



FEBRUARY 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  Beginning Tai Chi w/Tom 12:00-12:45 pm M1  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 1:15-1:45 pm February 11 Community Room  Senior Advisory Committee 12:15-1:15 pm February 18 Community Room
FRIDAY		
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  Beginning Tai Chi w/Tom 12:00-12:45pm M1  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



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★★★ SPECIAL EVENTS ★★★

MONDAYS IN FEBRUARY	FRIDAY FEBRUARY 6	WEDNESDAY FEBRUARY 11	WEDNESDAY FEBRUARY 18
<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>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!</p> <p>\$15</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>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>
NEW FEBRUARY CLASS		UPCOMING MARCH EVENTS	
<p>BEGINNING TAI CHI Tuesdays, Thursdays 12:00 Noon</p> <p>In addition to our current Tai Chi (Mon & Wed), we have added a new class for beginners. Join Tom in learning this exercise and relaxation technique using gentle flowing motions.</p>	<p>CRIBBAGE CLUB 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>Ikebana-The Art of Japanese Flower Arranging Monday, March 30</p> <p>Two times available: 11:30a and 3:30p</p> <p>Discover the simplicity, balance and mindfulness exploring basic Ikebana, work with seasonal flowers and create an arrangement to take home!</p> <p>Materials provided flowers, pin frogs</p> <p>Fee: \$15</p>	<p>Pickleball Clinics for Beginners Sunday, March 29 - Two sessions: 12:30-2:30 pm -or- 3:00-5:00 pm</p> <p>Registration Fee is \$10/FM - \$20/CM</p> <p>Beginning Writing Class Beginning-friendly memoir writing class designed to begin putting your life experiences into words. No experience necessary, just bring your stories</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 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.

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.