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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  Pickleball 12:15-1:45 pm Gym  Pedaling for Parkinson's 1-2 pm Cycle Studio	 Pickleball 6:30-10:30 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  Pedaling for Parkinson's 1-2 pm Cycle Studio	 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 Advisory Committee 12:15-1:15 pm June 17 Community Room <p style="text-align: center;">**Tai Chi News: Tom will be offering time for beginners from 11:30-12:00 on Monday/Wednesday just before class.</p> <p style="text-align: center;">SEE BACK FOR SPECIAL EVENTS</p> 



★ ★ SPECIAL EVENTS ★ ★

MONDAYS IN JUNE	JUNE 2	JUNE 4	JUNE 16
<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>VILLAGE THEATER - GREASE!</u> Noon (The YMCA Bus leaves at 1pm from the Stanwood-Camano Y) EVERETT PERFORMING ARTS CENTER (Meet at Stanwood-Camano YMCA)</p> <p>A charming rendition of one of the worlds most popular musicals! Featuring many hit songs like "Greased Lightnin" this 1950s pop culture satire is filled to the brim with grit, glam, and youthful exuberance.</p> <p>\$55/FM - \$65/CM - includes ticket and transportation</p>	<p><u>BUILDING A DEMENTIA FRIENDLY COMMUNITY</u> 12:15-1:00pm</p> <p>At the YMCA, we value inclusivity and strive to maintain a welcoming space for all, including our aging community and people with dementia. About 10% of adults age 65+ live with dementia, so theres a good chance someone around you could benefit from extra kindness and understanding as they navigate the symptoms of this common condition. Learn how to foster a dementia-friendly environment around you.</p>
JUNE 17	JUNE 18	JUNE GENTLE HIKES	COMING IN JULY!
<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><u>LET'S PAINT TOGETHER</u> 12:00pm-2:00pm</p> <p>Come relax, get creative, and enjoy a fun afternoon of painting with us! Together, we'll create a beautiful PNW inspired masterpiece with step-by-step instructions from a local art expert. Perfect for beginners and experienced painters alike!</p> <p>Fee: \$10</p>	<p><u>GENTLE HIKES ARE BACK!</u></p> <p><u>June 9, 9:30 am</u>-meet at Barnum Point <u>June 11, 9:30 am</u>-meet at Cranberry Lake Camano Island State Park</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>Gentle Hikes: <u>July 14, 9:30 am</u>- Cama Beach to Camano Island State Park. Details to come.</p> <p>Pilchuck Audubon Society <u>July 13 - 12:15-1:15</u> Presentation about backyard birds</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.