



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

May 2017

BROOKS YMCA | 10423 Centurion Parkway | Jacksonville, FL 32256

## A CALL FOR PICKLEBALL



Calling all passionate Pickleball Players! Grab your paddle and get ready to rumble in the **2<sup>nd</sup> 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 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> 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](http://FirstCoastYMC.org) or at your area Y.

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CONNECT WITH US  
[FirstCoastYMCA.org](http://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](http://FirstCoastYMCA.org/aoa-goes-to-camp) for more information.

## A FREE DAY TO PLAY FOR AGES 60+

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 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](http://FirstCoastYMCA.org/UNF).

## 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)

## Congratulations!

**John Banks** won a \$20  
Subway gift card in the  
March **Silver Reward  
Card** Drawing!

## SOCIAL EVENTS

### DOMINOES

Mon, May 1, 8, 15, 22, 29  
11:30am

### COLOR-FUL CALM

Tues, May 2, 9, 16, 23, 30  
11:30am

### NEW MEMBER WELCOME RECEPTION

Thurs, May 4, 1:00pm

### POTATO BAR

Wed, May 10, 11:30am

### GARDEN CLUB MEETING

Thurs, May 11, 9:30am

### CROCHET for a CAUSE

Fri, May 12, 11:30am

### BOOKS@BROOKS

Mon, May 15, 11:45am  
*Last Train to Memphis*,  
by Peter Guralnick

### LUNCH & LEARN POTLUCK

Wed, May 17, 11:45am

### LUNCH BUNCH

Fri, May 19, 1pm  
Miller's Ale House  
Tinseltown

### SALAD BAR

Wed, May 24, 11:30am

### BINGO!

Fri, May 26, 12:30pm

Coming In June: **SCRABBLE**

## Mother and Daughter, Together at Brooks



Pattie Techera has been teaching for 17 years (8 at Brooks); her speciality is Pilates Reformer.

Pattie once weighed 225 lbs and with proper diet and exercise, lost 80 lbs. She has proven through hard work and dedication that better health can be achieved!

Maria is Pattie's mother and has been a Brooks member for several years. She enjoys SilverSneakers, Aqua Fitness, and Bingo. She trains with her daughter on the Pilates Reformer; it has helped her to walk better after a knee replacement, strengthen her core to help prevent falling, and helps to alleviate arthritis aches and pains, greatly improving her quality of life.

Pattie is very proud of her mom and cherishes the time they spend together and would love to show other moms and daughters the benefits of Pilates Reformer (to sign up for a free class, visit the front desk); they both wish everyone a Happy Mothers' Day!

**New to Brooks Y?** Meet your Healthy Aging Coordinator and discover the benefits of being a member of the Y. Please sign up to attend the **New Member Welcome Reception on Thursday, May 4**, in the Conference Room at 1pm.