

WEEKLY SOCIAL EVENTS

LINE DANCING

Every Tuesday, Friday
9:00 am

BIBLE STUDY

Every Thursday
9:00 am

BIRTHDAY SOCIAL

Friday, June 14

***4:00 pm (New Time)**

Let's Celebrate June Birthdays at *River & Post1000 Riverside Ave.* Sign up at the Welcome Center. *All are welcomed.*

MEMBER WELCOME RECEPTION

Tuesday, June 25th
9:00 am

We want to officially welcome you to the Y, come by and see what the Y has in store for you.

MOVIE MATINEE

Tuesday, June 4th
Noon | Regency AMC
NOW SHOWING:
Breakthrough



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FirstCoastYMCA.org

CLASS SCHEDULE

CARDIO CIRCUIT

Monday, Wednesday, Friday
8:00 am

CARDIO CIRCUIT

Monday, Wednesday, Friday
9:30 am

SILVERSNEAKERS

Tuesday, Thursday
10:00 am

SILVERSPLASH

Tuesday, Thursday
8:00 am

ZUMBA GOLD

Monday, Wednesday
10:30 am

BODY MIND & SPIRIT

Monday, Wednesday, Friday
11 am

BASIC CYCLE

Tuesday, Thursday
11:15 am



BREAKING BREAD WITH THE BROTHERS

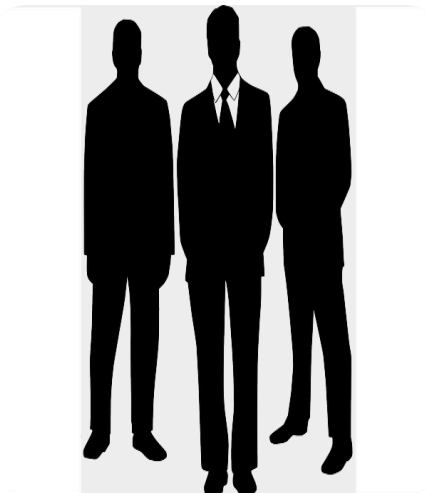
Friday, June 14th | 8:00 am

Men, Dads, Uncles & Friends join us for brunch. Now ladies this event is for the Men, but you too can participate for a small donation towards our Men's Initiative, LEGIT!

SNEAK PEAK POOL PARTY

Thursday, June 20th | 8:00 am

Have you seen the new pool? Would you like to learn how to swim? Come out to the Sneak Peak Pool Party and see!



THE RED, WHITE, & BLUE PARTY

At Tillie Fowler Park
Saturday, June 29th | 11:00 am

Join us for an afternoon of fun, food, and festivities! This event is free and open to all Y members and non-members, so please invite your friends and family.





IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

June 2019

JOHNSON FAMILY YMCA | 5700 Cleveland Road | Jacksonville, FL 32209



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**.

Wanetta Sky Bowden, Healthy Aging Coordinator
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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