



JANUARY 2026

STANWOOD-CAMANO YMCA SENIOR CALENDAR

MONDAY



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

TUESDAY



Water Fitness w/Connie
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

WEDNESDAY



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

FRIDAY



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



Basic Strength & Tone w/ Jamie
11:15 am-Noon
Gym



Beginner Line Dancing w/Kari
12:15-1 PM
M2



Water Fitness w/ Teresa
1-2 pm
Rec Pool

THURSDAY



Water Fitness w/Connie
7:30-8:30 am
Rec Pool



Forever Fit w/Sandy
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



Senior Orientation
1:15-1:45 pm
January 14
Community Room



Senior Advisory Committee
12:15-1:15 pm
January 21
Community Room

SEE BACK
FOR SPECIAL
EVENTS





JANUARY 2026

STANWOOD-CAMANO YMCA SENIOR CALENDAR

★ ★ SPECIAL EVENTS ★ ★

MONDAYS IN JANUARY	WEDNESDAY JANUARY 14	WEDNESDAY JANUARY 8	WEDNESDAY JANUARY 21
<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	TULALIP HOLIDAY LIGHTS 3:30-6 pm Join us as we travel together to enjoy a beautifully lit path filled with festive displays and seasonal fun! We will park at the casino and stroll through the lights at your own pace. Optional shopping and food will be available for purchase. Leave the Y at 3:30pm sharp. Depart holiday lights at 5:30pm sharp. Return to the Y at 6:00pm. We'll provide snacks for the bus ride home. \$15	<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.
JANUARY	WEDNESDAY JANUARY 21	WEDNESDAYS IN JANUARY	COMING UP IN FEB
"KINDNESS IS LIKE SNOW- IT BEAUTIFIES EVERYTHING IT COVERS" -Kahlil Gibran	<u>EAT THIS, NOT THAT</u> 12:15-1 PM Learn easier, healthier swaps for your favorite foods. This nutrition-focused class will teach you how to enjoy great flavor while cutting calories and boosting your overall wellness. 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	LIVING WITH EAGLES <u>Friday, February 6</u> 9:30 am-12:30 pm Eagle expert, Pat Holmes will give us a presentation about the incredible world of our local eagles. Then, hop on our bus and visit a local eagle nest to learn more! \$15



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.