



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

April 2017

ST. AUGUSTINE FAMILY YMCA | 500 Pope Road | St. Augustine, FL 32080

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

Women's Book Club

Last Thursday of Month,
1:30 PM

Pickleball

Mondays, Wednesdays &
Fridays
8:00 am – 10:00am

Tuesday and Thursday
12:30 pm – 2:30 PM

Learn to Play

Pickleball

Wednesdays
9:00am – 10:00am

LUNCH BUNCH GROUP

**Friday, April 28
2:00 PM**

Be a part of the St. Augustine YMCA Lunch Bunch Group! Once a month we travel to some of the best hidden local spots. Enjoy some great food while meeting some fellow Y Members!

April Restaurant

Alcazar Cafe
25 Granada Street
St. Augustine, FL 32084

Visit the Welcome Center for more information and to sign-up for events.

CLASS SCHEDULE

SILVERSNEAKERS CARDIO FIT

Monday
10:00 AM

SILVERSNEAKERS CLASSIC

Monday, Wednesday and
Friday
12:45 PM

SILVERSNEAKERS YOGA

Tuesday and Thursday
12:45 PM

GENTLE YOGA

Monday, Wednesday, Friday
11:30 AM
Saturday
12:00 PM

AOA

Tuesday and Thursday
10:30 AM

TAI CHI

Monday and Thursday
3:30 PM

REFIT DANCE FITNESS

Monday & Wednesday
10:30 AM

RESTORATIVE YOGA

Tuesday 6:15 PM
Sunday 3:30 PM

INTRO TO CYCLE

Thursday 9:30 AM

THERAPEUTIC STRETCH

Friday 10:30 AM

ARTFUL MEDITATION CLASS- ZENTANGLE

Fridays in April

3:30 PM – 5 PM

Join Janerae Morrell as she teaches us about beautiful tangle patterns using pens, pencils, and smudgers.



LEARN ABOUT YOUR HUMANA BENEFITS

Wednesday, April 19 | 2 PM

Join Brenda Dirkse from Humana for an educational session on all your policy changes and benefits. Humana subscribers and all interested in Humana benefits are encouraged to attend.

TOUR LIGHTNER MUSEUM

Friday, April 28

3 PM (After Lunch Bunch)

The Lightner Museum is a museum of antiques, mostly American Gilded Age pieces, housed within the historic Hotel Alcazar building in downtown St. Augustine. This 1887 Spanish Renaissance Revival style building is listed on the National Register of Historic Places.

