



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

May 2017

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

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.

CLASS SCHEDULE

MONDAY

SS CIRCUIT

11:45 am - 12:30 pm

WATER FITNESS

10:00am - 11:00am

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

WATER FITNESS

10:00am - 11:00am

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

WATER FITNESS

5:30pm - 6:30pm

FRIDAY

WATER FITNESS

10:00am - 11:00am

SS-CIRCUIT

11:45 am - 12:30 pm

SATURDAY

WATER FITNESS

9:00am - 10:00am

ONGOING EVENTS

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

**1st and 3rd 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 May | 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 May | 12:45 pm-1:45 pm

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

NEW MEMBER WELCOME RECEPTION

Tuesday May 9th | 10:30 am - 11:30 am

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

FUN IN THE SUN WITH THE JUMBO SHRIMP

Wednesday, May 10th | First Pitch 12:05pm

Make a "Grand Slam" at Fun in the Sun by enjoying America's pastime at the beautiful Baseball Grounds of Jacksonville. RSVP is required and tickets will be purchased in advance.

SELF DEFENSE

Wednesday, May 17 | 12:30pm-1:30pm

Develop your awareness for your surrounds and practice self-defense techniques.

COFFEE KLATCH

Wednesday, May 24th | 9:00 am

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

CONNECTOR MEETING

Monday, May 22nd | 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.

NATIONAL SENIOR HEALTH & FITNESS DAY

Wednesday, May 31st | 10:00am - 2:00pm

Make a move towards better health. Join us as we have different vendors in the Lobby promoting health and wellbeing. Grab some freebies and great information from local businesses. There will be Group Exercises classes and Pickleball taking place during the event!