



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

April 2018

WILLIAMS FAMILY YMCA | 10415 San Jose Boulevard | Jacksonville, FL 32257

## 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.

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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.

## CLASS SCHEDULE

### MONDAY

#### WALKING CLUB

10:30am – 11:15am

#### SS CIRCUIT EXPRESS

11:30am – 12:00pm

#### YOGA STRETCH

12:00pm – 12:45pm

### TUESDAY

#### YOGA STRETCH

8:00am – 8:45am

#### SS-CLASSIC

11:45am – 12:30pm

#### AOA Cardio Sculpt

11:45am – 12:30pm

### WEDNESDAY

#### SS CIRCUIT EXPRESS

11:30am – 12:00pm

#### YOGA STRETCH

12:00pm – 12:45pm

#### LINE DANCING

1:00pm – 1:45pm

### THURSDAY

#### YOGA STRETCH

8:00am – 8:45am

#### MORNING STRETCH

8:30am – 9:00am

#### SS-CLASSIC

11:45am – 12:30pm

#### TAI CHI

11:45am – 12:30pm

### FRIDAY

#### SS-CIRCUIT

11:45am – 12:30pm

## AQUA FITNESS

**\*\*Classes start April 16<sup>th</sup>**

#### MONDAY and

#### WEDNESDAY

#### WATER FITNESS

9:00am – 10:00am

5:30pm – 6:30pm

#### TUESDAY, THURSDAY, FRIDAY and SATURDAY

#### WATER FITNESS

9:00am – 10:00am

## PICKELBALL

### SCHEDULE:

Tuesday 5:30-10:15am

Wednesday 5:30-8:30am

Thursday 5:30-10:15am

Friday 2:00-5:00pm

## SOCIAL EVENTS

### WATER FITNESS GROUP LUNCH BUNCH – Wicked Barley

Thursday, April 5th | 1:00pm

Enjoy lunch and conversation with your favorite water fitness friends at Wicked Barley, 4100 Baymeadows Rd.

### AETNA COOKING DEMO SERIES – Full of Beans!

Monday, April 9th | 1:00pm

Join us for a cooking demo sponsored by AETNA. Learn how to cook nutritious meals using vegetable protein.

### NEW MEMBER WELCOME RECEPTION

Tuesday, April 10th | 10:30am – 11:30am

Learn about all the offerings included in your Y membership.

### MAYORS WALK FOR SENIOR WELLNESS

Wednesday, April 11th | 10:30am – 12:30pm

Bus will leave at 9:00am

Take the bus to Everbank Field for the Mayors 1 mile walk for Senior Wellness. Enjoy lunch after the walk before heading back to the Willams Y. Registration due before Friday, April 6<sup>th</sup>. Register earlier Please register using the following link (<http://www.coj.net/departments/parks-and-recreation/senior-services/mayor-s-special-events-for-senior-citizens/mayor-s-walk-for-senior-wellness/walk-for-senior-wellness-registration>) or, stop by our Welcome Center to have them register you on the cities' website. Please also sign up in the 50 and Better Book so we know how many are riding the bus.

### Financial Fitness Series: Understanding Social Security Benefits, with American Financial Education Alliance

Thursday, April 12th | 12:45pm

Join for a workshop in our new series!

### Y NOT THURSDAYS? – Margarita's Mexican Grill

Thursday, April 19th | 4:00pm

Enjoy an early dinner and conversation with your Y friends. We will venture to Margarita's Mexican Grill at 9825 San Jose Blvd.

### BROOKDALE BRAIN FIT SERIES – Neuroplasticity: How to Retrain Your Brain and Change Unhealthy Habits

Friday, April 20th | 1:00pm

Learn how to break unhealthy habits by retraining your brain.

### COFFEE KLATCH – Coffee by the Pool

Friday, April 27th | 10:00am

Enjoy a cup of coffee on the Y by the pool. That's right! This month we are going to enjoy the opening of the pool and the new digs while we enjoy our coffee and conversation. Bring a friend.

## ONGOING EVENTS

CARDS 'N GAMES MONDAYS at 10:00am

RUMMI CUBE 1<sup>st</sup> and 3<sup>rd</sup> WEDNESDAYS at 10:00am

CONNECTOR MEETING MONDAY, April 23rd at 1:00pm