



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

August 2017

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

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



ONGOING EVENTS

WALKING CLUB

Every Monday in August,
10:45am.

CARDS 'N GAMES

Every Monday, 10:00am.

RUMMI CUBE

First and third
Wednesday, 10:00am.

CONNECTOR MEETING

Third Monday of the
month, 12:30pm.
In the Upstairs Wellness
Office. Help coordinate
activities, trips and events
for members' age 50 and
better.

NEW MEMBER WELCOME RECEPTION

Second Tuesday of the
month,
10:30am - 11:30am.
Learn about member
benefits that come with
your Y membership and
meet new friends.

PICKLEBALL SCHEDULE

TUESDAY

5:30am - 10:15am.

WEDNESDAY

5:30am - 8:30am.

THURSDAY

5:30am - 10:15am.

FRIDAY

2:30pm - 5:00pm.

SOCIAL EVENTS

Please reserve your place
for our special events in
the 50 and Better Book,
located at the Welcome
Center.

CLASS SCHEDULE

SILVER SNEAKERS CIRCUIT

Monday & Friday,
11:45am - 12:30pm

SILVER SNEAKERS CLASSIC

Tuesday & Thursday,
11:45am - 12:30pm

SILVER SNEAKERS YOGA STRETCH

Wednesday,
11:45am - 12:30pm

YOGA STRETCH

Tuesday & Thursday,
7:45am - 8:30am

AOA CARDIO SCULPT

Tuesday,
11:45am - 12:30pm

AQUA ARTHRITIS

Tuesday & Thursday,
8:30am - 9:15am

WATER FITNESS

Monday & Wednesday,
8:30am - 9:30am
Tuesday & Thursday,
9:30am - 10:30am
6:00pm - 7:00pm
Friday,
8:30am - 9:15am
Saturday,
9:00am - 10:00am

WATER WARRIOR

Friday,
9:15am - 10:00am

LINE DANCING

Wednesday,
1:00pm - 1:45pm

CYCLE 101/AOA CYCLE

Thursday,
10:15am - 10:45am

Chess & Checkers Wednesday August 9, 10:30am - 11:30am

Grab a friend and find out
which game is more strategic.
Play on the picnic tables in the
shade by the pool.



Lunch Bunch - Jumpin' Jax House of Food Friday August 18, 12:45pm

Enjoy lunch and conversation at the newest restaurant in
Mandarin. Restaurant address, 10131 San Jose Blvd.

Topgolf Outing Wednesday August 23, 10:00pm

Enjoy an outing of golf without having to walk the links!
Price subject to the number of people who. Register by
August 16.

Last Summer Social by the Pool Friday August 25, 10:00 am

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