











































# FEBRUARY 2026

## STANWOOD-CAMANO YMCA SENIOR CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<div> Pickleball <b>6:30-10:30 am</b> Gym</div> <div> TRX <b>9-10 am</b> M2</div> <div> Coffee &amp; Connections <b>10-11:30 am</b> Community Room</div> <div> Deep Water Fitness w/Lydia <b>10-11 am</b> Lap Pool</div> <div> R30 w/Gena <b>10:15-10:45 am</b> Cycle Studio</div> <div> Yoga <b>11 am-Noon</b> M2</div> <div> Basic Strength &amp; Tone w/ Jamie <b>11:15 am-Noon</b> Gym</div> <div> Tai Chi w/Tom <b>12-12:45 pm</b> M1</div> <div> Water Fitness w/ Teresa <b>1-2 pm</b> Rec Pool</div> <div> Zumba w/ Lori <b>5:45-6:45 pm</b> M2</div>	<div> Water Fitness w/Connie <b>7:30-8:30 am</b> Rec Pool</div> <div> Forever Fit w/Heather <b>10-10:45 am</b> Gym</div> <div> Chair Yoga w/Heather <b>11am- Noon</b> Gym</div> <div> Beginning Tai Chi w/Tom <b>12:00-12:45 pm</b> M1</div> <div> Pickleball <b>12:15-1:45 pm</b> Gym</div> <div> Pedaling for Parkinson's <b>1-2 pm</b> Cycle Studio</div>	<div> Pickleball <b>6:30-9:30 am</b> Gym</div> <div> TRX <b>9-10 am</b> M2</div> <div> Deep Water Fitness w/Lydia <b>10-11 am</b> Lap Pool</div> <div> R30 w/John <b>10:15-10:45 am</b> Cycle Studio</div> <div> Yoga <b>11 am-Noon</b> M2</div> <div> Basic Strength and Tone w/Jamie <b>11:15 am-Noon</b> Gym</div> <div> Tai Chi w/Tom <b>12-12:45 pm</b> M1</div> <div> Water Fitness w/ Teresa <b>1-2 pm</b> Rec Pool</div> <div> Zumba w/ Lori <b>5:45-6:45 pm</b> M2</div>
THURSDAY	FRIDAY	<div> Senior Orientation <b>1:15-1:45 pm</b> February 11 Community Room</div> <div> Senior Advisory Committee <b>12:15-1:15 pm</b> February 18 Community Room</div>
<div> Water Fitness w/Connie <b>7:30-8:30 am</b> Rec Pool</div> <div> Forever Fit w/Sandy <b>10-10:45 am</b> Gym Starts Jan 6</div> <div> Chair Yoga w/Sandy <b>11am - Noon</b> Gym</div> <div> Beginning Tai Chi w/Tom <b>12:00-12:45pm</b> M1</div> <div> Pickleball <b>12:15-1:45 pm</b> Gym</div> <div> Pedaling for Parkinson's <b>1-2 pm</b> Cycle Studio</div>	<div> Pickleball <b>6:30-10:30 am</b> Gym</div> <div> Deep Water Fitness w/Lydia <b>10-11 am</b> Lap Pool</div> <div> R30 w/Gena <b>10:15-10:45 am</b> Cycle Studio</div> <div> Yoga <b>11 am-Noon</b> M2</div> <div> Basic Strength &amp; Tone w/ Jamie <b>11:15 am-Noon</b> Gym</div> <div> Beginner Line Dancing w/Kari <b>12:15-1 PM</b> M2</div> <div> Water Fitness w/ Teresa <b>1-2 pm</b> Rec Pool</div>	

SEE BACK  
FOR SPECIAL  
EVENTS





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## STANWOOD-CAMANO YMCA SENIOR CALENDAR

### ★ ★ SPECIAL EVENTS ★ ★

MONDAYS IN FEBRUARY	FRIDAY FEBRUARY 6	WEDNESDAY FEBRUARY 11	WEDNESDAY FEBRUARY 18
<b><u>Senior Social Hour</u></b> <b>10-11:30 am</b>  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.	<b><u>LIVING WITH EAGLES</u></b> <b><u>Friday, February 6</u></b> 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	<b><u>Senior Orientation</u></b> <b>1:15-1:45 pm</b>  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	<b><u>Senior Advisory Committee</u></b> 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.
NEW FEBRUARY CLASS	WEDNESDAYS IN FEBRUARY	UPCOMING MARCH EVENTS	
<b><u>BEGINNING TAI CHI</u></b> <b>Tuesdays, Thursdays</b> <b>12:00 Noon</b> 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.	<b><u>CRIBBAGE CLUB</u></b> 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	<b><u>Ikebana-The Art of Japanese Flower Arranging</u></b> Monday, March 30 Two times available: 11:30a and 3:30p Discover the simplicity, balance and mindfulness exploring basic Ikebana, work with seasonal flowers and create an arrangement to take home! Materials provided flowers, pin frogs  Fee: \$15	<b><u>Pickleball Clinics for Beginners</u></b> Sunday, March 29 - Two sessions: 12:30-2:30 pm -or- 3:00-5:00 pm Registration Fee is \$10/FM - \$20/CM  <b><u>Beginning Writing Class</u></b> Beginning-friendly memoir writing class designed to begin putting your life experiences into words. No experience necessary, just bring your stories



#### 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.