



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

June 2018

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

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!**



3	9	5	7	1
7	6	1	2	8
4	1		5	6
8	5	6	1	3
6	2	4	9	5

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.

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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.

SOCIAL EVENTS

**FLEMING ISLAND
SATURDAY MARKET**
Saturday, June 2
VILLAGE SQ
SHOPPING CENTER
10:00am-5:00pm

LUNCH BUNCH
Friday, June 15
Location TBA

**PICKLEBALL OPEN
COURT**
Tues/Thurs/Fridays
11:00am-2:00pm

NATIONAL DAYS IN JUNE

**Cancer Survivor's
Day**
Sunday, June 3
**Chocolate Ice Cream
Day**
Thursday, June 7
Call Your Doctor Day
Tuesday, June 12
**ICE CREAM SUNDAE
DAY**
Wednesday, June 17
HYDRATION DAY
Saturday, June 23
HANDSHAKE DAY
Thursday, June 28

**FATHER'S DAY
SUNDAY, JUNE 17**
We would like to wish
a very Happy Father's
Day to all of the Dads!



CLASS SCHEDULE

AOA CARDIO
Tuesday, 11:15am

AOA STRENGTH
Thursday, 11:15am

AQUA FITNESS
Mon/Wed/Fri, 9:00am
Saturday, 10:00am

CHAIR PILATES
Wednesday, 10:00am

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

SILVER REWARDS CARD DRAWING

SilverSneakers Members be sure to pick up your Silver Rewards Card. Visit the Y 9 times in the month of June for a chance to win 2 free movie tickets. **Drawing will be held on June 29.**

Y-I-GO SUMMER WELLNESS CHALLENGE

Challenge begins June 1 and goes through the summer months. Pick up your Summer Challenge card at the Welcome Center and start today!

ANNUAL FIRST COAST GAMES 5K WALK/RUN

Winston YMCA, Saturday, June 2 at 8am.

If you enjoy running/walking or just want to have a fun day and haven't sign up yet, please sign up by Friday, June 1st - no later than 3PM.

[HTTP://runsignup.com/Jacksonville_firstcoastgames5Krunwalk](http://runsignup.com/Jacksonville_firstcoastgames5Krunwalk)

Use the promotion code FCG2018. Adults are \$25 and Children under age 14 are \$10.

NATIONAL MEN'S HEALTH MONTH

June is recognized as National Men's Health Month. The purpose of Men's Health Month is to heighten awareness of preventable problems and encourage early detection and treatment among men and boys.

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