



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

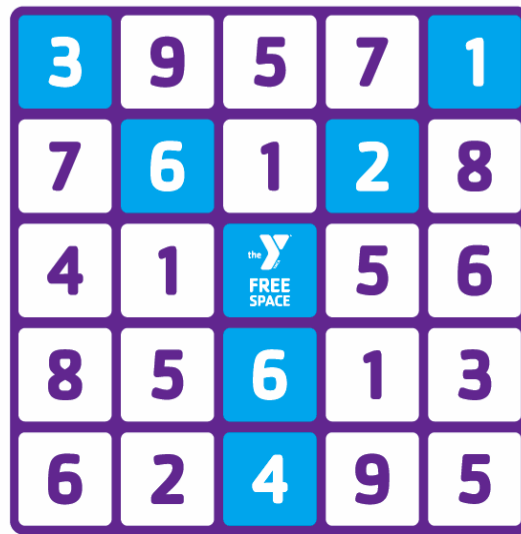
June 2018

WILLIAMS FAMILY YMCA | 10415 San Jose Boulevard | Jacksonville, FL 32257

## 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  
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## 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.

## CLASS SCHEDULE

### MONDAY

#### WALKING CLUB

10:30am – 11:15am

#### SS CIRCUIT EXPRESS

11:30am – 12:00pm

#### YOGA STRETCH

12:00pm – 12:45pm

### TUESDAY

#### YOGA STRETCH

8:00am - 8:45am

#### SS-CLASSIC

11:45am – 12:30pm

#### AOA Cardio Sculpt

11:45am – 12:30pm

### WEDNESDAY

#### SS CIRCUIT EXPRESS

11:30am – 12:00pm

#### YOGA STRETCH

12:00pm – 12:45pm

#### LINE DANCING

1:00pm – 1:45pm

### THURSDAY

#### YOGA STRETCH

8:00am - 8:45am

#### MORNING STRETCH

8:30am - 9:00am

#### SS-CLASSIC

11:45am - 12:30pm

#### TAI CHI

11:45am - 12:30pm

### FRIDAY

#### SS-CIRCUIT

11:45am - 12:30pm

## AQUA FITNESS

### MONDAY, WEDNESDAY, FRIDAY WATER FITNESS

8:30am – 9:30am

### MONDAY, WEDNESDAY

5:30pm – 6:30pm

### TUESDAY, THURSDAY

#### WATER WARRIORS

8:30am – 9:15am

#### GENTLE AQUA

9:15am – 10:00am

## PICKELBALL

### SCHEDULE:

**Tuesday** 5:30-11:30am

**Wednesday** 5:30-8:30am

**Thursday** 5:30-11:30am

**Friday** 11:15-2:30pm

**Beginner Class – Tuesday  
and Thursday 10:30-  
11:00**

## SOCIAL EVENTS

### GARDEN CLUB –

#### Tuesday's | 1:30 pm

Help beautify the Williams Y. We will have a focus on the landscaping near the pool and building our first on-site vegetable garden.

### BIBLE STUDY –

#### Friday's | 10:30 am

Our New Bible Study will discuss the 10 Commandments in a modern world.

### GO OVER THE NET FOR FUEL – Refreshments in the Gym

#### Thursday, June 7th | 8:00am

Enjoy refreshments in the gym while enjoying a game of Pickelball.

### LUNCH BUNCH – Margarita's Mexican Grill

#### Thursday, June 7th | 1:00pm

Enjoy lunch and conversation with your favorite water fitness friends at Margarita's Mexican Grill at 9825 San Jose Blvd.

### SOAK UP THE SUN – Refreshments by the Pool

#### Friday, June 8th | 10:00am

Enjoy refreshments by the Y by the pool. Bring a friend.

### NEW MEMBER WELCOME RECEPTION

#### Tuesday, June 12th | 10:30am – 11:30am

Learn about all the offerings included in your Y membership.

### Y NOT THURSDAYS? – BBQ @ the Y Pool

#### Thursday, June 14th | 4:00pm

Enjoy an early dinner and conversation with your Y friends. We will be firing up the grill and serving Hot Dogs and Hamburgers.

### AETNA COOKING DEMO SERIES –Healthy 4<sup>th</sup> July! Light BBQ Potluck Dishes

#### Monday, June 18th | 1:00pm

Join us for a cooking demo sponsored by AETNA. This month join us to learn how to make your July 4<sup>th</sup> favorites in healthier ways.

### BOOK CLUB –

#### Tuesday, May 19th | 11:00 am

Join our new Williams Book Club. This month we are discussing **A Man Called Ove** by Fredrik Backman. Start reading **Vanishing Girls and The Girl With No Name** by Lisa Regan to discuss in July.

### BRAIN FIT SERIES – Strategies to Improve Memory & Attention.

#### Friday, June 22nd | 1:00pm

Learn how to break unhealthy habits by retraining your brain.

### YOGURT PARFAITS - In the Lobby –

#### Thursday, June 21st | 12:30pm

Enjoy Yogurt Parfaits in the Lobby provided by Humana.

### CARDS 'N GAMES MONDAYS at 10:00am

### RUMMI CUBE 1<sup>st</sup> and 3<sup>rd</sup> WEDNESDAYS at 10:00am