



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

April 2017

WILLIAMS FAMILY Y | 10415 San Jose Boulevard, Jacksonville, FL 32257

## 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 5<sup>th</sup>. For more information and to register, visit [FirstCoastYMCA.org/aoa-goes-to-camp](http://FirstCoastYMCA.org/aoa-goes-to-camp) or call 904-265-1775.

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CONNECT WITH US  
[FirstCoastYMCA.org](http://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 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](http://FirstCoastYMCA.org/UNF).



## SAVE THE DATE

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 and not members of the Y.

Grab your racquet and get ready to rumble in the **2<sup>nd</sup> Annual Pickleball Tournament on June 2 – 4.**

## CLASS SCHEDULE

### MONDAY

SS CIRCUIT

11:45 am – 12:30 pm

### TUESDAY

YOGA STRETCH

8:00 am - 8:45 am

AOA CARDIO SCULPT

11:45 am - 12:30 pm

SS-CLASSIC

11:45 am - 12:30 pm

### WEDNESDAY

SS-YOGA STRETCH

11:45 am - 12:30 pm

LINE DANCING

1:00 pm – 1:45 pm

### THURSDAY

YOGA STRETCH

8:00 am - 8:45 am

CYCLE 101

10:15 am – 10:45 am

SS-CLASSIC

11:45 am - 12:30 pm

### FRIDAY

SS-CIRCUIT

11:45 am - 12:30 pm

## ONGOING EVENTS

**1<sup>st</sup> MONDAY OF MONTH  
HOT TEA in the LOBBY** at  
10:30am to 1:00pm

**COLOR YOURSELF CALM  
TUESDAYS** at 12:45pm to  
1:45pm

**Every MONDAY CARDS  
'N GAMES** at 10:00am

**1<sup>st</sup> and 3<sup>rd</sup> RUMMI CUBE  
WEDNESDAYS** at  
10:00am

**PICKELBALL Schedule**  
**Tuesday** 5:30-10:15am  
**Wednesday** 5:30-8:30am  
**Thursday** 5:30-10:15am  
**Friday** 2:00-5:00pm

## SOCIAL EVENTS

**Please RESERVE a spot for these events in the 50 and Better Book located at the Welcome Center.**

### WALKING CLUB

Every Monday in April | 11:45 am

Looking to get out and enjoy the spring weather join our new walking club. We will meet in the lobby and start and finish at the Williams Family Y. All walking paces are welcome.

### COLOR YOURSELF CALM

Every Tuesday in April | 12:45 pm-1:45 pm

Gentle, soothing music will promote a relaxed atmosphere. Join us for stress relief and adult coloring.

### COFFEE KLATCH

Wednesday, April 12th | 9:00 am

Join us at the Village Bread Company (10111 San Jose Blvd) and chat over coffee and biscuits. Enjoy coffee on the Y. See you there!

### NEW MEMBER WELCOME RECEPTION

Tuesday April 11th | 10:30 am – 11:30 am

Learn about all the offerings the Y provides for your membership and meet some new friends.

### LUNCH AND LEARN – Community Hospice

Thursday, April 13th | 12:45pm

Enjoy lunch and listen to a speaker from Community Hospice that will be discussing Hospice care and your options.

### LUNCH BUNCH – Salads and Spuds with Friends Potluck

Friday, April 21st 12:45pm

Enjoy lunch and conversation with your favorite Y friends. Bring your favorite salad and we will bring the Spuds and fixings.

### CONNECTOR MEETING

Monday, April 24th | 12:30 pm

Get connected with the Y and join the Williams AOA Committee. Members help coordinate activities, trips and events for those over the age of 50.

### ST. AUGUSTINE DISTILLERY TOUR

Friday April 28th | 12:30pm – 4:00pm

Take a free tour of the St. Augustine Distillery and Ice Plant. The tour will take around 45 minutes, with a free sampling of local cocktails to conclude!