



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

July 2018

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

SPRUCE UP SALADS FOR SUMMER

Join us for another great class from our Lifestyle Cooking Series sponsored by AETNA. During July, chefs from Publix Aprons Cooking School and Chuy's Tex- Mex will present "No More Boring Salads: Mix Up Your Greens!" is available at 5 Y locations:

St Augustine

Thursday, July 12 at 2:00 pm

Williams

Monday, July 16 at 1:00 pm

Dye Clay

Thursday, July 19 at 12:30 pm

Brooks

Saturday, July 21 at 10:00 am

Baptist North

Wednesday, July 25 at 11:30 am



Seating is limited. RSVP at the Welcome Center or FCYMCA.org

DON'T MISS OUT ON A GRAND PRIZE VALUED AT \$1,000

You have until August 31 to participate in **Y-I-GO!**, the Y's summer activity challenge for Age 50 and Better Members. **With each completed card**, you'll be entered into the Grand Prize drawing for a \$600 gift card to Native Sun (a natural food market) and a **\$400 gift card to Walmart**. Only one entry per month. Pick up your Y-I-GO! card at the Welcome Center.



3	9	5	7	1
7	6	1	2	8
4	1	Y FREE SPACE	5	6
8	5	6	1	3
6	2	4	9	5

SPONSORED BY



Wanetta Sky Newbill, Healthy Aging Coordinator
P 904.765.3589 E wnewbill@firstcoastymca.org

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YEEHAW!

★ LINE ★ DANCING ★

Join dancers from Y's across Florida's First Coast for the **2018 Line Dance Extravaganza**. We'll kick up our heels on October 20th from 11 am to 4 pm at the Winston YMCA (221 Riverside Avenue). **Register by August 1, and you'll receive a fun Y-towel!** The cost is \$10 for members, \$15 for non-members and \$5 for children 13 years and under. Register at the Welcome Center at any Y or FCYMCA.org. For more information, call 904.355.1436, extension 8.



If you have attended the Y over 108 times during the year, then you're invited to join us at the 3rd Annual Cloud 9 Party. The event will be held on **Friday, October 26** at the **Alhambra Theatre at 11 am**. It's promising to be a party to remember with entertainment, awards, prizes and a delicious lunch.

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 July 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 all there is to know about your Y.

Sponsored by United Healthcare

BIRTHDAY SOCIAL

**Tuesday July 17,
12:00 pm**

Were you born in July? Join us to celebrate those with July birthdays! Sign up at the Welcome Center. This month's Restaurant choice is *Tea Posh Naturals Café*.
1274 State St. West, 32204



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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



4th of July Bring Your Own Family & Picnic in the Park July 4th at 8:00 am

Join us for a day of sharing fun, food, and fellowship at Tillie K. Fowler Regional Park 7000 Roosevelt Blvd., 32244. For more information, visit the Welcome Center Staff.

Movie Matinee July 27th at 12 noon

Join us for a summertime matinee.
NOW SHOWING:
Calendar Girls
comedy



MONTH of JULY ENGAGEMENTS

CarePlus Coffee and Cake Corner July 5th at 9:00 am

Meet N Greet with Gianna about your healthcare needs.

Blood One Blood Drive July 17th from 6:30 am to 8:30 am

Help Save a Life, Donate Today!

**Sign-up at the Welcome Center for more information.*

