

★ ★ SPECIAL EVENTS ★ ★

MONDAYS IN MAY	MAY 4	MAY 12	MAY 13
<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>SENIOR TECH DROP-IN HELP</u> 10 AM - Noon</p> <p>A little confused by your electronic devices and need some help getting started? Bring your devices and 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 and open to the community</p>	<p><u>HAPPY BATS PRESENTATION</u> Noon</p> <p>Join us for an engaging and informative presentation all about bats in the PNW. Discover how these fascinating creatures, like the little brown bat, the big brown bat and the Yuma Myotis, play a crucial role in our ecosystem.</p> <p>This is a great opportunity to learn how we can all protect and support bats in our region. Come explore the world of bats with us!</p> <p>Community Room - 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>Community Room</p>
<p>MAY 18</p> <p><u>METEOROLOGY PRESENTATION WITH TED BUEHNER</u> 10 am</p> <p>Ted Buehner will be here to answer your questions about our weather in the PNW. Ted was working during the Mt. St. Helens eruption on May 18, 1980 and will share his response as a meteorologist.</p> <p>Community Room - Free</p>	<p>MAY 28</p> <p><u>MULTIGENERATIONAL POTLUCK</u> 12:30 -2 pm</p> <p>Join us for a multigenerational potluck-style lunch. Head to the community room to enjoy great food and family style trivia together. Feel free to bring your favorite dish to share or pick up something from the store - whatever works best for you! Most importantly, bring yourself, your kids and your appetite. The Y will provide plates, napkins and utensils - Free</p>	<p>MAY GENTLE HIKES</p> <p><u>GENTLE HIKES ARE BACK!</u></p> <p><u>May 21, 10 am</u>-meet at Iverson Spit-Camano Island <u>May 28, 10 am</u>-meet at Elger Bay Preserve-Camano Island</p> <p>Our gentle hiking group is perfect for those looking to enjoy the outdoors at a comfortable, welcoming pace. Each hike is thoughtfully designed with low elevation gain and shorter mileage making it accessible for beginners, those easing back into activity or anyone who prefers a more relaxed adventure.</p>	<p>COMING IN JUNE!</p> <p><u>VILLAGE THEATER - GREASE!</u> Thurs, June at 4 pm A charming rendition of one of the worlds most popular musicals! \$55/FM - \$65/CM - includes ticket and transportation</p> <p><u>BUILDING A DEMENTIA FRIENDLY COMMUNITY</u> Tue., June 16 12:15-1 pm See Flyer for details</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.