



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

April 2017

DYE CLAY FAMILY YMCA | 3322 Moody Avenue | Orange Park, FL 32065

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.**

SOCIAL EVENTS

KNITTING & CROCHETING

Every Wed/Fri 9 AM
Conference room
Beginners welcome

PICKLEBALL

Every Mon/Wed/Fri
12 PM – 2 PM

PRAYER GROUP

Every Tuesday
At 11:00 in Conf. Room

MOVIE MATINEE

Thursday, April 6th
12 pm Teen Center

Now Showing:

Me Before You

Come enjoy a great movie and popcorn!

GAME DAY

Thursday, April 13th

12:00 pm Teen Center
"National Scrabble Day"

Come test your word building skills! We will also be playing LCR and billiards! Prizes and light snacks will be provided!

SPRING BAKE SALE

Friday, April 14th

All day in the Lobby!
Calling all bakers! We need your donations! Please individually wrap all items!

ICE CREAM SOCIAL

Thursday, March 27th

12:00 pm in Teen Center
The days are getting warmer so come and cool off with some yummy ice cream and delicious toppings!

CLASS SCHEDULE

BETTER BALANCE

TUE 11 AM

SILVERSNEAKERS CIRCUIT

MON/WED 10:45 AM

MIDDLEBURG CLASS

SILVERSNEAKERS CLASSIC

TUE/THUR 9 AM

LINE DANCING

Thurs 11am

SILVERSNEAKERS CLASSIC

TUE/THUR 10 AM
FRI 10:30 AM

SILVERSNEAKERS YOGA

MON 11:30AM
WED/FRI 11:30 AM

ZUMBA

MON 10:30 AM
WED 8:15 AM

ZUMBA GOLD

FRI 9:30 AM

ALIGNMENT HEALTHCARE PREVENTION SERIES: COLORECTAL CANCER

Tuesday, April 4th | 12:00 - 1:30 pm
Teen Center

In the United States, colorectal cancer is one of the leading causes of deaths due to cancer. Early diagnosis can often lead to a complete cure.

Enjoy our panel as they discuss the symptoms, stages, treatments and prevention of colorectal cancer.

Light lunch and beverages will be served. Please sign up in the binder in the lobby!



50 & BETTER LUNCHEON

Friday, April 21st | 12:30 pm

Spring is in the air! Come celebrate the April flowers which bring May showers! We will be serving delicious ham.

Please feel free to bring a dish to share and a friend to meet.

