



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

April 2018

JOHNSON FAMILY YMCA | 5700 Cleveland Road | Jacksonville, FL 32209

## CELEBRATE YOUR HEALTH

Join 100,000 adults in the US and Y's across Florida's First Coast on **Wednesday, May 30<sup>th</sup>** as we celebrate **National Senior Health & Fitness Day**. The goal of the day is to provide information and resources so people age 60 and better can stay active and healthy. Enjoy a day at the Y filled with exercise demonstrations, lectures, health screenings, vendors and more.



Invite friends, family and neighbors to this fun-filled day of activities! The member with the most guests will win a T-shirt. On May 30<sup>th</sup>, we are offering **FREE use of the Y** for those over the age of 60 who are not Y members. See your Healthy Aging Coordinator for details.



## LET'S PLAY Y-I-GO!

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 **Healthy Aging Y-I-GO Grand Prize!**

Y-I-GO cards will be available at Y branches in May. Read the upcoming May issue of *InMotion* for further details.

**Wanetta Sky Newbill, Healthy Aging Coordinator**  
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CONNECT WITH US  
[FirstCoastYMCA.org](http://FirstCoastYMCA.org)



## SHIP AHOY



Join the Y on the Royal Caribbean's **Brilliance of the Seas**. From October 29 – November 3, we will cruise to Key West and Cozumel, Mexico. Departure and return is from Tampa. Cabins are **\$650 for Y Members** and **\$750 for Non-Members**. Rates include round-trip ground transportation, Pre-Cruise Party, Y T-shirt and onboard Cabin Crawl party. **BOOK BY APRIL 23** with Alice Brown of **AAA Travel**:  
[alicebrown@aaasouth.com](mailto:alicebrown@aaasouth.com)  
(904)565-7722 ext. 3360.

## SATURDAY COOKING SERIES AT BROOKS

**AETNA** has added the **Brooks Y** as a fifth Y location for its' popular cooking series. Join **Chuy's Tex-Mex** on **Saturday April 21 at 10:00am – 11:30am**. **RSVP** at the Welcome Center, or email; [cwatson-irving@fcymca.org](mailto:cwatson-irving@fcymca.org). The series is **FREE** and open to the community. All ages are welcome to attend.

## SOCIAL EVENTS

### LINE DANCING

Every Tuesday & Friday,  
9:00 am

### BIBLE STUDY

Every Thursday,  
9:00 am

### COLOR YOURSELF CALM

Tuesday  
11:00 am

## MEMBER WELCOME RECEPTION

**Thursday April 26,  
12:00 pm**

Welcome members to your YMCA, we want to get to know you better. Come meet other members and staff and learn how to use the wellness equipment.

**Sponsored by 100**

## BIRTHDAY SOCIAL

**Tuesday April 24,  
12:00 pm**

Were you born in April? Join us to celebrate those with April birthdays! See Welcome Center for this month's Restaurant!



CONNECT WITH US



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## CLASS SCHEDULE

### CARDIO CIRCUIT

Monday, Wednesday, Friday,  
8:00 am

### CARDIO CIRCUIT

Monday, Wednesday, Friday,  
9:30 am

### SILVERSNEAKERS

Tuesday & Thursday,  
10:00 am

### ZUMBA GOLD

Monday & Wednesday,  
10:30 am

### MIND, BODY, ACHIEVERS

Monday, Wednesday, Friday,  
11:00 am

### BASIC CYCLE

Tuesday & Thursday,  
11:15 am



### Easter Egg Hunt with the Grands

**Friday, April 6  
8:00 am – 10:00 am**  
Bring the grand's and let's hunt for eggs too!

### Paint & Punch Tuesday, April 17 12:00 pm

Come relax and paint!  
1<sup>st</sup> timers free!

### BYOP Movie Matinee Monday, April 30 12:00 pm

Join us for popcorn and a movie! Members choice.



## NEW ADVENTURES

**Field Trip to BlueBerry Farms  
Earth Day April 20  
9:00 am - 12:00 pm  
\$12.00 Admission.**

**Mayor's Fish-A-Thon  
Hannah Park  
Friday, April 27<sup>th</sup>  
10:00 am – 2:00 pm**  
With the City of Jacksonville.

