



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

April 2017

BROOKS FAMILY YMCA | 10423 Centurion Parkway | Jacksonville, FL 32256

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.

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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.**

CLASSES

SILVERSNEAKERS

Monday-Friday 10:30 am
Wednesday 9:30 am
(Conference Room)

LINE DANCE

Monday and Friday
11:30 am (Studio B)

STRETCH AND TONE

Tues and Thurs 9:30 am
(Studio B)

GENTLE YOGA

Tues 10:30 am (SMB)

BALLROOM DANCE

Tues 11:30 (Studio B)

CHAIR YOGA

Thursday 11:45 (SMB)

ZUMBA GOLD

Friday 10:30 (Studio B)

LOW IMPACT

Wed 10:30 am (Studio B)

AQUA FITNESS

Mon-Fri 10:30 am
Sat 10 am (Main Pool)

GENTLE AQUA and AQUA MOTION

(Therapy Pool)
For information, inquire at
the Welcome Center.

PICKLEBALL

Mon, Wed, and Fri
2pm-4pm, in the gym

TAI CHI

Mon 4:30pm (SMB)
Fri 11:45am (Conf Rm)
Fri 4:30pm (Studio B)

Many Thanks!

Special thanks to Todd at
Domino's Pizza on
Baymeadows Road for
donating pizza for our
Open Forum on
February 23!

SOCIAL EVENTS

DOMINOES

Mon, April 3, 10, 17, 24
11:30am

COLOR-FUL CALM

Tues, April 4, 11, 18, 25
11:30am

NEW MEMBER WELCOME RECEPTION

Thurs, April 6, 1:00pm

POTATO BAR

Wed, April 12, 11:30am

GARDEN CLUB MEETING

Thurs, April 13, 9:30am

CROCHET for a CAUSE

Fri, April 14, 11:30am

BOOKS@BROOKS

Mon, April 17, 11:45am
The Swans of Fifth Avenue,
by Melanie Benjamin

LUNCH & LEARN POTLUCK

Wed, April 19, 11:45am

LUNCH BUNCH

Fri, April 21, 1pm
Soul Food Bistro
111876 Atlantic Blvd.

SALAD BAR

Wed, April 26, 11:30am

BINGO!

Fri, April 28, 12:30pm

Coming Soon: **SCRABBLE**

To sign up for an event, please look for the signup sheets in the **50 and Better Binders**, located on the 2nd floor coffee table or at the Welcome Center.

Wine and Canvas Returns!

Monday, April 24, 1:00pm

Join us in the conference room for a fun painting session, no artistic ability or experience required! Supplies are provided; space is limited. There is a fee for this event; see the flyer for more details.

Visit Treaty Oak with the Brooks Garden Club

Friday, April 14, 12:00pm

Come out and enjoy a picnic lunch at the famous Treaty Oak, which may be the oldest living thing in Jacksonville; it's age is estimated at 250 years! There is a small fee for this event. Please see the flyer for more details.

Diabetes Academy

Wednesday, April 19, 11:30am

Diabetes Academy is a free class given by a Norvo Nordisk. The Diabetes Educator to help us learn about managing Diabetes.

50 and Better Volunteer Meeting

Wednesday, April 5, 11:30am, Conference Room

For official volunteers and those interested in becoming an official volunteer.

Congratulations! Joanne Drenckpohl won an 'I Love Brooks Y' t-shirt in the February SilverReward Card drawing!