



JANUARY 2026

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/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	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		
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	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	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		



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★★ SPECIAL EVENTS ★★

MONDAYS IN JANUARY	WEDNESDAY JANUARY 14	WEDNESDAY JANUARY 8	WEDNESDAY JANUARY 21
<p>Senior Social Hour 10-11:30 am</p> <p>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.</p>	<p>Senior Orientation 1:15-1:45 pm</p> <p>Connect with fellow seniors, discover the wealth of benefits your YMCA membership brings, and get all your questions answered.</p> <p>Coffee will be served. Guided Branch Tour with Q&A</p>	<p>TULALIP HOLIDAY LIGHTS 3:30-6 pm</p> <p>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</p> <p>We'll provide snacks for the bus ride home \$15</p>	<p>Senior Advisory Committee 12:15-1:15 pm</p> <p>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.</p>
JANUARY	WEDNESDAY JANUARY 21	WEDNESDAYS IN JANUARY	COMING UP IN FEB
<p>"KINDNESS IS LIKE SNOW- IT BEAUTIFIES EVERYTHING IT COVERS" -Kahlil Gibran</p>	<p>EAT THIS, NOT THAT 12:15-1 PM</p> <p>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</p> <p>Free</p>	<p>CRIBBAGE CLUB</p> <p>Every Wednesday from 12:30-2 pm</p> <p>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!</p> <p>FREE TO ALL</p>	<p>LIVING WITH EAGLES Friday, February 6 9:30 am-12:30 pm</p> <p>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</p>



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



SPECIAL EVENT



Senior Gentle Hikes



VOLUNTEER OPPORTUNITIES

A once-a-month event for Seniors. Bring food or drink to share and engage in a fun and delicious community engagement.

Events that occur 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.

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.

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.