength & Tone w/ Jamie 11:15 am-Noon Gym Tai Chi w/Tom 12-12:45 pm M1 Water Fitness w/ Teresa 1-2 pm Rec Pool Zumba w/ Lori 5:45-6:45 pm M2	Water Fitness w/ Teresa 7:30-8:30 am Rec Pool Forever Fit w/Heather 10-10:45 am Gym Chair Yoga w/Heather 11am- Noon Gym Pickleball 12:15-1:45 pm Gym Pedaling for Parkinson's 1-2 pm Cycle Studio	Pickleball 6:30-9:30 am Gym TRX 9-10 am M2 Deep Water Fitness w/Lydia 10-11 am Lap Pool R30 w/John 10:15-10:45 am Cycle Studio Yoga 11 am-Noon M2 Basic Strength and Tone w/Jamie 11:15 am-Noon Gym Tai Chi w/Tom 12-12:45 pm M1 Water Fitness w/ Teresa 1-2 pm Rec Pool Zumba w/ Lori 5:45-6:45 pm M2 Senior Orientation 12:15-12:45 pm November 12 Community Room Senior Advisory Committee 12:15-1:15 pm November 19 Community Room FRIENDSGIVING NOVEMBER 26 12:30 pm
THURSDAY	FRIDAY	SATURDAY
Water Fitness w/Teresa 7:30-8:30 am Rec Pool Forever Fit w/Jill 10-10:45 am Gym Starts Jan 6 Chair Yoga w/Sandy 11am - Noon Gym Pickleball 12:15-1:45 pm Gym Pedaling for Parkinson's 1-2 pm Cycle Studio	Pickleball 6:30-10:30 am Gym Deep Water Fitness w/Lydia 10-11 am Lap Pool R30 w/Gena 10:15-10:45 am Cycle Studio Yoga 11 am-Noon M2 Beginner Line Dancing w/Kari 11:15-Noon Gym Water Fitness w/ Teresa 1-2 pm Rec Pool	
		SEE BACK FOR SPECIAL EVENTS 



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★ ★ SPECIAL EVENTS ★ ★

MONDAYS IN NOVEMBER	WEDNESDAY NOVEMBER 12	WEDNESDAY NOVEMBER 19	THURSDAY NOVEMBER 20
<u>Senior Social Hour</u> 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.	<u>Senior Orientation</u> 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	<u>Senior Advisory Committee</u> 12:15-1:15 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.	<u>Senior Self Defense and Fraud Prevention</u> 1-3 pm Senior Safety Event hosted by the Stanwood Sheriff's Department. Join us for an important discussion about safety and scam prevention. -Personal Safety & Situational Awareness -Recognize and avoid financial fraud -Q&A with Law Enforcement Free to the Community
WEDNESDAY NOVEMBER 26	POSITIVE THOUGHTS	OPEN TO ALL	UPCOMING EVENTS!
<u>FRIENDSGIVING - 12:30 PM</u> Join us for a Friendsgiving potluck luncheon. The Y will provide the main dish and utensils, etc. but bring a side dish or dessert, if you wish to share. Let's gather and give thanks for the wonderful friends and community here at the Stanwood-Camano YMCA! ALL AGES ARE WELCOME!	It isn't what you have in your pocket that makes you thankful, but what you have in your heart. -Anonymous	<u>BLOOD PRESSURE SELF MONITORING PROGRAM</u> 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	COMING IN DECEMBER! <u>Pickleball Clinics</u> Sunday, Dec. 14 12:30-2:30 -or- 3-5 pm Registration Fee is \$10 <u>Senior Holiday Cookie and White Elephant Exchange</u> Thursday, Dec. 18 Noon More details coming soon!



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.