

































MAY 2023

STANWOOD-CAMANO YMCA SENIOR CALENDAR

| MONDAY | TUESDAY | WEDNESDAY |
|---|--|---|
|  Pickleball 6:30-9:30 am Gym  Open Gym Basketball 9:30-11 am Gym  Deep Water Fitness w/Lydia 10-11 am Lap Pool  TRX w/Carleeh 11 am-Noon M2  Forever Fit w/Jamie 11:15-12:15 pm Gym  Water Fitness w/Teresa 1-2 pm Rec Pool  Zumba w/ Lori 5:45-6:45 pm M1 |  Water Fitness w/Connie 7:30-8:30 am Rec Pool  Chair Yoga w/Sandy 11 am- Noon M2  Forever Fit w/Jamie 11:15 am- Noon Gym  Pickleball Noon-1:30 pm Gym |  PickleBall 6:30-9:30 am Gym  Deep Water Fitness w/Lydia 10-11 am Lap Pool  Yoga w/Sandy 11 am-Noon M2  Forever Fit w/Jamie 11:15 -Noon am Gym  Chair Yoga w/Sandy 12:15-1:15 pm M2  Water Fitness w/Teresa 1-2 pm Rec Pool  Zumba w/ Lori 5:45-6:45 pm M1 |
| THURSDAY | FRIDAY | SATURDAY |
|  Water Fitness w/Connie 7:30-8:30 am Rec Pool  Chair Yoga w/Sandy 11 am-Noon M2  Pickleball Noon-1:30 pm Gym |  Pickleball 6:30-9:30 am Gym  Open Gym Basketball 9:30-11 am Gym  Deep Water Fitness w/Lydia 10- 11:00 am Lap Pool  Yoga w/Sandy 11am-Noon Location  Forever Fit w/Carleeh 11:15-12:15 pm Gym  Coffee & Connections 12:15-1:15 pm Community Room  Water Fitness w/Teresa 1-2 pm Rec Pool | |
| | | <p style="text-align: center;">SUNDAY</p>  Pickleball Noon-2 pm Gym |
| | |  |



MAY 2023

STANWOOD-CAMANO YMCA SENIOR CALENDAR

FRIDAY
MAY 5



Coffee & Connections

12:15-1:15 PM

Enjoy a complimentary cup of coffee while meeting new friends and socially connecting with your fellow class participants and members of your YMCA.

FRIDAY
MAY 12



Coffee & Connections

12:15-1:15 PM

Enjoy a complimentary cup of coffee while meeting new friends and socially connecting with your fellow class participants and members of your YMCA.

FRIDAY
MAY 12



Kayak Point Trip

1-5 PM

A special event, to Kayak Point by Shuttle for Seniors to spend the day at the park. Register at membership services. Cost:\$25

FRIDAY
MAY 19



Coffee & Connections

12:15-1:15 PM

Enjoy a complimentary cup of coffee while meeting new friends and socially connecting with your fellow class participants and members of your YMCA.

FRIDAY
MAY 26



Potluck at the Park

12:15-1:15 PM

All members welcome. We will meet at the Stanwood-Camano YMCA and walk to Church Creek Park for our potluck. Cost: FREE w/a dish to share

FRIDAY
JUNE 2



Coffee & Connections

12:15-1:15 PM

Enjoy a complimentary cup of coffee while meeting new friends and socially connecting with your fellow class participants and members of your YMCA.

FRIDAY
JUNE 9



Coffee & Connections

12:15-1:15 PM

Enjoy a complimentary cup of coffee while meeting new friends and socially connecting with your fellow class participants and members of your YMCA.

FRIDAY
JUNE 16



Dance Through The Decades

1-3 PM

A special event, in our gym, for Seniors to learn or enjoy dance moves from past decades. All members welcome. Cost: FREE



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.



WATER FITNESS

Water Fitness offers a fun, upbeat, low-impact workout to get the heart pumping and blood flowing throughout the body while exercising in the water. It is not only aerobic, but also strength-training oriented due to the water resistance.



COFFEE & CONNECTIONS

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.



BASKETBALL

Open Gym on Monday & Friday from 9:30 AM- 11:00 AM is a favorable time for seniors. Front Desk has the full schedule of other open gym times.



WALK OR RUN 31

We challenge you to get up and walk or run each day in the month of May. Miles can be done ANYWHERE, at ANY TIME, at ANY PACE!. It is easier to accomplish goals by tracking yourself, and we will provide tracking sheets so you can check off the miles day by day