



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

May 2018

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

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



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.



Wanetta Sky Newbill, Healthy Aging Coordinator
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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



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 May 24,
12:00 pm

Sponsored by United
Healthcare

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.

BIRTHDAY SOCIAL

Tuesday May 15,
12:00 pm

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



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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



Hats Off to Grandma's: Mother's Day Luncheon Friday May 11th

10:00 am – 12:00 pm

Wear your favorite hat and let's celebrate Mother's Day together! Invite a non-member guest for a chance to win \$25.00 gift card for you and your guest.



Paint & Punch Tuesday, May 15

12:00 pm

Presenting "A Colorful Cheers"

ACTIVE TODAY, HEALTHIER TOMORROW

One Amazing Mardi Gras Race Wednesday, May 30th

9:00 am - 12:00 pm

Join us as we race to solve clues and riddles to lead us to better health. Collect Mardi Gras beads and masks along the way. Sign-up at the Welcome Center for more information.



"Active Today...Healthier Tomorrow!"