





### ★ ★ SPECIAL EVENTS ★ ★

MONDAYS IN APRIL	WEDNESDAY APRIL 1	TUESDAY APRIL 7	FRIDAY APRIL 10
<p><b><u>SENIOR SOCIAL HOUR</u></b> 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><b><u>CAMANO FIRE "CARES" PROGRAM</u></b> 1 pm at the Camano Fire Station #3</p> <p>Camano Fire Dept is excited about this opportunity because they have a new program called "Cares". The program is tailored for seniors and besides fire prevention it includes topics such as: home fall risks; medication; common mishap occurrences; home support such as getting necessary work accomplished; support setting up and getting to doctor/specialist appointments, and other ways the department can offer assistance. <b>Free with transportation provided from the YMCA</b></p>	<p><b><u>SENIOR TECH DROP-IN HELP</u></b> 10 am-Noon</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.</p> <p>Community Room - Free</p>	<p><b><u>FIELD TRIP - ROOZENGAARDE TULIPS</u></b> 1-4 pm - ages 55+</p> <p>Join us on a day trip to see the tulips in Mt. Vernon. Meet us at the Stanwood Y to catch the shuttle bus to see the tulips. Included in your ticket is admission to Roozengaarde. No outside food is allowed, so bring cash for food/drink there, or pack a sack lunch for the shuttle. 14 spots are available</p> <p>\$35-register at the Welcome Center</p>
TUESDAY APRIL 14	WEDNESDAY APRIL 15	SATURDAY APRIL 25	
<p><b><u>WHAT TO KNOW ABOUT STROKES</u></b> 12:15-1 pm</p> <p>Learn how to tell if someone might be having a stroke, how to help someone who might be having a stroke, and how to prevent having a stroke yourself.</p> <p>Community Room - Free</p>	<p><b><u>SENIOR ADVISORY COMMITTEE</u></b> 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>Community Room</p>	<p><b><u>SENIOR COMMUNITY ART CLASS</u></b> 11 am-1 pm</p> <p>Join us for a fun and free Card Making with Recycled Materials class. We are excited to have Maria Casey, owner of the Fat Brush Art Workshop, come to our Y and offer this class</p> <p>Community room - FREE</p>	<p><b>HELLO SPRING!</b></p> <p>Your arrival is a breath of fresh air, filling our days with warmth and hope!</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.