



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

May 2018

WINSTON FAMILY YMCA | 221 Riverside Avenue | Jacksonville, FL 32202

PLAY Y-I-GO! YOU COULD WIN A GRAND PRIZE VALUED OVER \$1,000!



Presented by **island DOCTORS**

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.



Fredda Renshaw, Healthy Aging Coordinator
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CONNECT WITH US
FirstCoastYMCA.org



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



CLASS SCHEDULE

MONDAY

Deep Water Fitness

8:30AM - 9:30AM

SS Circuit

9:00AM - 9:45AM

SS Circuit

10:30AM- 11:30AM

Stability - **New**

11:45AM-12:30PM

TUESDAY

Gentle (Arthritis) Aqua

8:00AM - 8:50AM

Water Fitness

9:00AM-10:00AM

SS Circuit Classic

9:00AM -9:45AM

BOOM Move It

8:30AM - 9:00AM

Chair Yoga

11:15AM-12:00PM

WEDNESDAY

Deep Water Fitness

8:30AM - 9:30AM

Water Fitness

10:00AM - 10:50AM

BOOM Muscle & Move It

9:00AM-9:45AM

SS Circuit

10:30AM - 11:30AM

Line Dancing

11:45AM - 12:30PM

THURSDAY

Gentle (Arthritis) Aqua

8:00AM-8:50AM

BOOM Move It

8:30AM - 9:00AM

SS Classic

9:00AM-9:45AM

Chair Yoga

11:15AM - 12:00PM

FRIDAY

Water Fitness

9:00AM -10:00AM

SS-Circuit

9:00AM - 10:00AM

Cardio Dance

10:30AM-11:30AM

Stability- **New**

11:45AM-12:30PM

Book Club

Monday, May 21, 11:30AM

Conference room

"The Kite Runner"

By Khaled Hosseini

**Keep your contact
information updated**

SOCIAL EVENTS

Sign up in the AOA book if sign-up is requested

May -1, 2,3,4,5 and 7, 10:00AM – 2:00PM, Kitchen

VENUS Women's Swim Suit Sale

In all styles. Cost \$10.00 each

Friday May 25, 11:00AM

Jacksonville Symphony Coffee Series

Rodgers and Hammerstein concert

Meet at 300 Waters St (location of the concert).



Tuesday, May 8, 12:00PM, Kitchen: FREE

BrainFit with Cari Eyre from the Alzheimer's Association

MIND DIET; Brain Healthy Foods a Person Should Eat and Unhealthy Foods to Avoid

The MIND DIET has been proven to reduce the risk of Alzheimer's disease by as much as 53 percent, **and** slows the rate of cognitive decline. Learn which fruits, vegetables, meats, grains and dairy to eat and which to avoid to keep you BRAINFIT. **Lunch will be provided. Sign-up required.**

Monday, May 14, 11:45AM, Kitchen

Birthday Party Sign-Up. Salads of All Kinds!

Each person brings a salad to share.

Tuesday, May 15, Meet At The Restaurant, 12:00PM

Restaurant A-Go-Go Sign-up

Piccadilly Cafeteria with live music, 3216 University Blvd S.

Thursday, May 24, 1:00PM, Meet At The Lanes

Bowling every fourth Thursday

King Pins Lanes, 5310 Lenox. \$1.39 per game & \$1.39 for shoes.

Sign-up required.

Wednesday, May 30

National Senior, Health & Fitness Day

See flyer for all events or call Fredda 904-355-1436 x1411

Thursday, May 31, Meet At The Museum At 10:30AM

Picnic & Explore Earth at the MOSH

Must have 10 adults sign-up.

MOSH is located at 1025 Museum Circle.

Cost: \$5.00

