



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

May 2017

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

## 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.

**Diane Appel, Healthy Aging Coordinator**  
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**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).

## SOCIAL EVENTS

### 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

**Tuesday, May 9  
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!

### May Restaurant

Urban Back 40  
40 S Dixie Hwy  
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

## DIANE'S GOING AWAY PARTY

**Tuesday, May 16 | 2 PM**

Join us as we give Diane Appel, Healthy Aging Coordinator, a fond farewell as she begins her move to Maryland. Light refreshments will be provided.



## TOUR VILLA ZORAYDA

**Friday, May 19 | 2 PM**

Take a tour of the beautiful Zorayda Castle, replicated after the Alhambra Palace in Granada, Spain. In 1993, it was named to the US National Register of Historic Places. Visit the Welcome Center for more information.

## NATIONAL SENIOR HEALTH AND FITNESS DAY

**Wednesday, May 31 | 9 AM – 1 PM**

Join us for a day of activities and vendors! Use of the Y is FREE for the day for those non-members age 60 and better. So, invite a friend.

11:30 AM St. Augustine Lighthouse  
Volunteer Seminar

1:30 PM Sheriff's Department Victim  
Advocate Seminar

