



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

April 2017

FLAGLER CENTER FAMILY YMCA | 12735 Gran Bay Parkway, Suite 201 | Jacksonville, FL 32258

## 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 5<sup>th</sup>. For more information and to register, visit [FirstCoastYMCA.org/aoa-goes-to-camp](http://FirstCoastYMCA.org/aoa-goes-to-camp) or call 904-265-1775.

P 904-370-9622

CONNECT WITH US  
[FirstCoastYMCA.org](http://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](http://FirstCoastYMCA.org/UNF).



## SAVE THE DATE

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 and not members of the Y.

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

## Brown Bag Book Club!

The **second Friday of each month** join us for a Book Club discussion at 12:30pm!

Each month we will select a book and meet to discuss.

**The Next meeting will be April 14<sup>th</sup>.** Bring a Brown Bag lunch to eat during the discussion.

## Learn Conversational Spanish!

**Mondays at 1:00** in the large conference room.

Y member, Aida Sarria has volunteered to teach a free conversational Spanish class.

Please sign up in the SS Information book if you want to participate.

## Potluck Social!

Join us for a Pot Luck Social and Game Day!  
**Friday, April 28<sup>th</sup> at 12:30.**

Bring a dish to share with the group. We will meet upstairs in the conference room, share a meal, fellowship and play a few games!

## CLASS SCHEDULE

### AOA DANCE

Monday, 10:30 am

### SILVER SNEAKERS STABILITY

Monday, 11:45am

### SILVER SNEAKERS CLASSIC

Tuesday, 11:30 am

### CHAIR YOGA

Wednesday, 11:30 am

### AOA Kinesis

Wednesday, 11:30am

### SILVER STEPPERS

Thursday, 11:30am

### SILVER SNEAKERS CLASSIC

Friday, 11:30 am

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## ALIGNMENT HEALTHCARE PRESENTS 12-MONTH PREVENTION SERIES

**Thursday, April 13<sup>th</sup> | 12:30 – 2:00PM**  
**April Topic: Colorectal Cancer**

Excluding skin cancers, colorectal cancer is the third most common cancer diagnosed in both men and women in the United States. Overall, the lifetime risk of developing colorectal cancer is: about 1 in 21 (4.7%) for men and 1 in 23 (4.4%) for women. This risk is slightly lower in women than in men. Join Dr. Allen Okie, Regional Medical Director at Alignment Health to learn how to improve your Colon Health.

Lunch and beverages will be served. Please sign up at the Welcome Center!

## LEARN FOR THE FUN OF IT

The Y and the UNF Division of Continuing Education have partnered to provide you with access to LEARN Jacksonville. Sign up for **Creative Mosaic class on April 11<sup>th</sup>**. Y members receive **20% off** the registration for classes held at the Y, including the Flagler Y. Register at the y Welcome Center or online at [FirstCoastYMCA.org/UNF](http://FirstCoastYMCA.org/UNF).

