



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

June 2018

DYE CLAY Y; 3322 MOODY AVE, ORANGE PARK, FL 32065

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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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

KNITTING & CROCHETING

Every Wednesday & Friday,
9:00am
Conference Room.
Beginners welcome.



PICKLEBALL

Every Monday, Wednesday
& Friday,
12:00pm – 2:00pm
Fridays are learn to play
clinics!

PRAYER GROUP

Every Tuesday, 11:00am,
Conference Room.

CULTURE CLUB

“Great Swiss Cities”

Thursday, June 28th
12:00am, Studio B

Join us for this 30 minute
DVD presentation. We'll
also sample food from
Switzerland and drawing for
door prizes. Please sign up
at table in lobby!

MOVIE MATINEE

Thursday, June 7th
12:00pm, Studio B
“Same Kind of Different
as Me”

Popcorn, water and sweets
provided!

LUNCH BUNCH GROUP

Friday, June 29th
12:30pm
La Nopalera Mexican
2024 Kingsley Avenue
Orange Park, FL 32073

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CLASS SCHEDULE

BETTER BALANCE

EVERY TUESDAY, 11:00AM

SILVERSNEAKERS CIRCUIT

EVERY MONDAY & WEDNESDAY,
10:45am

SILVERSNEAKERS CLASSIC

EVERY TUESDAY & THURSDAY,
10:00am
EVERY FRIDAY, 10:30am

SILVERSNEAKERS YOGA

EVERY MONDAY, 11:30am
EVERY WEDNESDAY & FRIDAY,
11:30am

ZUMBA GOLD

EVERY MONDAY, 10:30am
EVERY FRIDAY, 9:30am

GENTLE YOGA

EVERY WEDNESDAY,
9:15am

LINE DANCING

EVERY THURSDAY, 11:00am

TAI CHI

EVERY MONDAY, 11:30am
EVERY WEDNESDAY,
10:30am

SILVER SPLASH

EVERY WEDNESDAY,
9:30am

AQUA ZUMBA

EVERY TUESDAY, 10:10am

AQUA

EVERY SATURDAY, 10:15am

BRAINFIT BY BROOKDALE AT THE Y, LUNCH & LEARN

Tuesday, June 19th at 12:00pm, Studio B

“Strategies to Improve Memory and Attention”

Join Brookdale’s experts each month for informative,
interactive and fun sessions that teach life-long lessons for
brain-healthy living. A light lunch will be provided. Please
sign up at the 50 & Better table in the lobby!

ALHAMBRA THEATRE

Saturday, June 23rd at 10:50am

Everyone’s favorite flying car comes to life in
the live musical of this beloved film. Chitty
Chitty Bang Bang is a timeless family
favorite. Join us for a wonderful afternoon
including transportation from Dye Clay, a
wonderful meal and a timeless performance.



AETNA LIFESTYLE COOKING SERIES

Thursday, June 21st at 12:30pm, Studio B

“Heathy 4th of July! Light BBQ Potluck Dishes”

Join a chef from Publix’s Apron’s Cooking School for an
informative cooking demonstration just in time for your 4th
of July barbecues! Please sign up at table in lobby!

