



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

May 2017

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

## 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.

**Felina Martin, Branch Executive**  
P 904-370-9622 E [fmartin@firstcoastymca.org](mailto:fmartin@firstcoastymca.org)

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).

## 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 May 12<sup>th</sup>.** Bring a Brown Bag lunch to eat during the discussion.

## Learn Conversational Spanish!

**Mondays at 12:30** 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.

## GRANDKIDS FOR THE SUMMER?

Don't stop your fitness and fun routine at the Y because you have the grandkids for the Summer. For **only \$30 per month**, your grandkids can enjoy the Kidzone for up to 2 hours per day while you are taking your exercise class. Visit the Welcome Center for more information.

## 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

**SILVER STEPPERS**  
Thursday, 11:30am

**SILVER SNEAKERS CLASSIC**  
Friday, 11:30 am

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## NEW EDUCATION CLASS BY UNF AT ARLINGTON! FOOD FOR LIFE: The Cancer Project

**July 25<sup>th</sup> – August 22<sup>nd</sup> | 6 pm – 8 pm | Conference Room**

Explore how a diet rich in vegetables, fruits, whole grains & legumes can help you fight cancer or increase your chances of survival. Come learn how you can enhance your health and fight chronic disease while supporting your overall wellness goals with simple steps in the kitchen. This course is for anyone who currently has cancer, had it previously, is at high risk or has a general interest in learning more about the correlation between nutrition and cancer. The class is only \$87.50 per member (\$109 for non-members). Register online at [FirstCoastYMCA.org/UNF](http://FirstCoastYMCA.org/UNF)

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## UNF: CREATIVE MOSAIC

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 May 16<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).

