



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

May 2017

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

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

DEEP WATER FITNESS

8:30AM-9:30AM

SS CIRCUIT

9:00AM -9:45AM

SS CIRCUIT

10:30am- 11:30am

STABILITY-**NEW!**

11:45-12:30

TUESDAY

Gentle (Arthritis) Aqua

8:00-8:50

Water Fitness

9:00-10:00

SS CIRCUIT CLASSIC

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

STABILITY- **NEW!**

11:45-12:30

Book Club

Monday, May 29

Look in Event Notebook for the time and details.

NEW - Walking Club

Tuesday, May 9

10:15 am

Join us for walking on the Y indoor track. Meet on 3rd floor.

SOCIAL EVENTS

Fernandina Trip

Friday, May 12 Carpooling Leaving Y 9am

Sign up in the event book if interested in going and indicate if you will need a ride or driving yourself or friends. Please put your phone # by your name-If cloudy will go but if raining will reschedule trip

Lunch N Learn: Freedom Sings & Pot luck Lunch

Monday, May 8 | Studio B | 11:45 am

Lunch will be served after the performance in Conference Room Menu? Whatever you bring! So that there is enough food to go around, please bring food for at least 3 people. Prior to lunch, put food in the conference room. Indicate in the event notebook if you are participating in the bringing of a dish and what you will bring.

Birthday Party with Picnic and Games

Wednesday, May 17 | Patio | 11:30 am

Pot Luck!!!! Bring Picnic food to share.

Join us to celebrate birthdays! Please indicate in the event book that you are participating in the bringing food and what you will bring to share. Place food in conference room 8:30-11:30 Menu? Whatever you bring! Please bring enough food for at least 3 people to enjoy.

BOWLING

Thursday, May 18 | 1PM

Meet at King Pins, 5310 Lenox Ave

Tour Sally's Corporation

Thursday, May 25 meet at Sally's 10:55

745 West Forsyth St., Jacksonville 32204

Space is limited to 8. Sign up in the event notebook at the Welcome Center by Monday, May 22nd. See Flyer for a description of the tour.

St John's Cathedral Lunch

Friday May 26 meet at 12:00 noon

National Senior Health and Fitness Day

Wednesday, May 31 | 9 am – 2 pm

Y Conference Room

9 am – 11 am Health and Fitness Screening Stations

Healthy Living Center Conference Room

11:30 am -12:30 pm *Hear Better, Live Better* by Dr. Don Lerner

12:30 pm - 4:30 pm FREE Hearing Screenings

Teaching Kitchen

1 pm – 2 pm

Healthy Snacks by Beth Parvin