



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

May 2017

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

A CALL FOR PICKLEBALL



Calling all passionate Pickleball Players! Grab your paddle and get ready to rumble in the **2nd 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 1st, 2nd and 3rd 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 or at your area Y.

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CONNECT WITH US
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 for more information.

A FREE DAY TO PLAY FOR AGES 60+

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 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.

SOCIAL EVENTS

Mahjong

Monday 1pm &
Tuesdays at 1pm

Bingo

Bingo with Susan

Saturday, May 13th at
11:30 am Invite a
friend!!!

Now at the Y: Line Dancing

Tuesdays @ 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 March:
xxxxx

Walking Club/ 5K Shrimp Walk Every Monday 9am

Join the walking group and
prepare for the **5k Shrimp
Festival Walk** on May 6th
at the Main Beach.

CLASS SCHEDULE

SILVERSNEAKERS CLASSIC

Monday, 11:40 am

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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

Picnic Sack Lunch

**Thursday May, 18th at
12:30 pm at Main Beach**

Join us for a fun relaxing lunch at
the Beach Park. Pack a "sack
lunch" and join use for some fun
in the sun at Main Beach. This
should be loads of fun and the
weather should be perfect! Any
questions, please see Raylene or
your SilverSneakers instructor.



National Senior Health & Fitness Day

Wednesday, May 31st | 8 am - 11am

Grab a friend and join us for National
Senior Day Celebration for our age 60
and better members and guests. We will
host different activities and have a
variety of presentations from different
partners in our community. For more
information see the Welcome Center.

