



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

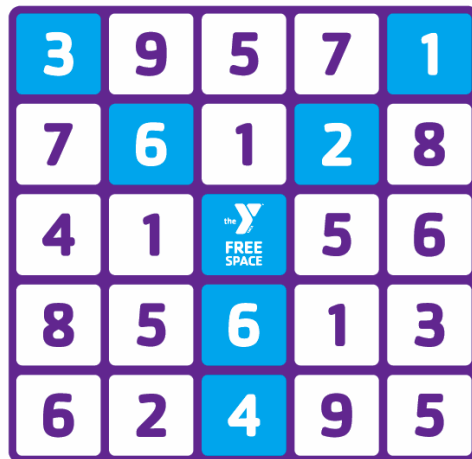
June 2018

YMCA AT BAPTIST NORTH | 11236 Baptist Health Drive | Jacksonville, FL 32218

YOU CAN WIN WITH Y-I-GO!

Y-I-GO! is an interactive challenge to encourage Y Members Age 50 and Better to be physically active and socially engaged during the summer months of June, July and August.

Challenge yourself to complete various activities. Each completed card will be entered into the **Grand Prize valued at over \$1,000!** You can play one card per month with **up to 6 chances to win!**



PRESENTED BY



Read the back of the official Y-I-GO! Card for a complete list of rules. Pick up your Y-I-GO! Card at the Welcome Center.

The Grand Prize package includes a \$600 gift card to Native Sun and a \$400 gift card to Walmart. Native Sun is a locally owned natural food market with 3 locations in Jacksonville. Their mission is to "improve people's lives through the products we carry and the food that we serve." For more information about Native Sun, please visit their website at NativeSunJax.com.

Ericia Moore, Executive Director

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CONNECT WITH US
FirstCoastYMCA.org



STAY BRAIN-FIT DURING THE SUMMER

Join us for another great class in our BRAINFIT series presented by Brookdale. The June subject is "Strategies to Improve Memory and Attention", available at the following Y locations:

Brooks

Friday, June 8th at 12:45pm

Winston

Tuesday, June 12th at 12:00pm

Dye Clay

Tuesday, June 19th at 12:00pm

Williams

Friday, June 22nd at 12:45pm

FIESTA AT SEA ONLY 5 CABINS LEFT!



Sail on Royal Caribbean **Brilliance of the Seas** from October 29th – November 3rd. We have 4 inside cabins (\$676 per person) and 1 Ocean View (\$704 per person) remaining. Rates include roundtrip ground transportation, Pre-Cruise Party, Y T-shirt and an onboard activity. We will cruise to Key West, and Cozumel, Mexico. Contact Alice Brown at **AAA Travel** at alicebrown@aaasouth.com (904)565-7722 ext. 3360.

CLASS SCHEDULE

MONDAY

5:45 am Cycle
8:30 am Cycle
9:15 am BodyPump
10:30 am SilverSneakers

TUESDAY

5:30 am BodyPump Exp
6:00 am Cycle
9:00 am Cardio Blast
9:30 am Beginner Yoga
10:00 am BOOM
10:30 am SilverSneakers

WEDNESDAY

5:45 am Cycle
8:00 am Line Dance
8:30 am Cycle
9:15 am BodyPump
9:30 am Beginner Yoga
10:30 am SilverSneakers

THURSDAY

6:00 am Cycle
8:00 am Line Dance
9:00 am Cardio Blast
10:00 am BOOM
10:30 am SilverSneakers
11:30 am Zumba

FRIDAY

5:30 am CXWORK
9:15 am BodyPump Exp
9:30 am Yoga
10:00 am Zumba
11:00 am SilverSneakers

SATURDAY

9:00 am Cycle
9:00 am BodyPump
9:30 am SilverSneakers
Yoga
10:00 am BodyCombat
10:30 am Tai Chi
11:00 am Zumba

Please visit the Welcome Center for a full list of classes and descriptions.

Smoothies/Juicing

Tuesday, June 7, 11:30 am–12:30 pm

Did you know we need 7-9 servings of vegetables and fruits a day? Join YMCA Registered Dietitian Michele Manzie to learn how smoothies can provide us with an easy, delicious way to get more vegetables and fruits into our diets. **(Free)**



Bowel and Bladder Health

Wednesday, June 20, 11:30 am – 12:30 pm

Incontinence is not a topic people like to discuss. Bowel and bladder health is often neglected and poorly managed because of this. **Join Donna Roth, PT, DPT from Baptist Health's AgeWell Center** to learn about types of incontinence and identifying symptoms of poor bowel and bladder health. **(Free)**



AETNA Lifestyle Cooking Series. FREE

Healthy 4th of July! Light BBQ Potluck Dishes (June)

Wednesday, June 27, 11:30 am

Would you like to learn how to cook July 4th favorites in healthier ways? **Chefs from Publix Aprons** will demonstrate how to make a healthy BBQ Grill recipe and a light Potluck style dish. **RSVP at the Welcome Center. Guests welcome.**

Salad Bar Potluck

Friday, June 15, 12:00 pm and 5:30 pm

Please join us in our salad bar potluck. The Y will provide the greens from our garden tower, and you can bring delicious salad toppings and dressings. **Sign up at the Welcome Center to tell us what you will bring.**

Birthday Social

Friday, June 29, 12:00 pm

Let's celebrate June birthdays with our Y friends! Join us for a sweet treat and lots of laughter.



Jewelry Making

Every Tuesday 11:30 pm – 12:30 pm

Join our expert Ms. Sharon and create high-end fashion jewelry. Sign up at the Welcome Center. Cost: \$10 a month