



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

April 2017

WINSTON FAMILY YMCA | 221 Riverside Avenue | Jacksonville, FL 32202

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.

Fredda Renshaw, Healthy Aging Coordinator

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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.**

CLASS SCHEDULE

MONDAY

DEEP WATER FITNESS
8:30AM-9:30AM
SS CIRCUIT
9:00AM -9:45AM

SS CIRCUIT
10:30am- 11:30am

TUESDAY

Gentle (Arthritis) Aqua
8:00-8:50
Water Fitness
9:00-10:00
SS CIRCUIT CLASSIC
9:00AM -9:45AM
CHAIR YOGA 11:15-12:00

WEDNESDAY

DEEP WATER FITNESS
8:30AM-9:30AM
Water Fitness
10:00-10:50

SS CLASSIC
9:00AM-9:45AM
SS CIRCUIT
10:30AM - 11:30AM

LINE DANCING
11:45AM-12:00PM

THURSDAY

Gentle (Arthritis) Aqua
8:00-8:50
SS CLASSIC
9:00AM-9:45AM

CHAIR YOGA
11:15AM - 12:00PM

FRIDAY

Water Fitness
9:00-10:00
SS-CIRCUIT
9:00AM - 10:00AM

NEW - Walking Club

Tuesday, April 11

Time: 10:15
Where: Meet on the third floor by the elevator.

NOTICE: Please inform the front desk of any **change of address, phone numbers, or email.** Don't miss any great events by not updating your contact information.

SOCIAL EVENTS

Friday Musicale

April 7 – program starts 11am

Duo Sonidos, Adam Levin-Guitar, William Knuth-Violin

NEW MEMBER WELCOME RECEPTION

Monday, April 10- at 10:45 am meet in the lobby
Learn about all the offerings the Y provides for your membership.

Lunch N Learn: Vintage Players

Monday, April 10

Deadline: to pay for lunch is April 6th at noon

Time: 12:00 am

Where: Studio B

Cost: \$5 pay at front desk

Lunch will be served at 1pm – bring snack to hold you over till lunch. Menu includes a sandwich, side salad, cookie and drink.

Connector/ Volunteer Meeting

Wednesday, April 12 – meeting 11:30 0am

Join the Winston AOA Committee.

Birthday Party

Thursday, April 20

Come Celebrate the April babies Birthday

Time: 11:30

Where: Meet in lobby

BOWLING

Thursday, April 20

1:00PM Meet at King Pins, 5310 Lenox Ave, \$1 game

BOOK CLUB

Monday, April 24

For name of book - it will be posted on the bulletin board in the lobby or contact Fredda Renshaw.

Tour Sally's Corporation

Tuesday, April 25 meet at Sally's 11:55

745 West Forsyth St., Jacksonville 32204

Space is limited to 8. Sign up in event notebook at front Desk as soon as possible. See Flyer for description of tour.

SIGN UP IN EVENT BOOK AT FRONT DESK