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STANWOOD-CAMANO YMCA SENIOR CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<div>Pickleball 6:30-10:30 am Gym</div> <div>TRX 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 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>Pickleball 6:30-9:30 am Gym</div> <div>TRX 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 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 1:15-1:45 pm December 10 Community Room</div> <div>Senior Advisory Committee 12:15-1:15 pm December 17 Community Room</div>
THURSDAY	FRIDAY	
<div>Water Fitness w/Connie 7:30-8:30 am Rec Pool</div> <div>Forever Fit w/Sandy 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>Pickleball 6:30-10:30 am Gym</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 11 am-Noon M2</div> <div>Basic Strength & Tone w/ Jamie 11:15 am-Noon Gym</div> <div>Beginner Line Dancing w/Kari 12:15-1 PM M2</div> <div>Water Fitness w/ Teresa 1-2 pm Rec Pool</div>	
		<div>REMINDER: STANWOOD-CAMANO YMCA CLOSED FROM 12/22-12/26</div> <div>SEE BACK FOR SPECIAL EVENTS</div>





DECEMBER 2025

STANWOOD-CAMANO YMCA SENIOR CALENDAR

★ ★ SPECIAL EVENTS ★ ★

MONDAYS IN DECEMBER	WEDNESDAY DECEMBER 10	WEDNESDAY DECEMBER 10	WEDNESDAY DECEMBER 17
<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> 1:15-1:45 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>Holiday Chili Cookoff</u> 12-2 pm Bring your favorite chili in your crockpot for our 1 st Annual Chili Cookoff! Prizes will be given in 2 categories- BEST ALL AROUND MOST ORIGINAL Of course, tasters are welcome and needed! Register at the Welcome Center Free	<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.
SUNDAY DECEMBER 14	THURSDAY DECEMBER 18	WEDNESDAYS IN DECEMBER	NOV 20-DEC 9
<u>Pickleball Clinics for Beginners</u> Two sessions: 12:30-2:30 pm -or- 3-5 pm Registration Fee is \$10/Members \$20/Non-Members	<u>SENIOR HOLIDAY COOKIE AND WHITE ELEPHANT EXCHANGE</u> 12 Noon Join the holiday fun and join us for a cookie and gift exchange! Share recipes and enjoy a fun holiday gathering! Free	<u>CRIBBAGE CLUB</u> Every Wednesday from 12:30-2 pm Join us for a hand (or two!) of Cribbage. Whether you are a seasoned player or have always wanted to learn, come and enjoy the fun! FREE TO ALL	<u>NUTRITION 101-HEALTHY HOLIDAY</u> Nov 20-Dec 9, 1 pm 5 sessions Tue/Thu - Learn how to recreate your favorite holiday meals and treats with a healthy twist! You'll get a hands-on experience baking and sampling delicious recipes Register today - \$125 for 5 sessions!



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.