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STANWOOD-CAMANO YMCA
SENIOR CALENDAR

MONDAY	TUESDAY	WEDNESDAY	
 Pickleball 6:30–9:30 am Courts 1 & 2  Coffee & Connections 9–10:30 am M2  Deep Water Fitness w/Lydia 10–11 am Lap Pool  TRX w/Carleeh 10:45–11:45 M2  Forever Fit w/ Jamie 11:15–Noon Gym  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  Chair Yoga w/Sandy 11–Noon M2  Forever Fit w/ Jamie 11:15–Noon Gym  Pickleball Noon–1:30 pm Court 1  Pedaling for Parkinson’s 1 – 2 pm Cycle Studio	 Pickleball 6:30–9:30 am courts 1 & 2  Deep Water Fitness w/Lydia 10–11 am Lap Pool  Yoga w/ Sandy 11:15–Noon M2  Forever Fit w. Jamie 11:15–Noon Gym  Chair Yoga w/Sandy 12:30–1:30 pm M2  Water Fitness w/ Teresa 1–2 pm Rec Pool  Zumba w/ Lori 5:45–6:45 pm M2	
THURSDAY	FRIDAY	SATURDAY	
 Water fitness w/Connie 7:30–8:30 am Rec Pool  Chair Yoga w/ Sandy 11 am–Noon M2  Pickelball Noon–1:30 pm Court 1  Joint Branch Potluck with Marysville YMCA 11–12 pm Haller Park Arlington  Pedaling for Parkinson’s 1 – 2 pm Cycle Studio	 Pickleball 6:30–9:30 am Courts 1 & 2  Deep Water Fitness w/lydia 10–11 am Lap Pool  Yoga w/ Sandy 11 am–Noon M2  Angel of the Winds Trip 2:30 – 6 pm Coming Soon! OCT 9	<th data-bbox="1081 1260 1624 1564">SUNDAY</th>  Pickleball Noon–2 pm Court 2  SEE BACK FOR SPECIAL EVENTS	SUNDAY
			

**MONDAYS IN
SEPTEMBER**



Coffee & Conversation

9-10:30 am

Coffee and Conversations are back and we have a new community room! It is located aside of our downstairs coffee station so as you grab a cup, you have a semi private space to converse. The community room is open for our seniors and friends on Monday's at 9-10:30 am . Feel free to bring a snack to share. Community members are welcome without a day pass to our coffee times, so invite a friend!

**Thursday
Sept. 7**



Fall Preventions Workshop

11 am-1 pm

This workshop will include nutrition and movement awareness led by Karrie and Carleeh. We will discuss bone density, muscle retention, and balance. Registration is open!

**Thursday
Sept. 28**



Joint Branch Park Potluck

11 am-Noon

Join us for a park potluck trip to Haller Park in Arlington, WA! We have a covered area reserved and will be joined by members of Marysville YMCA. Free with dish to share. Optional activity-Carleeh and Marysville YMCA's walking group will meet after our meal at Centennial trail (Haller Park trailhead), feel free to join in!

**Monday
Oct. 9**



Strikerz Bowling Trip

12:30-4 pm

Let's go bowling! Angel of the Winds has the best bowling alley around. We are reserving lanes for 2 hours. Monday is a Silver Strikerz which is a senior specific bowling

\$30 fee covers our worry-free shuttle and event cost!

Register available beginning of Oct!



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.



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.



AOA BASKETBALL

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



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.



COFFEE & CONVERSATIONS

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



COMMUNITY POTLUCKS

A once-a-month event for Seniors. Bring food or drink to share and engage in a fun and delicious community engagement.



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 and develop deeper relationships within your community.

Interested? Reach out to Carleeh
ccompean@ymca-snoco.org or 360-572-3412