



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

July 2019

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

Presented by



HEALTHY BONES: FREE LUNCH AND LEARN

Tuesday, July 23 | 1:00 PM

VENUE: HUMANA BUILDING: 9965 San Jose Blvd.
Jacksonville, FL 32257

**FREE. OPEN TO ALL Y MEMBERS & NON-MEMBERS
LUNCH INCLUDED**

Healthy lifestyle habits helps to keep our bones strong. But, if we don't get the **right type of exercise, or eat right**, our bones get brittle or break, leading to lasting health problems. The good news is it's never too late to take care of your bones.



Learn about **bone disorders including osteoporosis**, if you're at risk, and what you can do to make your bones healthier at this lunch and learn with Island Doctors.

RSVP: at the YMCA Welcome Center, email cwatson-irving@fcymca.org, or register at <https://fcymca.org/programs/health-wellness/age-50-and-better/>

About Island Doctors. Island Doctors is a Medicare Advantage practice of primary care physicians, with 46 locations throughout Florida. Island Doctors **accepts traditional Medicare patients and Humana Gold** (Medicare Advantage Plan). Unlike most doctors, Island Doctors has same day walk-in visits and in-house medical screenings. To schedule a tour call: **(877) 434-4676**.

Georgette Butler, Healthy Living Director

P 904-592-9622 **E** gbutler@fcymca.org

CONNECT WITH US
FirstCoastYMCA.org



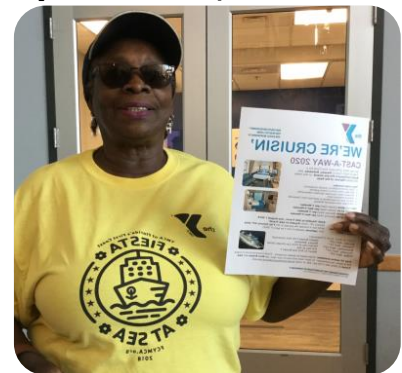
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Keep physically active and socially engaged during July and August by playing Y-I-GO!, the Y's version of wellness BINGO. Complete a variety of challenges and you could **win a \$50, \$150 or \$300 Publix Gift Card**. Pick up a **Y-I-GO!** card at the **Welcome Center** through **August 31st**. Speak to your Healthy Aging Coordinator about the rules.

CRUISE 2020

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 start at \$610. Deposit due August 7th. **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
9:15 am	BodyPump
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
9:30 am	SPRINT
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
9:30 am	SPRINT
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

8:30 am	SPRINT
9:00 am	BodyPump
9:30 am	SilverSneakers
	Yoga
10:00 am	BodyCombat
10:00 am	Cycle
11:00 am	Zumba

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

Dance Showcase

Saturday, July 13th, 10:30 – 11:30 am

Please support our youth by attending the Jazz dancer's first performance! **(Free)**

Hurricane Preparedness

Wednesday, July 17th, 11:30 am

Florida's Hurricane season is from June 1st to November 30th. Please join Meteorologist Corey Simma from Action News Jax in the Healthy Living Center to learn how to stay safe in an emergency. If you are interested in attending, please sign up at the welcome center and come prepared to ask questions! **(Free)**

Diabetes Prevention & Treatment Class

Thursday, July 11th, 5:30 pm

Learn about risk factors for diabetes and how to reduce your risk. For those already diagnosed, you will learn key components for managing your diabetes. **(Free)**

Operation Salute

Through July 22nd

Please support our military families by providing backpacks and school supplies in our drive collection. You will see boxes at the Y to drop off your donations until July 22nd.

Movie Matinee: Forget Me Not

Wednesday, July 24th, 12:00 pm

Join us for a relaxing afternoon and great movie in the Healthy Living Center. We will provide popcorn and refreshments as you enjoy *Forget Me Not*. Space is limited, please sign up at the front desk welcome center if interested.

AETNA Lifestyle

Cooking Series

**Wednesday, July 31st,
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. The theme is *Recipes for Summer Days* **(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)**



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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**LIFESTYLE
COOKING SERIES**
YMCA OF FLORIDA'S FIRST COAST

