



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

July 2018

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

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



Fredda Renshaw, Healthy Aging Coordinator

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CONNECT WITH US
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 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

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

10:00-10:50

SS CIRCUIT CLASSIC

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

9:00AM-11:00AM- 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

Tuesday, July 10, Gym, 10:00AM-11:30AM

Age 50 and Better Volleyball. Chair and standing



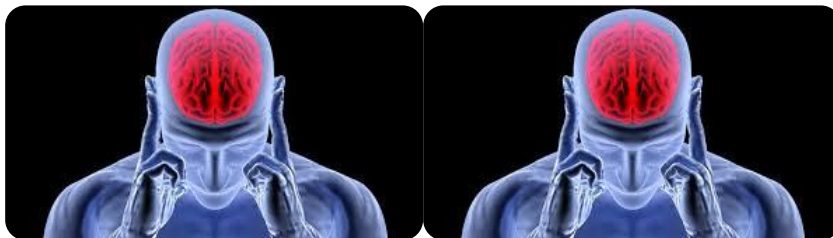
Tuesday, July 10, Kitchen, 12:00PM

Brain Fit Presented by Brookdale

Ways To Calm The Brain and Cope With Stress

Stress is toxic. It affects our ability to recall memories and make new ones and reshapes our brain! Learn strategies to calm your mind and make you feel better.

Must sign up by July 3 in the AOA Event book. FREE LUNCH



Wednesday, July 11, Kitchen, 12:00PM

Birthday Party/ Pot Luck-do not bring a dessert

The Y will provide the dessert. **Must bring a dish to share.**

Includes an Age 50 and Better meeting to brain storm ideas for 2019 events. **Sign up in the AOA Event book.** Tell us what dish you will bring.

Thursday, July 20, Movie in The Kitchen, 12:15PM-2:00PM

Movie-I Can Only Imagine (Subject to change). Check with Fredda

Monday July 23, Book Club, Conference Room, 11:30AM

Book of the month: *"The All the Ugly and Wonderful Things"* by Bryan Greenwood.

Thursday, July 28. Age 50 and Better Bowling

Every fourth Thursday of the month. Meet 1:00pm

King Pin Lanes, 5310 Lenox Ave

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