



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

August 2017

JOHNSON FAMILY YMCA | 5700 Cleveland Road | Jacksonville, FL 32209

RACE TO WIN OVER \$1,000 IN PRIZES



Join the Y and AARP for the "Race of Ages" on November 4th, and your team could win over \$1,000 in prizes. This intergenerational version of the *Amazing Race* will comprise teams of people from age 30 to 80. Each team will solve clues and participate in challenges through downtown Jacksonville. The team will have the opportunity to sharpen their skills and train with a series of exciting pre-event clinics. Start recruiting neighbors, family and friends to form your team! Teams consist of 6 people and the cost is \$120 per team. Registration is limited and open from August 28th – September 15th. Visit your Y for additional information.

PARTY HARDY ON OCTOBER 26TH

Age 60 and better Y members who attend the Y 108 times before September 30th are invited to this free party on October 26th at the Jesse Ball DuPont Center.

Keep swiping in at the Y and you'll receive an invitation to enjoy entertainment, awards, food and prizes.



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CONNECT WITH US
FirstCoastYMCA.org



SAVE THE DATE

Active Aging Week
September 24th to 30th

4th Annual Health Insurance Road Show
October 2nd – 7th

FREE UNF CLASSES AUGUST 21st and 26th

Interested in learning photography or want to use the iPhone better? Then join UNF instructors at the Y to sample these FREE classes and others. Attendees will be entered into a drawing to win a \$25 UNF gift certificate.

AUGUST 21
iPhone Fundamentals
Brooks Y, 11:45am - 12:45pm
Self Defense
Brooks Y, 1pm - 2:30pm
Cooking to Kickstart Your Health
Winston Y, 10am - 12pm

AUGUST 26
Silk Flower Design
Ponte Vedra, 10am - 11am
Photography
Ponte Vedra, 11am - 12pm



SOCIAL EVENTS

LINE DANCING

Every Tuesday & Friday,
9:00 am

BIBLE STUDY

Every Thursday,
9:00 am

COMPUTER BASICS 101

Classes will resume on
August 15 at 11:00 am

COLOR YOURSELF CALM

Classes will resume on
August 15 at 11:00 am

JULY BIRTHDAY SOCIAL SPONSORED BY

AETNA/COVENTRY

Tuesday August 15,
11:00 am

Were you born in July?
Join us to celebrate those
with July birthdays!



NEW MEMBER RECEPTION

Thursday August 24,
11:00 am

Welcome new members! We
want to get to know you
better. Come and meet other
members and staff and learn
how to use the equipment
on the Wellness Floor.

CLASS SCHEDULE

CARDIO CIRCUIT

Monday, Wednesday, Friday,
8:00 am

CARDIO CIRCUIT

Monday, Wednesday, Friday,
9:30 am

SILVERSNEAKERS

Tuesday & Thursday,
10:00 am

SILVER SPLASH

Tuesday & Thursday,
8:00 am
Saturday,
9:00 am

ZUMBA GOLD

Monday & Wednesday,
10:30 am

MIND, BODY, ACHIEVERS

Monday, Wednesday, Friday,
11:00 am

BASIC CYCLE

Tuesday & Thursday,
11:15 am

WATER CYCLE

Monday & Wednesday,
7:00 pm

SILVER REWARDS PROGRAM

What's all the HYPE about a SWIPE?

Do you visit your branch more
than 9 times a month? Then
make sure you check in at the
Welcome Center and punch
your Silver Rewards card for a
chance to win gift baskets,
cash, and prizes! Pick up your
Silver Rewards card today!

June Silver Rewards goes to Mr. Theorpia "Snap" Carter



Self-Defense Awareness Program

Thursday October 5

Are you age 65 and better? Do you want to learn how to
avoid common crimes, stay safe and how you can defend
yourself? Class fee is \$35 (for 17 participants or more) and
includes a training manual and a certificate of completion.
Time of class to be confirmed. For more information contact
your Healthy Aging Coordinator.