



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

June 2018

WINSTON FAMILY YMCA | 221 Riverside Avenue | Jacksonville, FL 32202

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!**

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



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



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

DEEP WATER FITNESS
8:30AM-9:30AM
SS CIRCUIT
9:00AM -9:45AM
SS CIRCUIT
10:30am- 11:30am

TUESDAY

Gentle (Arthritis) Aqua
8:00am -8:50am
Water Fitness
9:00am-10:00am
SS CIRCUIT CLASSIC
9:00AM -9:45AM
CHAIR YOGA 11:15am -
12:00pm

WEDNESDAY

DEEP WATER FITNESS
8:30AM - 9:30AM
Water Fitness
10:00am - 10:50am
Boom Muscle & Move It
9:00AM - 9:45AM
SS CIRCUIT
10:30AM - 11:30AM
LINE DANCING
11:45AM-12:30PM

THURSDAY

Gentle (Arthritis) Aqua
8:00am - 8:50am
SS CLASSIC
9:00AM-9:45AM
CHAIR YOGA
11:15AM - 12:00PM
WALKING CLUB
9AM-11AM- third floor- indoor
track-Join in at anytime

FRIDAY

Water Fitness
9:00am - 10:00am
SS-CIRCUIT
9:00AM - 10:00AM
Cardio Dance
10:30am - 11:30am



NOTICE: Please inform the front desk of any **change of address, phone numbers, or email.** Don't miss any great events by not updating your contact information.

SOCIAL EVENTS

Monday, June 4

Restaurant A GO GO

Meet at restaurant at 12:00pm

De Real Ting Cafe
128 West Adams Street



Tuesday, June 12

BrainFit: Lunch N Learn, Kitchen, 12:00pm

Strategies to improve Memory & Attention

Lunch will be provided

FREE

Must sign up **BY June 4-** in AOA Event book

Wednesday, June 13

Garden Club, 11:30am

Starting a AOA garden club

Where: Kitchen



Thursday, June 21

Birthday Party, & Pot Luck, 11:45am

In the Kitchen

Each person brings a dish to participate in lunch

BY June 18. Please sign up in AOA Event book

Monday, June 25

Book Club, Conference room, 11:30am

Book of the month:

The Kite Runner

By: Khaled Hosseini c



Thursday, June 27

Men's Day Brunch, Kitchen, 10:30am

FREE

Must sign up in AOA event book **by June-13**

Thursday, June 28

AOA Bowling, Meet At The Lanes At 1:00pm

King Pin Lanes

5310 Lenox Ave

Every fourth Thursday of the month



Check in the Healthy Living Center: Baptist, Florida Blue and Brook's for their calendar for June events