



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

July 2018

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

## 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	Y FREE SPACE	5	6
8	5	6	1	3
6	2	4	9	5

SPONSORED BY



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CONNECT WITH US  
[FirstCoastYMCA.org](http://FirstCoastYMCA.org)



# YEEHAW!

★ 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 20<sup>th</sup> 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 3<sup>rd</sup> 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

#### 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 – 9:30am

#### GENTLE AQUA

9:30am – 10:00am

### PICKELBALL

#### SCHEDULE:

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

**Wednesday** 5:30-8:30am &  
1:00pm-3:30pm

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

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

Beginner Class – Tuesday  
and Thursday 10:30-1:00pm

## SOCIAL EVENTS

Reserve your spot in the 50 and Better Book or email Connie Smith at [csmith@fcymca.org](mailto:csmith@fcymca.org) that you are coming.

### GARDEN CLUB –

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

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

### BIBLE STUDY –

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

Join our new Bible Study and bring your faith to another level.

### NEW MEMBER WELCOME RECEPTION

#### Tuesday, July 10th | 10:30am – 11:30am

Learn about all the offerings included in your Y membership.

### LUNCH BUNCH – Village Bread Company

#### Thursday, July 12th | 1:00pm

Enjoy lunch and conversation with your favorite water fitness friends at Village Bread Company at 10111 San Jose Blvd.

### AETNA COOKING DEMO SERIES –No More Boring Salads: Mix Up Your Greens!

#### Monday, July 16th | 1:00pm

Join us for a cooking demo sponsored by AETNA. This month join us to learn how to make your Salads have more flair. **With Publix Aprons Cooking School.**

### BRAIN FIT SERIES –Ways To Calm The Brain and Cope With Stress

#### Tuesday, July 17th | 1:00pm

Learn simple techniques to calm your mind and help you deal with stressors.

### CONNECTOR MEETING

#### Monday, July 23rd | 1:00pm

Get connected with the Y and join the Williams 50 and Better Committee. Members help coordinate activities, trips and events for those over the age of 50.

### BOOK CLUB –

#### Tuesday, July 24th | 10:30am

Join our new Williams Book Club. This month we are discussing ***Vanishing Girls and The Girl With No Name*** by Lisa Regan. Start reading ***The Bonfire of the Vanities*** by Tom Wolfe for our August discussion.

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

#### Friday, July 27th | 10:00am

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

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

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

Living Center staff on the 2<sup>nd</sup> floor.