



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

May 2018

BARCO NEWTON FAMILY YMCA | 2075 Town Center Blvd | Fleming Island, FL 32003

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



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.



Kayla Van Bebber, Healthy Aging Coordinator
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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

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JACKSONVILLE



SOCIAL EVENTS

PICKLEBALL OPEN COURT

Tuesdays, Thursdays and Fridays
11:00am-2:00pm



NATIONAL DAYS

May 3rd

National Day of Prayer

May 5th

Cinco De Mayo

May 12

National Dog Mom's Day

May 13

Mother's Day

May 28th

Memorial Day



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CLASS SCHEDULE

AOA CARDIO

Tuesday, 11:15am

AOA STRENGTH

Thursday, 11:15am

AQUA FITNESS

Mon/Wed/Fri/Sat, 10:00am
Tues/Thurs, 6:30pm

CHAIR PILATES

Wednesday, 10:00am

GENTLE YOGA

Tuesday, 11:00am, 6:30pm
Friday, 8:00am

SILVERSNEAKERS CLASSIC

Monday/Thursday, 10:00am

SILVERSNEAKERS CIRCUIT

Tuesday/Friday, 10:15am

SILVERSNEAKERS YOGA

Monday/Wednesday, 11:00am

TAI CHI

Saturday, 10:30am

YIN YOGA

Tuesday 12:00pm
Friday 7:30am

ZUMBA GOLD

Tuesday/Thursday, 10:15am

NATIONAL SENIOR HEALTH AND FITNESS DAY

Wednesday, May 30th, 9am-12pm

Come visit vendors for giveaways and free health screenings. **Bring a friend to take a SilverSneakers class, the Y is free for those age 60 and better on May 30th.** Enter our prize drawing! Don't miss out on a day of information and fun!



TACO BAR FIESTA POTLUCK

Friday, May 18th 12PM

Bring your favorite taco ingredients for a **Taco Bar Fiesta**. Drinks will be provided.

