



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

April 2017

JOHNSON FAMILY YMCA | 5700 Cleveland Road | Jacksonville, FL 32209

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.**

WEEKLY SOCIAL EVENTS

LINE DANCING

Every Tuesday, Friday
9:00 am

BIBLE STUDY

Every Thursday
9:00 am

COMPUTER BASICS 101

Every Tuesday
11:00 am

BIRTHDAY SOCIAL

Tuesday, April 18

11:00 am

Is it your birthday month? Sign up and let's celebrate with song, cupcakes, games and more.

MUNCH N LEARN MEDICARE 1-ON-1

Thursday, April 20
9:00 am

Talk with the experts about Medicare. "Mission is to Serve Not Sell" with CK Insurance Solutions

NEW MEMBER WELCOME RECEPTION

Tuesday, April 25
12:00 pm

Meet other members and learn how to use equipment.

CLASS SCHEDULE

CARDIO CIRCUIT

Monday, Wednesday, Friday
8 am

CARDIO CIRCUIT

Monday, Wednesday, Friday
9:30 am

SILVERSNEAKERS

Tuesday, Thursday
10 am

ZUMBA GOLD

Monday, Wednesday
10:30 am

MIND BODY ACHIEVERS

Monday, Wednesday, Friday
11 am

BASIC CYCLE

Tuesday, Thursday
11:15 am

2nd Annual Spring Fashion Show

April 22nd at 5:45pm | Johnson Family YMCA

Join us as we dress in our favorite 60's and 70's attire and enjoy a great show for a great cause. Get your tickets NOW!



The image is a purple rectangular graphic for an "Admit One" ticket. On the left, it features the logo for "the Y" with "YMCA" underneath. The main text in the center reads "SPRING FASHION SHOW" in large, stylized yellow and white letters. Below this, it says "Peace. Love. Unity." in white. On the right side, it says "ADMIT ONE" in white, followed by "APRIL 22, 2017 AT 5:45PM" in white. Below that, it lists the location: "JOHNSON FAMILY YMCA, 5700 Cleveland Road, Jacksonville, FL 32209, 904.765.3589" and includes a location pin icon. At the bottom right, it says "FirstCoastYMCA.org" in white.

Easter Egg Hunt and Picnic with the Grandkids

April 14th at 12:00 pm

Bring your grandkids and enjoy food, fun and a traditional Easter Egg hunt. Prizes and surprises for everyone.

Sign up today at the Welcome center and bring your favorite picnic dish.

