



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

May 2018

YMCA AT BAPTIST NORTH | 11236 Baptist Health Drive | Jacksonville, FL 32218

PLAY Y-I-GO! YOU COULD WIN A GRAND PRIZE VALUED OVER \$1,000!



Presented by **island DOCTORS**

Keep yourself fit and healthy during the summer months by playing the Y's version of Wellness BINGO! Complete a variety of social, physical and mental activities during June, July and August and you could win our **Y-I-GO! Grand Prize**. Pick up your **Y-I-GO!** card from your Y branch the week of **May 28TH**. Speak to your Healthy Aging Coordinator about the details and rules. The grand prize will be announced in June's *InMotion* Newsletter.

ON MAY 30th NON-MEMBERS AGE 60 & BETTER CAN USE THE Y FOR FREE

Your Healthy Aging Coordinator is working hard to bring you a day of exercise demonstrations, lectures, and vendors in celebration of **National Senior Health & Fitness Day**. On Wednesday, May 30th Y's across Florida's First Coast will be open **FREE** of charge for non-members age 60 and better. Invite friends and neighbors to enjoy the fellowship at the Y. See the **back of your branch's newsletter** for the program of events.



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CONNECT WITH US
FirstCoastYMCA.org



NOW AT THE BROOKS and DYE CLAY Y!

The AETNA Lifestyle Cooking Series is now offered at the Brooks Y on Saturdays and at the Dye Clay Y. During May chefs from Chuy's Tex-Mex will demonstrate "**Recipes That Help You Stay Active**". The cooking series is **FREE** and open to the community. Join us at the Dye Clay Y on **Thursday May 10**; 12:30pm – 2:00pm, or at Brooks Y on **Saturday May 19**; 10:00am – 11:30am. Visit firstcoastymca.org for other class dates and locations.

Y MEMBERS! GET 20% OFF UNF CLASSES

Creative Mosaic, Practical Self-Defense, How to Use Your Smartphone Video Camera, and Beginner Digital Photography classes are being offered by UNF instructors at Brooks Y and Winston Y. Members receive 20% off classes at these locations. Sign up at the Y or at www.firstcoastymca.org/unf

LEARN Continuing Education Courses
JACKSONVILLE



CLASS SCHEDULE

MONDAY

5:45 am Cycle
8:30 am Cycle
9:15 am BodyPump
9:30 am Yoga
10:30 am SilverSneakers

TUESDAY

5:30 am BodyPump Exp
6:00 am Cycle
9:00 am Cardio Blast
9:30 am Beginner Yoga
10:00 am BOOM
10:30 am SilverSneakers

WEDNESDAY

5:45 am Cycle
8:00 am Line Dance
8:30 am Cycle
9:15 am BodyPump
9:30 am Yoga
10:30 am SilverSneakers

THURSDAY

6:00 am Cycle
8:00 am Line Dance
9:00 am Cardio Blast
10:00 am BOOM
10:30 am SilverSneakers
11:30 am Zumba

FRIDAY

5:45 am Ab Workout
9:15 am BodyPump Exp
9:30 am Yoga
10:00 am Zumba
11:00 am SilverSneakers

SATURDAY

9:00 am Cycle
9:00 am BodyPump
9:30 am SilverSneakers
Yoga
10:00 am BodyCombat
10:30 am Tai Chi
11:00 am Zumba

Please visit the Welcome Center for a full list of classes and descriptions.

Talk with a Doc: When a Stroke Happens BE FAST!

Friday, May 18, 12:00 pm – 1:00 pm

Join Interventional Neurologist, Nima Amin Aghaebrahim, MD from Lysterly Neurosurgery to learn how to recognize the signs and symptoms of a stroke, and how recovery depends on how fast you receive medical attention. **(Free)**

Ask the Expert: Dining out the healthy way

Tuesday, May 29, 11:30 am – 12:30 pm

Typically, eating meals out has higher calories, saturated fat and sodium. Join **YMCA Registered Dietitian**, Michele Manzie, to learn to navigate restaurant menus. She will discuss what to look for, what to avoid, and how to build a healthy salad at the buffet. **(Free)**

AETNA Lifestyle Cooking Series. FREE

You Are What You Eat: Recipes To Help You Stay Active

Wednesday, May 30, 11:30 am

Would you like to learn how to cook delicious recipes that help you stay physically fit, active and energized? Join **Chuy's Tex-Mex** as their chefs demonstrate how to make nutritious and easy dishes. **AETNA** will give away a **My Fitness Pal Portion Plate** to each attendee.

RSVP at the Welcome Center. Guests welcome.

Birthday Social

Friday, May 25, 12:00 pm

Let's celebrate May birthdays with our Y friends! Join us for a sweet treat and lots of laughter.

Jewelry Making

Every Tuesday 12:30 pm – 1:30 pm

Join our expert Ms. Sharon and create high-end fashion jewelry. **Sign up at the Welcome Center. Cost: \$10 a month**

