



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

June 2019

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



Presented by



Silver Sneakers & Renew Active members, keep physically active and socially engaged during June, 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** from **Wednesday May 29th** through **August 31st**. Speak to your Healthy Aging Coordinator about the rules.

Thank you to our Y-I-GO! sponsors Humana and Island Doctors. Island Doctors is a Medicare Advantage practice of primary care physicians, with 46 locations throughout Florida. Dr. Roy H. Hinman II founded Island Doctors over 25 years ago. Unlike most doctors, Island Doctors has same day walk-in visits and in-house medical screenings. Island Doctors accepts traditional Medicare patients and Humana Gold (Medicare Advantage Plan). To schedule a tour **phone (877) 434-4676** or **visit: IslandDoctors.com**.

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CONNECT WITH US
FirstCoastYMCA.org



BONE HEALTH LUNCH & LEARN

Join Humana and Island Doctors for a series of **FREE** lunch and learns throughout the summer. **Physicians** will present on **Bone Health** or **Bladder Health & Incontinence**. **Open to all membership types** and to **non-members**. The first Bone Health lunch and learn is at **Dye Clay Y on June 6th at 12:30pm**. To **RSVP call the Dye Clay Y: (904) 272-4304** or email cwatson-irving@fcymca.org.

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
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.

Lunch & Learn: Prostate Health 101

Monday, June 10th, 11:30 am – 12:30 pm

Educate yourself and the men around you about potential male health problems. Join Dr. Jonathan Melquist, urologic oncologist, for a lunch and to learn about urologic and prostate wellness. **(Free)**

Lunch & Learn: Hardage Giddens Funeral Homes & Cemeteries

Wednesday, June 12th, 11:30 am

Enjoy a lunch while learning about funeral preparations. **(Free)**

Diabetes Prevention & Treatment Class

Thursday, June 13th, 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)**

Bingo

Wednesday, June 19th, 11:30 am

Please attend a fun bingo game with your Y friends. **(Free)**



AETNA Lifestyle Cooking Series: Mocktails!

Wednesday, June 26th, 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. **(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)**