



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

April 2017

YMCA AT BAPTIST NORTH | 11236 Baptist Health Drive | Jacksonville, FL 32218

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 5th. For more information and to register, visit FirstCoastYMCA.org/aoa-goes-to-camp or call 904-265-1775.

Ericia Moore, Executive Director

P 904-296-3220 E emoore@firstcoastymca.org

CONNECT WITH US
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.



SAVE THE DATE

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 and not members of the Y.

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

CLASS SCHEDULE

MONDAY

8 AM Yoga
8:30 AM RPM
9 AM BodyPump
10:30 AM SilverSneakers

TUESDAY

6 AM Cycle
8 AM CORE
9 AM Hip Hop Step
10:30 AM SilverSneakers
11:30 Zumba

WEDNESDAY

8 AM Line Dance
8:30 AM RPM
9 AM BodyPump
9:30 AM Yoga
10:30 AM SilverSneakers

THURSDAY

6 AM Cycle
8 AM CORE
9 AM Hip Hop Step
10:30 AM SilverSneakers
11:30 Zumba

FRIDAY

9 AM Yoga
10 AM Zumba
11 AM SilverSneakers

SATURDAY

10 AM BodyCombat
11:15 AM CORE
11 AM Zumba

Please visit the Welcome Center for a full listing of classes and class descriptions.

YOUR Y, YOUR WAY

Our members age 50 and better experience a strong sense of belonging and a network of friends who provide support for sustained health and well-being.

Please review the below list of activities, events and social groups that take place at other Y locations. We welcome your feedback on activities that you would like to see take place at YMCA Baptist North.

- Garden Club
- Book Club
- Bible Study
- Lunch Bunch
- Walking Club
- Cooking Class
- Movie Days
- Potluck Parties
- Travel Club
- Support Groups
- Trivia Tuesdays



ABOUT BAPTIST HEALTHY LIVING CENTER

The Healthy Living Centers (HLC) offer a variety of programs led by clinical professionals and experts.

Talk with a Doc Living Well with Diabetes

Monday, April 10th
12:30 pm – 1:30 pm

Hearing Loss and Free Hearing Screenings

April 25th
8 AM – 11:45 AM (Hearing Screenings)
12 Noon – 1 pm (Talk with a Doc)



GET REWARDED WITH SILVER REWARDS

Get your Silver Rewards card today. Attend the Y at least 9 times per month and you will be entered to win the prize of the month. Have the Y staff “mark” your card for your first 9 visits.

Turn in your cards every month and you will be entered to win the annual grand prize valued at \$500.

