



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

January 2018

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

FIESTA AT SEA WITH THE YMCA!



Calling all people age 50 and better who enjoy sunshine, crystal blue waters and fun! Join us as we set sail on the Royal Caribbean's "**Brilliance of the Seas**". We depart from Tampa Port on October 29th. During this five day cruise, we will visit Key West before setting sail for Cozumel, Mexico. We return to Tampa on November 3rd. Rates are **\$650 per Y member** and **\$750 for non-members**. Prices are based on double occupancy. Port fees, taxes, Gratuities, roundtrip ground transportation, cruise T-shirt and Pre-Cruise Party are included in the rate. There are only 28 cabins available. Book your stateroom today!

WELCOME OPTUM FITNESS ADVANTAGE MEMBERS!

From 1st January 2018 the First Coast YMCA is accepting Optum Fitness Advantage. Plan holders of an eligible Medicare Advantage Plan insured by United Healthcare Co. can use Y at no cost. To check eligibility call the toll free number on the back of your health insurance card and for more information, visit fitnessadvantage.optum.com

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CONNECT WITH US
FirstCoastYMCA.org



SAVE THE DATE

Brain Awareness Week
March 12th – 16th.

WINTER UNF CLASSES AT THE Y

What better way to pass the winter days than learning a new skill at the Y! UNF's Winter Catalogue of Continuing Education classes is now available. Four Y locations will offer 15 unique classes, including Smartphone Filmmaking to Creative Mosaics, Photography and Kayaking. Classes start from \$25 per session.

The 100th Y member to register for a UNF class at a Y location will receive a \$100 UNF gift card.

Pick up a catalogue at a participating Y branch, view it online and register at, firstcoastymca.org/unf/ or visit the Welcome Desk.



WEEKLY SOCIAL EVENTS

LINE DANCING

Every Tuesday, Friday
9:00 am

BIBLE STUDY

Every Thursday
9:00 am

COLOR YOURSELF CALM

Every Tuesday
8:00 am

COMPUTER BASICS 101

Every Other Tuesday
11:00 am

NEW MEMBER WELCOME RECEPTION

Thursday, January 25
12:00 pm

Welcome! Get to know other members, staff and your Y. Light refreshments served.

JANUARY BIRTHDAY SOCIAL

Friday, January 19
12:00 pm

Were you born in January? Then join us in celebration of your birthday! Sign up at the Welcome Center for more

100 GRANDMAS AND GRANDPAS SOCIAL

Thursday, January 25
11:00 am

100 Grands will be joining us and discussing childhood obesity and what this means for our grandchildren...

WINTERTIME ACTIVITIES

Pickle Ball

Wednesday Walking Club

Arts N Crafts – Painting

Sign-Up at the Welcome Center for more information.

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

ENHANCE FITNESS

Monday, Wednesday, Friday
11:00 am

BASIC CYCLE

Tuesday, Thursday
11:15 am



HAPPY NEW YEAR & A HAPPY NEW YOU...

Cooking Demo

January 2, 12 pm

DIY, hands on, no-bake cooking class.

Movie Monday Matinee

January 8, 12:15 pm

Meet Me at the Movies

Building Healthy

Relationships Class #2

January 10 – Feb. 7

Don't miss this FREE 5 week workshop! Lunch is provided.



Join, Share, and Like our First Coast YMCA 50 & Better page!

FLORIDA SENIOR DAY AT THE STATE CAPITOL

Florida Senior Day

Wednesday, January 24th

Join us at the State Capitol to celebrate and advocate for Florida's seniors. More than 100 statewide partners invite you to join us for a televised town hall meeting, free lunch, entertainment, exhibitors, and free health screenings.