



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

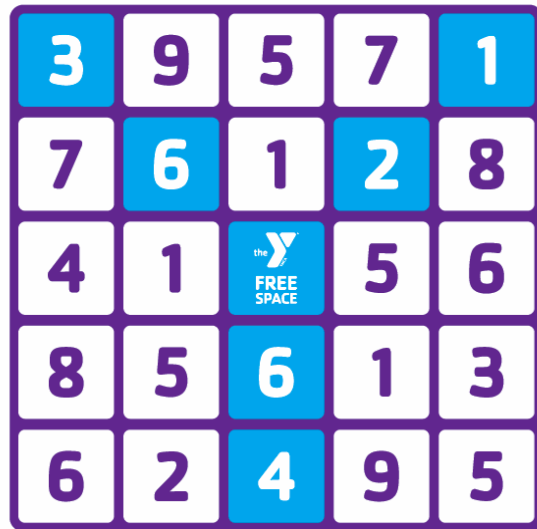
June 2018

JOHNSON FAMILY YMCA | 5700 Cleveland Road | Jacksonville, FL 32209

## 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](http://NativeSunJax.com).

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CONNECT WITH US  
[FirstCoastYMCA.org](http://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 8<sup>th</sup> at 12:45pm
- Winston**  
Tuesday, June 12<sup>th</sup> at 12:00pm
- Dye Clay**  
Tuesday, June 19<sup>th</sup> at 12:00pm
- Williams**  
Friday, June 22<sup>nd</sup> at 12:45pm

## FIESTA AT SEA ONLY 5 CABINS LEFT!



Sail on Royal Caribbean **Brilliance of the Seas** from October 29<sup>th</sup> – November 3<sup>rd</sup>. 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](mailto:alicebrown@aaasouth.com) (904)565-7722 ext. 3360.

## SOCIAL EVENTS

### LINE DANCING

EVERY TUESDAY & FRIDAY  
at 9:00am

### BIBLE STUDY

EVERY THURSDAY at  
9:00am

### COLOR YOURSELF CALM

EVERY TUESDAY at  
11:00am

## MEMBER WELCOME RECEPTION

**Thursday June 28,  
12:00pm**

Welcome members to your YMCA, we want to get to know you better. Come meet other members and staff and learn how to use the wellness equipment.

**Sponsored by United Healthcare**

## BIRTHDAY SOCIAL

**Tuesday June 19,  
12:00pm**

Were you born in June? Join us to celebrate those with June birthdays! See Welcome Center for this month's Restaurant!



**CONNECT WITH US**



**FirstCoastYMCA.org**

## CLASS SCHEDULE

### CARDIO CIRCUIT

EVERY MONDAY,  
WEDNESDAY & FRIDAY at  
8:00am

### CARDIO CIRCUIT

MONDAY, WEDNESDAY, &  
FRIDAY at 9:30am

### SILVERSNEAKERS

TUESDAY & THURSDAY at  
10:00am

### ZUMBA GOLD

MONDAY & WEDNESDAY at  
10:30am

### MIND, BODY, ACHIEVERS

MONDAY, WEDNESDAY, &  
FRIDAY at 11:00am

### BASIC CYCLE

TUESDAY & THURSDAY at  
11:15am



### Movie Monday Matinee

**June 11<sup>th</sup> at 12:00pm**

Now Showing at Regency AMC  
"Won't You Be My Neighbor"  
(Carpooling suggested)

### Father's Day Fish Fry Festival and Facebook Friday Friday, June 15<sup>th</sup>

**10:00am – 1:00pm**

Gentlemen you will be crowned King of the Johnson Y, Fish Fry. We'll be gathered together at the pavilion. Bring your Dad, Uncle, Brother, or friend and post your pictures on our Age 50 & Better FB Page.



## MONTH of JUNE ENGAGEMENTS

### Chair Yoga

**10:00am**

Every Thursday in June

### Pickle Ball

**6:00am**

Every Monday and Friday in June

### Dip, Drink, and Dance

**1:00pm**

Every Wednesday in June

*\*Sign-up at the Welcome Center for more information.*

