



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

April 2017

MCARTHUR FAMILY YMCA | 1915 Citrona Drive | Fernandina Beach, FL 32034

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

Mahjong

Monday 1pm &
Tuesdays at 1pm

Bingo

Bingo with Susan

Saturday, April 15th at
11:30 am Invite a
friend!!!

Now offering Line Dancing at the Y

Mondays @ 2pm and
Wednesdays @ 6pm

SS Reward Card Winner

Get your card today to be
eligible to win a prize for
the month after completing
9 visits.

Winner of February:
Roger Evans

Walking Club/5K Shrimp Walk

Every Monday at 9am

Join the walking group and
prepare for the 5k Shrimp
Festival Walk on May 5th,
Main Beach.

CLASS SCHEDULE

SILVERSNEAKERS CLASSIC

Monday, 11:40 am

SILVERSNEAKERS CLASSIC

Tuesday, 11:40 am

SILVERSNEAKERS CLASSIC

Wednesday, 11:40 am

SILVERSNEAKERS CLASSIC

Friday, 11:40 am

CHAIR YOGA

Thursday 11:40 am

TAI CHAI

Tuesday & Thursday, 8:00 am

YOGA LIGHT

Tuesdays & Thursday, 10:30 am

GENTLE STRETCH

Monday, Wednesday and Fridays,
9:15 am

AQUA AEROBICS

Monday thru Friday
8:30 am Deep & 9:30 am Shallow

Diabetes Academy

Wednesday, April 12t at 12:30 pm

Diabetes Academy is a free class given by a Novo Nordisk
Diabetes Educator to help you learn about managing
diabetes.

Curriculum includes:

- Diabetes Management 101: reviews diabetes
information and terminology
- Staying Healthy: provides convenient tips for eating
healthy and staying active
- Novo Nordisk Diabetes Products reviews the basics
about insulin and GLP-1 diabetes medication.

Please sign up at the Welcome Center and bring a bag lunch.

Meet and Lunch with Friends

Wednesday, April 18th at 12:45 pm

Join us for our **Lunch with Friends** at
Peppers' Restaurant downtown
Fernandina Beach (530 Centre St,
Fernandina Beach, FL 32034). If you
have any questions and to reserve a
seat, please see Raylene or your Silver
Sneakers instructor.

