



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

May 2017

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

A CALL FOR PICKLEBALL



Calling all passionate Pickleball Players! Grab your paddle and get ready to rumble in the **2nd Annual First Coast Y Pickleball Tournament** on **June 2 – 4**. The event will take place indoors at the Winston Y (221 Riverside Avenue).

Enjoy an open age (age 25+), "Round Robin-style" tournament for all skill levels. Players receive a commemorative t-shirt, grab bag, lunch on Saturday and snacks. Winners in the Ladies, Men and Mixed Doubles will receive bragging rights and a medal for 1st, 2nd and 3rd place in each division.

Friday, June 2 | 4 pm – 5 pm Reception and Check-in
Friday, June 2 | 5 pm – 8 pm Women's Division
Saturday, June 3 | 9 am – 3pm Mixed Doubles
Sunday, June 4 | 9 am – 1 pm Men's Division

Registration is \$20 for members and \$30 for non-members. Each additional registration is half price. The tournament is limited to 60 players. Register today at FirstCoastYMC.org or at your area Y.

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CONNECT WITH US
FirstCoastYMCA.org



CAMP FOR ADULTS

Space is still available for **Camp Boom** at Camp Immokalee in Keystone Heights on **May 19 -21**. This camp is for adults who are age 50 and better and offers the opportunity to meet new people and explore your adventurous side. Campers will enjoy 5 meals, camp fires with s'mores, zip lining, archery, swimming, line dancing, kayaking, Yoga, Tai Chi and more! Visit FirstCoastYMCA.org/aoa-goes-to-camp for more information.

A FREE DAY TO PLAY FOR AGES 60+

On **Wednesday, May 31st**, 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 who are not Y members.

SUMMER FUN WITH UNF CLASSES

You can learn everything from digital photography to kayaking. Y members receive a **20% discount** on classes held at Y branches. Grab the Summer catalog at the Y or visit FirstCoastYMCA.org/UNF.

SOCIAL EVENTS

OUT-TO-LUNCH BUNCH

Friday, May 26 | 12:30

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

May: O'Charley's
410 Commerce Center Dr.

SILVER REWARD WINNER FOR

May is Laverne Millan. She won a restaurant gift card.

MAY BIRTHDAY CELEBRATION

**Wednesday, May 17
12 Noon**

NATIONAL SENIOR HEALTH AND FITNESS DAY

**Wednesday, May 31st
8:30 AM – 1 PM**

Receive a **FREE Vision Screening** by the organization Vision is Priceless!



ARLINGTON PARTNER

Visit the **Alignment Healthcare Representative, Scott Stanton** in the lobby to answer any of your healthcare insurance questions.

UPCOMING EVENT

Get ready to shake, rattle, rumba and roll at the Arlington **Zumba-thon** in June!

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

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.

May Topic: Melanoma and Skin Care

Wednesday, May 10, 12 p.m.

Join **Dr. Allen Okie**, Regional Medical Director / Alignment Healthcare for this informative session to learn about the signs of melanoma and skin cancer. The event is free and lunch is provided. Sponsored by ALIGNMENT HEALTHCARE

MOTHER'S DAY POTLUCK LUNCH

Friday, May 12 | 12 Noon

Join us in celebration of MOM!

Do you have a favorite recipe that your Mom made for your family or that your children enjoy? Then prepare that dish to share with your friends at the Y. Feel free to bring copies of the recipe and great "Mom" stories to share.

