



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

June 2017

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

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. Summer catalogs are also available at participating Y locations. Interested in teaching a class? Contact Valerie Murphy at valerie.murphy@unf.edu or (904) 620-4255.

Fredda Renshaw, Healthy Aging Coordinator

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CONNECT WITH US
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

DEEP WATER FITNESS

8:30AM-9:30AM

SS CIRCUIT

9:00AM -9:45AM

SS CIRCUIT

10:30am- 11:30am

STABILITY-**NEW**

11:45-12:30

TUESDAY

Gentle (Arthritis) Aqua

8:00-8:50

Water Fitness

9:00-10:00

SS CIRCUIT CLASSIC

9:00AM -9:45AM

CHAIR YOGA 11:15-12:00

WEDNESDAY

DEEP WATER FITNESS

8:30AM-9:30AM

Water Fitness

10:00-10:50

SS CLASSIC

9:00AM-9:45AM

SS CIRCUIT

10:30AM - 11:30AM

LINE DANCING

11:45AM-12:30PM

THURSDAY

Gentle (Arthritis) Aqua

8:00-8:50

SS CLASSIC

9:00AM-9:45AM

CHAIR YOGA

11:15AM - 12:00PM

FRIDAY

Water Fitness

9:00-10:00

SS-CIRCUIT

9:00AM - 10:00AM

AOA Dance

10:30-11:30

STABILITY- **NEW**

11:45-12:30

NEW! WALKING CLUB

Tuesday, June 06 10:15

by elevators on 3rd floor

NOTICE: Please inform the front desk of any **change of address, phone numbers, or email.**

SOCIAL EVENTS

If any changes look for updates in the event book on the table in coffee area and the event book at front desk for updates such as cancellations or time changes.

Blueberry Picking at Berry Blessed

Check Preview book for dates and time

Address: 1836 New Berlin Rd -

Time & Cost: To be announced

Sign up in the event book if interested in going and put your phone # by your name- In case of cancellation.

Lunch: We will have a picnic nearby after blueberry picking. Bring your lunch and bathing suit. Pool available.

Lunch N Learn: Community Hospice

Monday, June 5

Location: Conference room | **Time:** 11:45

Lunch cost: \$8.00 due to budget had to increase cost of lunch

Menu: Chicken salad and Tuna salad from Haskell catering.

Cookie and tea also provided.

Birthday Party

Wednesday, June 22

Pot Luck!!!! Bring a delicious treat for all to try

Place: food in conference room 8:30-11:30

Please indicate in the event book that you are participating in the bringing food and what you will bring to share

Menu: Whatever you bring! I'm sure everyone wants to make sure there is enough food to go around, SO please bring at least enough for 3 people.

Time: 11:30 am

Place: Meet on the patio or lobby if bad weather

Tour of Sweet Pete's

Wednesday, June 21, 2:45 pm, \$5 per person

Sign up by June 6th in event notebook

Lunch at Jax Beach via City Bus with Jessica

Thursday, May 25- Leaving Y at 9:30am

Going to **North Beach Fish Company**. Sign up in event notebook at front if you want to go. We have a reservation for 20 people. Menu is online. Cost \$11-\$15

IMAX Theater Flight of the Butterfly in 3-D

Tuesday, June 27, show starts 10am, \$6.00

Trying to get bus to take us. Check Preview notebook for Transportation information and where to pay.

Book Club

Monday, June 26, 11:45 Conference room

Book: The Shack by William Paul Young