



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

May 2018

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

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.



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



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CONNECT WITH US
FirstCoastYMCA.org



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

MONDAY and WEDNESDAY

WATER FITNESS

9:00am – 10:00am

5:30pm – 6:30pm

TUESDAY, THURSDAY,

FRIDAY and SATURDAY

WATER FITNESS

9:00am – 10:00am

PICKLEBALL SCHEDULE:

Tuesday 5:30-10:15am

Beginner Class 10:30 – 11:00

Wednesday 5:30-8:30am

Thursday 5:30-10:15am

Friday 2:00-5:00pm

SOCIAL EVENTS

Please Sign Up In The 50 And Better Book At The Welcome Center

GARDEN CLUB

Tuesday's | 1:30 pm

Help beautify the Williams Y. We will focus on the landscaping near the pool and building our first on-site vegetable garden.

BIBLE STUDY

Friday's | 10:30 am

Our New Bible Study will discuss the 10 Commandments in a modern world.

WATER FITNESS GROUP LUNCH BUNCH – La Nopalera

Thursday, May | 1:00pm

Enjoy lunch and conversation with your favorite water fitness friends at **La Nopalera, 11112 San Jose Blvd.**

NEW MEMBER WELCOME RECEPTION

Tuesday, May 8 | 10:30am – 11:30am

Learn about all the offerings included in your Y membership.

SPRING INTO FUN POTLUCK – Age 50 and Better Potluck

Friday, May 11 | 12:45pm

Bring a dish to share with your Y friends. The Y will provide a Honey Baked Ham. Sign-up at the Welcome Center

AETNA COOKING DEMO SERIES –You Are What You Eat:

Recipes to Help You Stay Active

Monday, May 14 | 1:00pm

Join us for a cooking demo by Chuy's Tex-Mex, sponsored by AETNA.

BOOK CLUB

Tuesday, May 15 | 11:00 am

Join our new Williams Book Club. This month help pick the book of the month.

BRAINFIT –The MIND Diet, With the Alzheimer's Association,

Tuesday, May 22 | 1:00pm

Learn about foods that protect your brain and foods that hurt it by accelerating cognitive decline and increasing your risk of Alzheimer's.

Y NOT THURSDAYS? – BBQ @ the Y Pool

Thursday, May 24 | 4:00pm

Enjoy an early dinner and conversation with your Y friends. We'll fire up the grill and serve Hot Dogs and Hamburgers.

COFFEE KLATCH – Coffee by the Pool

Friday, May 25 | 10:00am

Enjoy a cup of coffee on the Y. **Bring a friend.**

NATIONAL SENIOR HEALTH AND FITNESS DAY

Wednesday, May 30 | 8:30am-1:30pm & 5:00pm-8:00pm

Local Vendors, Self Defense Class (10:30am in Gym), Accessible Yoga and Raffles.

Cards 'N Games: Mondays, 10:00am, **Rummi Cube** 1st & 3rd Wednesdays, 10:00am, **Connector Meeting** Monday, May 21, 1:00pm