



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

July 2018

YMCA AT BAPTIST NORTH | 11236 Baptist Health Drive | Jacksonville, FL 32218

SPRUCE UP SALADS FOR SUMMER

Join us for another great class from our Lifestyle Cooking Series sponsored by AETNA. During July, chefs from Publix Aprons Cooking School and Chuy's Tex-Mex will present "No More Boring Salads: Mix Up Your Greens!" is available at 5 Y locations:

St Augustine

Thursday, July 12 at 2:00 pm

Williams

Monday, July 16 at 1:00 pm

Dye Clay

Thursday, July 19 at 12:30 pm

Brooks

Saturday, July 21 at 10:00 am

Baptist North

Wednesday, July 25 at 11:30 am



Seating is limited. RSVP at the Welcome Center or FCYMCA.org

DON'T MISS OUT ON A GRAND PRIZE VALUED AT \$1,000

You have until August 31 to participate in **Y-I-GO!**, the Y's summer activity challenge for Age 50 and Better Members. **With each completed card**, you'll be entered into the Grand Prize drawing for a \$600 gift card to Native Sun (a natural food market) and a **\$400 gift card to Walmart**. Only one entry per month. Pick up your Y-I-GO! card at the Welcome Center.



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

SPONSORED BY



Ericia Moore, Executive Director

P 904-296-3220 E emoore@firstcoastymca.org

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★ LINE ★ DANCING ★

Join dancers from Y's across Florida's First Coast for the **2018 Line Dance Extravaganza**. We'll kick up our heels on October 20th from 11 am to 4 pm at the Winston YMCA (221 Riverside Avenue). **Register by August 1, and you'll receive a fun Y-towel!** The cost is \$10 for members, \$15 for non-members and \$5 for children 13 years and under. Register at the Welcome Center at any Y or FCYMCA.org. For more information, call 904.355.1436, extension 8.



If you have attended the Y over 108 times during the year, then you're invited to join us at the 3rd Annual Cloud 9 Party. The event will be held on **Friday, October 26** at the **Alhambra Theatre at 11 am**. It's promising to be a party to remember with entertainment, awards, prizes and a delicious lunch.

CLASS SCHEDULE

MONDAY

5:45 am Cycle
8:30 am Cycle
9:15 am BodyPump
10:30 am SilverSneakers

TUESDAY

5:30 am BodyPump Exp
6:00 am Cycle
9:00 am Cardio Blast
9:30 am Beginner Yoga
10:00 am BOOM
10:30 am SilverSneakers

WEDNESDAY

5:45 am Cycle
8:00 am Line Dance
8:30 am Cycle
9:15 am BodyPump
9:30 am Yoga
10:30 am SilverSneakers

THURSDAY

6:00 am Cycle
8:00 am Line Dance
9:00 am Cardio Blast
10:00 am BOOM
10:30 am SilverSneakers
11:30 am Zumba

FRIDAY

5:30 am CXWORK
9:15 am BodyPump Exp
9:30 am Yoga
10:15 am Zumba
11:15 am SilverSneakers

SATURDAY

9:00 am Cycle
9:00 am BodyPump
9:30 am SilverSneakers
Yoga
10:00 am BodyCombat
10:30 am Tai Chi
11:00 am Zumba

Please visit the Welcome Center for a full list of classes and descriptions.

Ask the Expert: Advanced Care Planning With Baptist Health

Monday, July 9, 11:30 am – 12:30 pm

Advanced Care Planning helps you reflect on and plan for a time when you might not be able to make decisions for yourself. Join Steve Williams, **Lead Chaplain at Baptist Health**, as he discusses the importance of planning ahead. **(Free)**



Ask the Expert: Decoding the Nutrition Label

Tuesday, July 24, 11:30 am – 12:00 pm

Join YMCA Registered Dietician, Michele Manzie, to learn how to understand nutrition labels and relate them to your personal health journey. **(Free)**

Meditation Classes

Every Tuesday 11:45 am – 12:15 pm

Learn effective techniques for decreasing anxiety and stress, improving working memory, and reducing emotional reactions with Bonnie Davis



Garden Tower Harvest

Friday, June 15 (until veggies last)

We will harvest all of our fresh greens growing from the garden tower! Be sure to stop by the Welcome Center to get a bag of vegetables to take home. Also, stay tuned for our next garden tower harvest date, as we will have a Taco Bar!

Birthday Social

Friday, July 27, 12:00 pm

Let's celebrate May birthdays with our Y friends! Join us for a sweet treat and lots of laughter.



Jewelry Making

Every Tuesday 11:30 pm – 12:30 pm

Join our expert Ms. Sharon and create high-end fashion jewelry. Sign up at the Welcome Center.

Cost: \$10 a month

Are You A Cause Driven Leader?

Baptist North Y is seeking volunteers to serve on our Healthy Aging Advisory Board. Board members assist branch leaders serve our Age 50 and Better members.

If you're interested, sign-up at the Welcome Center.

Interested members will be notified about a meeting when we'll discuss more about what's involved.