



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

April 2017

ARLINGTON FAMILY YMCA | 10131 Atlantic Boulevard | Jacksonville, FL 32225

## NEED SOME ADVENTURE? CAMP BOOM FOR "KIDS" AGE 50 & BETTER



Camp is not just for kids! If you are age 50 and better, then join us for three days of camp **May 19 – 21** at Camp Immokalee in Keystone Heights.

**Camp Boom** will offer the opportunity to meet new people and explore your adventurous side. Campers will enjoy camp fires with s'mores, zip lining, archery, swimming, line dancing, kayaking, Yoga, Tai Chi and more!

Registration includes all activities, 5 meals plus snacks, dormitory-style/bunk bed accommodations, T-shirt, backpack and official Camp Immokalee graduation ceremony.

Cost is only \$199 for members and \$225 for non-members. Register today! Registration deadline is Friday, May 5<sup>th</sup>. For more information and to register, visit [FirstCoastYMCA.org/aoa-goes-to-camp](http://FirstCoastYMCA.org/aoa-goes-to-camp) or call 904-265-1775.

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**CONNECT WITH US**  
[FirstCoastYMCA.org](http://FirstCoastYMCA.org)



## TAKE A UNF CLASS AT THE Y

The University of North Florida (UNF) Division of Continuing Education offers a variety of non-credit, personal enrichment offerings at area Ys. You can learn digital photography to foreign languages to kayaking. Y members receive a **20% discount** on classes held at Y branches. Pick up the Summer catalog at the Y or visit [FirstCoastYMCA.org/UNF](http://FirstCoastYMCA.org/UNF).



## SAVE THE DATE

On **Wednesday, May 31<sup>st</sup>**, enjoy a day filled with exercise demonstrations, health screenings, vendors and more for **National Senior Health and Fitness Day**. Invite your neighbors! We are offering FREE use of the Y for those over the age of 60 and not members of the Y.

Grab your racquet and get ready to rumble in the **2<sup>nd</sup> Annual Pickleball Tournament on June 2 – 4.**

## SOCIAL EVENTS

### ARLINGTON LUNCH BUNCH

**Friday, April 21  
12:30**

Enjoy the monthly lunch bunch for dining and laughs at area restaurants.

**April:** Applebee's,  
13201 Atlantic Blvd.

### FISH-A-THON

**Friday, April 28  
10 AM – 2 PM**

**Hanna Park**

Join the City of Jacksonville for the annual Fish-a-thon. Sign up at Welcome Center.

### SILVER REWARD WINNER FOR

**February is Nerida (Nellie) Rivera.** She won a restaurant gift card.

### APRIL BIRTHDAY CELEBRATION

**Wednesday, April 19  
12 Noon**

### HAPPY EASTER

**Sunday, April 16<sup>th</sup>**

### ARLINGTON PARTNER

Visit the Alignment Healthcare representative, Scott Stanton in the lobby on **April 5<sup>th</sup> and April 19<sup>th</sup>** to answer any of your healthcare insurance questions.

## CLASS SCHEDULE

### ZUMBA GOLD

Monday 10:00 am  
Wednesday 10:00 am

### GENTLE YOGA

Tuesday/Thursday 9:00 am

### SILVERSNEAKERS CLASSIC

Tuesday/Thursday 10:30 am  
Monday/Tuesday/Thursday  
11:30 am  
Wednesday 11:00 am

### YOGA

Monday - Thursday  
7 pm

### BALLROOM DANCE LESSON

Thursday 11:00 am

### LINE DANCE

Monday 9:00 am  
Thursday 10:00 am

### SILVERSNEAKERS YOGA

Friday 11:00/Saturday 10:30 am

### TAI CHI

Friday 9:00 am

### ENHANCED FITNESS

8:30 am – 9:30 am  
Monday  
Wednesday  
Friday

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## ALIGNMENT HEALTHCARE PRESENTS 12-MONTH PREVENTION SERIES

Thanks to a sponsorship by Alignment Healthcare, the Arlington Y was selected to host a 12-month education series about the prevention of the most common chronic diseases. The FREE presentations are conducted by area experts and include lunch.

**April Topic: Colorectal Cancer  
April 12<sup>th</sup> | 12 – 1:30 PM**

**Symptoms of colorectal cancer** include: A change in bowel habits, Blood in the stool, or stools that look like black tar, loss of appetite, pain in the belly, (especially gas pains, cramps, or a feeling of fullness), unexplained weight loss, constant tiredness (fatigue).

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## HIGHLIGHT: GEN-ALL

Special thanks to members and guests for attending the GenALL program on Friday, March 31<sup>st</sup>. Our panelist included Windy Johnson (Age 42), Jose Orlando (Age 67) and Jamil Abdurrahman (Age 23). Each panelist shared their views about aging with the audience. In addition, everyone viewed the Gen ALL video and enjoyed a full salad bar.

