



MARCH 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 9-10 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  TRX w/ Gena 8-8:45 am M2  Forever Fit w/Heather 10-10:45 am Gym  Chair Yoga w/Heather 11 am- Noon Gym  Tai Chi w/Tom Noon-12:45 pm M1  Pickleball 12:15-1:45 pm Gym	 Pickleball 6:30-9:30 am Gym  TRX 9-10 am M2  Deep Water Fitness w/Lydia 9-10 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	
THURSDAY  Water Fitness w/Connie 7:30-8:30 am Rec Pool  TRX w/ Gena 8-8:45 am M2  Forever Fit w/Sandy 10-10:45 am Gym Starts Jan 6  Chair Yoga w/Sandy 11 am - Noon Gym  Pickleball 12:15-1:45 pm Gym	 Pickleball 6:30-10:30 am Gym  Deep Water Fitness w/Lydia 9-10 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 March 11 Community Room  Senior Advisory Committee 12:15-1:15 pm March 18 Community Room <p style="text-align: center;">Schedule Change Note for March: Deep Water Fitness w/Lydia is now 9-10 am Monday, Wednesday and Friday</p> <p style="text-align: center;">SEE BACK FOR SPECIAL EVENTS </p>



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MONDAYS IN MARCH	TUESDAY MARCH 10	WEDNESDAY MARCH 11	TUESDAY MARCH 17
<p><u>Senior Social Hour</u> 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><u>Beginning Writing Class</u> Noon</p> <p>Beginning-friendly memoir writing class designed to begin putting your life experiences into words. Through guided prompts, simple writing techniques and supportive discussion, you will learn how to turn memories into meaningful stories. No writing experience necessary, just bring your stories, your heart and your curiosity. This class will help you start your story with confidence and inspiration. Free</p>	<p><u>Senior Orientation</u> 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><u>Senior Tech Drop-In Help!</u> 10-11 AM</p> <p>A little confused by your electronic device and need some help getting started? Bring your device and your questions and meet with a staff member from the Stanwood Library to get basic tech assistance and find answers to questions about your mobile device, eReader, websites, and more. Free</p>
WEDNESDAY MARCH 18	WEDNESDAY MARCH 18	SUNDAY MARCH 29	MONDAY MARCH 30
<p><u>BUILDING A BETTER YOU</u> 1-1:45 pm</p> <p>Ready to feel better, move better, and gain confidence in your fitness routine? This six-week series is designed to help you build strength, improve mobility, and create healthy habits that support your personal goal. Join us the 3rd Wednesday of the month, Feb. through June. - Free</p>	<p><u>Senior Advisory Committee</u> 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>	<p><u>Pickleball Clinics for Beginners</u></p> <p>Two sessions: 12:30-2:30 pm -or- 3-5 pm</p> <p>Registration Fee is \$10/FM - \$20/CM Register at the Welcome Center</p>	<p><u>Ikebana-The Art of Japanese Flower Arranging</u> 1 pm</p> <p>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: \$20</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.



CRIBBAGE CLUB

Join in for a fun and exciting time playing cribbage with friends. Every Wednesday at 12:30 in the Community Room



KNITTING CLUB

Bring your crochet, knitting or needlework and let's be creative together! What's better than knitting...knitting with others! Every Thursday at 1:00pm - Community Room



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.