



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

June 2017

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

## SCHOOL IS IN FOR SUMMER



**“Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young.” — Henry Ford**

You can learn everything from digital photography to kayaking to self-defense. The Y has partnered with the University of North Florida Continuing Education/LEARN Jacksonville to offer fun and exciting enrichment classes at various Y locations. For your convenience, you can experience an array of classes at 6 Y locations.

A new class offered over the summer includes “Food for Life: The Cancer Project”. The class is for anyone who has or had cancer, at high risk for cancer or has a general interest in learning the correlation between nutrition and cancer.

Y members receive a **20% discount** on classes held at Y locations. Register at any Y or online at [FirstCoastYMCA.org/UNF](http://FirstCoastYMCA.org/UNF). Summer catalogs are also available at participating Y locations. Interested in teaching a class? Contact Valerie Murphy at [valerie.murphy@unf.edu](mailto:valerie.murphy@unf.edu) or (904) 620-4255.

**Connie Smith, Healthy Aging Coordinator**  
P 904.292.1660 E [Csmith@FirstCoastYMCA.org](mailto:Csmith@FirstCoastYMCA.org)

**CONNECT WITH US**  
[FirstCoastYMCA.org](http://FirstCoastYMCA.org)



## PRIZES AND PARTY



Over the age of 65, then we want to “card you”! Get your Silver Rewards card and every time you visit the Y, we will stamp your card. Each month that you turn in your card, you become eligible to win the annual grand prize from Black Hog Farms. And in October, you are invited to join us for the **CLOUD 9 PARTY** to celebrate your success.

## GRANDS AT THE Y



For only \$30 per month, **bring your grandkids** with you to the Y. Enjoy your workouts while your grands spend up to 2 hours each visit in our KidZone learning, growing and letting their imaginations soar!

## CLASS SCHEDULE

### MONDAY

SS CIRCUIT

11:45 am - 12:30 pm

WATER FITNESS

8:30am - 9:30am

### TUESDAY

YOGA STRETCH

8:00 am - 8:45 am

WATER FITNESS

8:30am - 9:30am

WATER FITNESS

9:30am - 10:30am

AOA CARDIO SCULPT

11:45 am - 12:30 pm

SS-CLASSIC

11:45 am - 12:30 pm

### WEDNESDAY

WATER FITNESS

8:30am - 9:30am

SS-YOGA STRETCH

11:45 am - 12:30 pm

LINE DANCING

1:00 pm - 1:45 pm

### THURSDAY

YOGA STRETCH

8:00 am - 8:45 am

WATER FITNESS

8:30am - 9:30am

WATER FITNESS

9:30am - 10:30am

CYCLE 101

10:15 am - 10:45 am

SS-CLASSIC

11:45 am - 12:30 pm

WATER FITNESS

5:30pm - 6:30pm

### FRIDAY

WATER FITNESS

8:30am - 9:30am

WATER FITNESS

9:30am - 10:30am

SS-CIRCUIT

11:45 am - 12:30 pm

### SATURDAY

WATER FITNESS

9:00am - 10:00am

## SOCIAL EVENTS

Please **RESERVE** a spot for these events in the **50 and Better Book** located at the **Welcome Center**.

### WALKING CLUB **\*\*New Time\*\***

Every Monday in June | 10:15 am

Looking to get out and enjoy the a walk in the shade join our new walking club. We will meet in the lobby and start and finish at the Williams Family Y. All walking paces are welcome.

*Note our new time starting in June.*

### NEW MEMBER WELCOME RECEPTION

Tuesday June 6th | 10:30 am - 11:30 am

Learn about all the offerings the Y provides for your membership and meet some new friends.

### WATERMELON SOCIAL BY THE POOL

Friday, June 16<sup>th</sup> | 10:30 am - 11:30 am

Join us for fun in the sun as we lounge around by the pool deck. Watermelon will be provided.

### LUNCH BUNCH- Sweet Pete's Tour and Lunch

Wednesday, June 21st | 1:00pm

Enjoy lunch and conversation with your favorite Y friends and then tour Sweet Pete's Chocolate Shop.

### CONNECTOR MEETING

Monday, May 22nd | 12:30 pm

Get connected with the Y and join the Williams AOA Committee. Members help coordinate activities, trips and events for those over the age of 50.

## ONGOING EVENTS

**Every MONDAY CARDS 'N GAMES** at 10:00am

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

**PICKELBALL Schedule: Tuesday 5:30-10:15am Wednesday 5:30-8:30am Thursday 5:30-10:15am Friday 2:00-5:00pm**

### BAPTIST HEALTHY LIVING CENTER

Take advantage of a chance to meet primary care doctors and wellness experts. Check out [www.baptistjax.com](http://www.baptistjax.com) for information on upcoming events or visit the Baptist Healthy Living Center staff on the 2<sup>nd</sup> floor.

