



IN MOTION

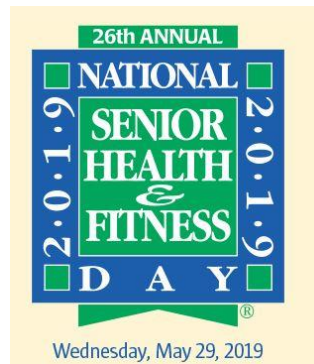
A NEWSLETTER FOR ACTIVE OLDER ADULTS

May 2019

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

LIVE & THRIVE WITH EXERCISE!

Your Healthy Aging Coordinator is working hard to bring you a day of exercise, lectures, and vendors in celebration of **National Senior Health & Fitness Day**. On Wednesday, May 29th Y's across Florida's First Coast will be **FREE to non-members Age 60 & Better**.



Invite friends and neighbors to enjoy fellowship and fun at the Y. See the **back of the branch newsletter** for your Y's program.

SATURDAYS ARE STILL SILVER



Calling all **Silver Sneakers and Renew Active Members!** Visit the Y on **Saturdays in May, AND a friend can accompany you for FREE**. Friends, enjoy all Y amenities! **To learn more visit the Welcome Center, or call 904.265.1775.**

Georgette Butler, Healthy Living Director
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CONNECT WITH US
FirstCoastYMCA.org



GRANDPARENTS SPECIAL



Bring your grandkids with you to the Y during June, July and August for only \$30 extra per month. Grandkids can spend up to 2 hours each visit in KidZone. Look out for more information about how to upgrade during May.

CRUISE 2020



From April 20 - 24, 2020 join the Y for a 5 day/4 night cruise to **Nassau, Bahamas, and Royal Caribbean's Private Island**, on the newly refurbished **Mariner of the Seas**. Prices from \$610. **Open to non-members**. Bus included! To learn more and reserve your spot, call **Alice Brown** at **AAA Travel**, (904) 565-7722 ext. 336.

alicebrown@autoclubgroup.aaa.com

CLASS SCHEDULE

MONDAY

5:30 am BodyCombat Exp
8:30 am Cycle
9:00 am Yoga
10:00 am Senior Cycle
10:30 am SilverSneakers

TUESDAY

5:30 am BodyPump Exp
9:00 am Cardio Blast
9:00 am Beginner Yoga
10:00 am BOOM
10:05 am BodyCombat
10:30 am SilverSneakers
11:30 am SilverSneakers

WEDNESDAY

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

THURSDAY

8:00 am Line Dance
9:00 am Cardio Blast
10:00 am BOOM
10:05 am BodyCombat
10:30 am SilverSneakers
11:30 am Zumba

FRIDAY

5:30 am CXWORX
8:30 am Cycle
9:00 am Multi-Level Yoga
9:15 am BodyPump Exp
10:15 am Zumba
11:15 am SilverSneakers

SATURDAY

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

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

Mother & Son Dance

Friday, May 3rd 7:00–9:00 pm

Moms, aunts, and grandmas are invited to grab your favorite little dance partner(s) for an unforgettable evening. Dress to impress for a photo keepsake as well. Sign up at the Welcome Center.

Diabetes Prevention & Treatment Class

Thursday, May 9th, 5:30 – 6:30 pm

This class is facilitated by a Registered Dietitian through the Duval County Health Department where you will learn ways to reduce your risk for diabetes. For those already diagnosed, you will learn key self-management education. **(Free)**

Birthday Social

Wednesday, May 15th, 11:30 pm

Join your fellow friends at the Y at Baptist North for a fun birthday celebration. Anyone with birthdays from January through May can come and enjoy a sweet treat!

Ask the Expert: When a Stroke Happens

Thursday, May 16th, 11:30 am – 12:30 pm

This class is facilitated by Marjorie Donnelly, APRN, from Baptist Health to learn the signs and symptoms of a stroke. **(Free)**

Ask the Expert: Decoding Nutrition Labels & Hydration Tips

Thursday, May 23rd, 11:30 am – 12:30 pm

Join Kerri Napoleon, YMCA Registered Dietitian, to learn about reading the food label and staying hydrated in the Florida sun. **(Free)**

National Senior Health & Fitness Day

Wednesday, May 29th, 9:00 am – 12:00 pm

Join us as we celebrate this day set aside each year for our seniors. We have planned the morning with fun filled activities, all with a fitness flair.

AETNA Lifestyle Cooking Series: Cinco De Mayo

Wednesday, May 29th, 11:30 am – 1:00 pm

Y members **AND non-members** are welcome to attend this month's cooking workshop hosted by Publix Apron's Cooking School.

Talk with a Doc: The risk of obesity and options to win the war against weight

Thursday, May 30th, 11:30 am – 12:30 pm

Join Craig Morgenthal, MD, FACS, Medical Director, Baptist Center for Bariatrics to learn more about losing weight and reducing your risk for various chronic diseases. **(Free)**

Meditation Classes

Third Wednesday every month 10:00 – 10:30 am

Join Bonnie Davis in learning techniques to decrease anxiety and stress, improve working memory, and reduce emotional reactions. Open to members and non-members. **(Free)**