



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

July 2019

DYE CLAY Y 3322 Moody Avenue, Orange Park, FL 32065

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**.

Kristi Schermerhorn, Healthy Aging Coordinator
P (904) 272-4304 Ext. 217 E kschermerhorn@fcymca.org

CONNECT WITH US
FirstCoastYMCA.org



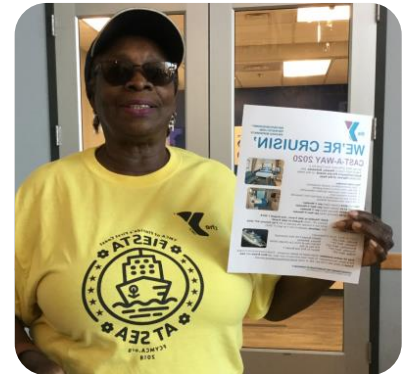
Presented by



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

SOCIAL EVENTS

KNITTING & CROCHETING

Every Wednesday & Friday, 9:00am.

Conference Room.
Beginners welcome.

PICKLEBALL

Every Monday, Wednesday & Friday, 12:00pm – 2:00pm.
Fridays are learn to play clinics!

PRAYER GROUP

Every Tuesday, 11:00am,
Conference Room.

CULTURE CLUB

“Heart of England”

Thursday, July 25th
12:00pm, Studio B

Join us for this 30 minute DVD presentation. We'll sample food from England and draw for door prizes. Please sign up at table in lobby!

MOVIE MATINEE

Friday, July 12th
12:00pm, Studio B
“Break Through”

Popcorn, water and sweets provided!

PICKLEBALL TOURNAMENT

July 20 – 21ST
At Dye Clay Family YMCA
Open Age Divisions
Men's/Women's - Saturday
Mixed Doubles – Sunday
Registration closes July 14th!



SUMMER ACTIVITY CHALLENGE

June 1 – August 31
Visit the Welcome Center to get your Y-I-GO! card today!

CLASS SCHEDULE

BETTER BALANCE

EVERY TUESDAY, 11:00am

SILVERSNEAKERS CIRCUIT

EVERY MONDAY & WEDNESDAY,
10:45am

SILVERSNEAKERS CLASSIC

EVERY TUESDAY & THURSDAY,
10:00am
EVERY FRIDAY, 10:30am

SILVERSNEAKERS YOGA

EVERY WEDNESDAY & FRIDAY,
11:30am

GENTLE YOGA

EVERY WEDNESDAY, 9:15am

LINE DANCING

EVERY THURSDAY, 11:00am

TAI CHI

EVERY MONDAY, 11:30am
EVERY WEDNESDAY, 10:30am

ZUMBA GOLD

EVERY MONDAY, 10:30am
EVERY FRIDAY, 9:30am

AQUA AEROBICS

MONDAY, WEDNESDAY &
FRIDAY, 10:00am
SATURDAY, 10:15am

LIFESTYLE COOKING SERIES, PRESENTED BY AETNA, WITH PUBLIX APRON'S

Thursday, July 18th at 12:30pm, Studio B
“Recipes for Hot Summer Days”

Sign up at table in lobby! **Heavy samples provided. FREE and OPEN TO NON-MEMBERS**

HURRICANE PREPAREDNESS PRESENTED BY COREY SIMMA, METEOROLOGIST WITH NEWSJAX4

Wednesday, July 24th at 12:30pm, Studio B

Are you ready? The hurricane season runs June 1 through November 30th. Come meet Corey Simma, Meteorologist with News Jax 4. Everyone needs to be prepared each year! RSVP at 50 & Better Table at the Welcome Center. **All members welcome! Open to the public.**

SWEET PETE'S: The Sweetest Destination on Earth!

Friday, July 19th at 1:30pm

Come visit one of the nation's largest candy stores and factory! We will take a 30 minute tour and then take a 60 minute class to learn the art of old fashioned candy-making. (Class includes one scoop of ice cream!)

Cost: \$26.00 (includes transportation to/from the Y, the tour and the candy-making class)

Please sign up at the 50 & Better table at the Welcome Center. Space is limited!

50 & BETTER ICECREAM SOCIAL

Friday, July 5th at 12:30pm
in the Conference Room

Come and beat the heat and enjoy some yummy ice cream with all the toppings!

