

WEEKLY SOCIAL EVENTS

LINE DANCING

Every Tuesday, Friday
9:00 am

BIBLE STUDY

Every Thursday
9:00 am

BIRTHDAY SOCIAL

**Friday, September 12th
12 Noon**

Let's Celebrate August Birthdays at Cross Creek Lanes Avenues. *All welcome.* Sign up at the Welcome Center.

THEATER MATINEE

**Sunday, September 29th
2:00 pm | [Players by the Sea Theatre](#)**

106 N 6th St, Jacksonville Beach, FL 32250. Order tickets by **09/06/2019**. See AOA

Committee Calvetta Perry

NOW SHOWING:

The Wiz



Register today at the Welcome Center for all events.

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, Saturday
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



MEDICARE 101 LUNCH N LEARN

**Tuesday, September 17th | 9 am &
Wednesday, September 18th | 9 am**

A 2-day seminar on all the ends and outs of Medicare with light refreshments.

ANNUAL SENIOR FORUM

Friday, September 20th | 9:00 am

Wear you **RED** or **PURPLE ASK ME ABOUT 1295 T-Shirts** and come show your support for the Johnson YMCA 50&Better open forum. We will plan the 2019-2020 calendar events. R.S.V.P. to ensure your spot. We are requesting ALL 50 & Better members be in attendance.

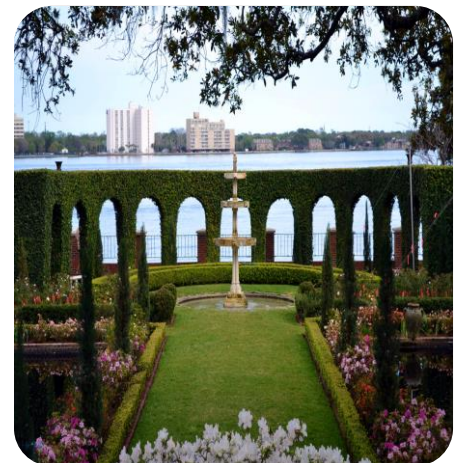


BUILDING RELATIONSHIPS ON THE ROAD

Cummer Museum of Arts and Gardens

Tuesday, September 3rd at 4 pm

Admission is **FREE!** Join us as we explore the different exhibits at the museum. Drinks and dinner will follow as the sunsets in the garden of the museum. **Dinner is NOT included in free admission.**





IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

September 2019

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



Age 60 & Better members who attend the YMCA 120 times between 1st October 2018 and 30th September 2019 are eligible to attend Cloud 9 2019, at the Jacksonville Zoo, on October 24th. Cloud 9 is the Y's annual celebration of our Age 60 & Better members. We honor their commitment to health and wellness. Eligible members will receive an invitation to Cloud 9 shortly after September 30th. Cloud 9 party-goers will enjoy food, awards, vendor give-a-ways, and a day out at the Jacksonville Zoo! Eligible members **RSVP at the Y Welcome Center from October 1st.**

BRAINFIT

Presented by: **Arbor Terrace**
 ORTEGA • PONTE VEDRA • SAN JOSE
 Assisted Living for Memory Loss
 An Arbor Company Community

Join experts from Arbor Terrace each month for BrainFit. Learn tips for brain healthy living! September's topic is **Train the Brain: Name That Tune**. BrainFit is available at Brooks, Ponte Vedra, Winston and Williams Y's. **RSVP** at the Welcome Center or at **fcymca.org**. **Lunch included. FREE. Non-members welcome!**

Wanetta Sky Bowden, Healthy Aging Coordinator
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CONNECT WITH US
 FirstCoastYMCA.org



FOR YOUTH DEVELOPMENT
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

IGNITE YOUR LIFE WITH A SPARK

SOCIAL CONNECTION • PURPOSE & PASSION • ACTIVITY • RECREATION • KNOWLEDGE

Spark is a group based, 6 week program, designed to help Age 50 & Better navigate midlife transitions and explore the next step of the journey. Available at the **Winston Y**; 221 Riverside Avenue, 32202. **Ph. 904.355.1436. Register at the Y Welcome Desk or at <https://fcymca.org/spark/>**

SAVE THE DATE HEALTH INSURANCE ROADSHOW



In the pursuit of health

The 6th Annual Health Insurance Roadshow will roll into 4 Y's during October. Talk with different health insurance representatives about changes to Medicare in 2020, and understand options for health insurance. **Make sure your Silver Sneakers or Renew Active membership continues to be covered by your plan!** The Health Insurance Roadshow schedule is as follows:

- 10/14:** Williams, 11am-2pm,
- 10/15:** Winston, 11am-2pm,
- 10/16:** Brooks, 11am-2pm,
- 10/17:** Dye Clay, 11am-2pm.